

# InSpire

Issue 38  
May 2020

FEAR

NOT

for

I AM

*with you*

Isaiah 41:10

The monthly publication for the Parish of Capel & Ockley

**Free of charge - please take a copy!**

<b>Page</b>	
3	Rev Liz writes
5	Take Comfort
6	Parish Covid-19 information
8	The Archbishop of Canterbury's Easter Sermon
10	May's Prayer diary
12	Editor's Letter
13	Think it Over
14	News from the Pews
16	- page 19 Church Times news
20	Scarecrows make national news!
21	Observations on daily life
22	Colouring in by Tiffany Budd
23	Junior InSpire
24	Virtual Bellringing
25	Recommended Podcasts
26	On the Covid-19 frontline
27	* A Christian survivor of Covid 19 * Useful local information for the Mole Valley area.
28	News from local businesses:-  *Hill House Farm, *Village Greens and *Crumbs of Capel
29	*Five easy ways to deal with Loneliness & isolation  * Things to make you smile!
30	VE Day 75
32	Puzzle pages
34	Puzzle solutions
35	The National Gardens Open scheme: Virtual garden tours
36	Until we are together again ...

Please do send me any photos of our locality taken recently. I would particularly welcome any photos of St Margaret's from anyone who is passing it! I'm conscious that Capel photos feature more prominently because I live here and take many of them! Do help me improve that balance by sending me your Ockley photos!

Also anything else you would like to share with our readers? Poems, prose, recommendations of books etc.

Thank you  
Suzanne  
[editor@capelandockleychurch.org.uk](mailto:editor@capelandockleychurch.org.uk)

**Inspire** is available to download from the church website:-  
[www.capelandockleychurch.org.uk/inspire-magazine/](http://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

**Bob & Judy Cranham**

To celebrate 3 years in Capel

And our thanks to both of them for  
all they do for our church .

**Church Contacts:-**

**Vicar - Rev Liz Richardson** The Vicarage, High Lea, 54 The Street,  
Capel. [vicar@capelandockleychurch.org.uk](mailto:vicar@capelandockleychurch.org.uk) 01306 711260

**Parish Pastoral Assistant:** Sylvie Beckett 07711 849338

**Safeguarding Officer:** Leigh de Souza 07732 825908  
[leighdesouza@yahoo.com](mailto:leighdesouza@yahoo.com)

**Diocesan Safeguarding Advisor:** Ian Barry  
07544 566850  
[ian.berry@cofeguildford.org.uk](mailto:ian.berry@cofeguildford.org.uk)

**Churchwardens**

**Capel:**  
Norman Ede 01306 713247 & Joy Harman 01306 711482  
[churchwardens@capel-church.org.uk](mailto:churchwardens@capel-church.org.uk)

**Ockley:**  
Shirley Dean-Webster 01403 822967  
[churchwardens@capelandockleychurch.org.uk](mailto:churchwardens@capelandockleychurch.org.uk)

**Treasurers:**

**Capel** Debbie von Bergen 07774 784008  
[treasurer@capelandockleychurch.org.uk](mailto:treasurer@capelandockleychurch.org.uk)  
**Ockley** Helen Burt [helenmb0909@gmail.com](mailto: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](mailto:editor@capelandockleychurch.org.uk)

01306 711449

**Church website:**

[www.capelandockleychurch.org.uk](http://www.capelandockleychurch.org.uk)

Webmaster: [webmaster@capelandockleychurch.org.uk](mailto:webmaster@capelandockleychurch.org.uk)

**Parish Eco Team** [ecoteam@capelandockleychurch.org.uk](mailto:ecoteam@capelandockleychurch.org.uk)  
**Team**

*Dear all,*

So, five weeks into lockdown and I am at last finally getting used to a different way of doing things. I hope you too are surviving thus far and keeping safe and well and sane... The hardest thing for most of us who are asked to stay at home is the social distancing isn't it - yes I know there are some introverts who find this easy! - actually I'd love to know if you are still finding it so?! It's only when something is taken away from you that you realise how important your everyday communication with others is. We are so fortunate in Capel to have both our local village shops open, and of course the wonderful Village Greens too. Thank goodness too for the wonderful weather which has allowed those of us with garden access to enjoy the outdoors safely. I have been enjoying exploring local walks in Ockley, taking this unique opportunity to explore that side of our parish and re-exploring from our own front door in Capel. I wrote about the wonderful daffodils last month but there has been a plentiful array of wild flowers, primroses and now the fantastic bluebells. We have much to be thankful for don't we, living in such a beautiful area.



However all of this blessing serves as a stark reminder to the situations that others find themselves in. It has been pretty horrific to hear of the rise in people diagnosed with the virus and the numbers of those who have sadly died. I feel humbled by the heroism and sacrifices made by our frontline key workers in the NHS, emergency services, our care homes, community carers, our supermarkets, our farmers, our local shopworkers open all hours, our postal workers, our transport drivers, our delivery drivers and of course the army of volunteers made up of those who are not as vulnerable health wise as others. The list is endless. Our communities are so good at stepping into the breach aren't they with local helplines and of course the neighbourliness of our villages comes into its own...

It has been very sad for us that we have had to close our churches completely. This is almost unheard of as our churches stand and are always a place of sanctuary all through the ages and wars this country has known. Our churches in Capel and Ockley have always been open for private prayer and reflection even if Sunday worship is not your thing. This has been very sad and difficult for us all and it has meant that a lot of clergy and others have had to turn to modern technology; in my case kicking and screaming, to record worship from home, to meet with others on Zoom, to learn new ways of doing things generally which I can tell you is very exhausting indeed! Every day it seemed at the beginning things would change. You'd just managed to master one new thing and suddenly it all had to be rethought! There is also a case for returning to the old ways isn't there though and use the telephone and write letters and I would say visiting people but that's not so easy in these social distancing days; although I think there are some good conversations over the garden fence and out of windows!

Church in our beautiful old buildings may be shut down, but church in the real sense in our homes and community has not. We are praying every day for our parish of Capel and Ockley, for all who live and come to work here, that everyone will remain safe and cared for. Added to that we are keeping in touch with everyone who wishes to hear from us by issuing our weekly church news sheet which include the set scripture readings for along with some commentary and local news updates and of course prayer requests. I made a personal breakthrough just before Easter though. Lots of churches have been broadcasting live services from their homes for some time so for Easter we too joined the party and thanks to Dik our parish website designer and Bob our house guitarist, Cafe Church leader, and Cottage Concert impresario (!) we managed to put together a pre-recorded Easter service. We are now hoping that online worship will be available each week. Go to [www.capelandockleychurch.org.uk](http://www.capelandockleychurch.org.uk) and follow links to online services. Well that's all very well I can hear you say, for those with computers and smart phones etc but what about those who can't access these technological gadgets. Well I do sympathise and we are happy to deliver through your door a copy of our weekly news sheet and a copy of the online talk. Do let me know if you'd like to be included on my delivery list! Ring me on 01306 711260.

We have lost some dear friends in our parish recently, although none of these have been directly Covid related. However, for those with loved ones in hospital sick or being cared for in nursing homes, it is very hard not to be able to be with them in their last weeks and days for those with terminal illness. Funerals are continuing with a maximum of 10 mourners at crematoria and similarly for a burial which can only be conducted at the graveside. Although this may seem very strange, actually these simple services can still be very meaningful and special. However, we know that the current restrictions are for our own safety and protection and we can look forward to the time when we can all be together in one place, once more.

*Rev Liz's letter is continued on page 4.*

So much has changed, been postponed or cancelled but one thing wasn't cancelled this year and that was Easter. We can't nor do we wish to put it on hold or even ask for a refund?! Easter comes anyway. Just like Jesus. We may be stuck at home in fear of catching the Coronavirus; a bit like the disciples shut away for fear of the authorities just after Jesus died. But this doesn't stop the risen Jesus from coming among us, just as he did in those first resurrection appearances as told in the Book of Acts in the New Testament section of the Bible. It's a good read if you want to know what 'happened next' following the resurrection. Jesus' suffering and fear are not the end of his story and they are not the end of ours either. So I pray that you will in your own way also know the love and power of the risen Lord, the comfort and peace that he alone can bring during these days. Don't forget I and others are here for any to speak to, by email, text, letter, or good old-fashioned telephone, anytime, any day. I continue to look forward to the time we can all be together in one place, when hopefully restrictions are gradually eased. Times may well be different but hopefully all things will work eventually for good as God promises.

With my love and prayers especially at this time,

*Rev Liz*

Revd Liz Richardson [liz@hostmyserver.co.uk](mailto:liz@hostmyserver.co.uk) 01306 711260  
Vicar St John the Baptist Chapel and St Margaret's Ockley



Terry delivered his sermon to his eager congregation ...

*The following prayer was given to us by Zofia Golebiowska and featured in the Parish news-sheet sent out in mid-April, but it felt appropriate in troubled times to share it again with you.*

**If we are afraid of what the future has in store,  
It helps to focus on today. One thing we know for sure:  
A day that's lost in brooding, fearful of a future sorrow  
Will not ease any plight or pain that may arrive tomorrow.  
And when it seems that every anxious moment lasts for ever  
And conquering each task is such a difficult endeavour,  
Remember, the view from the top is always worth the climb,  
And that the future comes to us just one day at a time.**

*Written by Emma Canning*

The new flowers placed outside St John the Baptist last week, replacing the arrangement pictured on the previous page. It certainly is a welcome sight when you walk past the church!



## Take comfort

'Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God'.  
(2 Corinthians 1:3)

"In the light we are largely unconscious of our limitations, but when the night descends, our helplessness takes hold upon us and make us cry out for God. Faith is a faculty which needs the dark in which to thrive. When we see our way, we have no need of faith, but when darkness falls then faith receives her opportunity."

(Marshall Broomhall – early missionary to China)

## On Being Overwhelmed

*The following is from Antony Billington, Theology Advisor to LICC (London Institute for Contemporary Christianity), writing on 'Connecting with Culture'. Read more from him at [licc.org.uk](http://licc.org.uk)*

It was Harold Wilson who allegedly said that "a week is a long time in politics". In these recent momentous days, it looks as if that should be reduced to five minutes.

In the space of a very short time, life has been turned upside-down. Work, school, family life, daily routines, leisure activities, as well as that number one pastime – shopping – have changed for all of us, almost overnight.

It's easy to see why our nation – nay, our world – is uneasy. You may feel it yourself, identify it in friends and colleagues, or see it reflected in your social media feeds. We're experiencing what theologian David Ford has called 'multiple overwhelmings'.

Whether personally, professionally, or politically, it's one thing to have a single event that knocks us off our feet. But what if the knocks continue to come thick and fast? Is it any wonder we're confused, anxious, distrustful, and fearful?

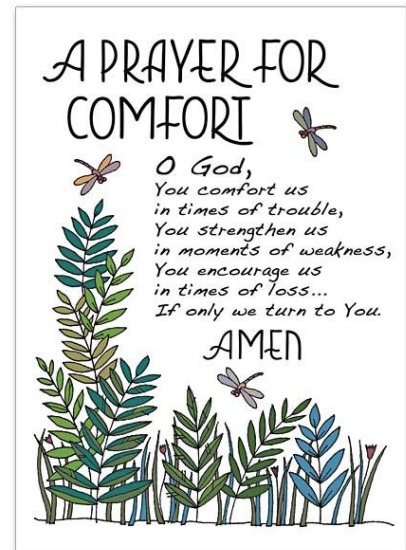
In all this, though, shafts of light manage to break through – the neighbours forming WhatsApp groups to support people in their street, the already-exhausted NHS workers coming in for the next shift, the rainbows in windows of houses saying more than the occupants of those homes perhaps know about the commitment of God to his creation.

They're all traces of grace, showing something of a refusal to be shaped by the prevailing culture, which Christians of all people should understand. Because while some 'overwhelmings' wound and crush us, others are life-giving and transformative. As David Ford says, the wisest way to cope is 'not to expect to be in control of everything', but 'to live amidst the overwhelmings' in a way that lets one of them shape the others.

Christians remember that Christ himself embodied 'multiple overwhelmings' – baptised in the Jordan, driven into the wilderness, tempted by the devil. Then, at the climax of his life, betrayed, deserted, tortured, crucified. But, as Ford writes, 'then came the resurrection, the most disorienting and transformative overwhelming of all'.

Given that death-and-resurrection pattern, what would it look like at this time to be overwhelmed with an assurance of God's love? Overwhelmed with gratitude? Overwhelmed by generosity? Overwhelmed by a commitment to pray? Overwhelmed by a desire to see others thrive, even if it comes at our expense?

©Parish Pump



# Podcasts to stretch the mind

By Debbie von Bergen

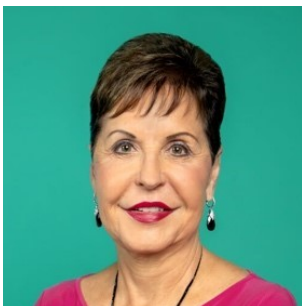
Whilst we are all at home doing all those chores which we never thought we would have time to do, why not listen to some of the excellent podcasts that are available. Below are a selection of Christian podcasts that I listen to on a fairly regular basis.



NT Wright has written many study books on the bible but specialises in the new testament. Although he is a theologian of some standing this podcast is very approachable raising different issues in each of it's fortnightly episodes.



Justin Brierley produces this weekly podcast with a varied array of guests – some renowned Christian teachers and others firm atheists. This results in lively debate and you may find yourself shouting at the discussion from time to time.



Joyce Meyer's podcast called Talk it out. Joyce is a well-known American preacher with huge followings – she has a theatrical way of delivering her text, but nevertheless what she has to say is very relevant to reading scripture today.



Monthly podcast produced by theologians Graham Tomlin, Mike Lloyd and Jane Williams. The discussion is down to earth, approachable but searching.

There of course lots of other wonderful podcasts out there some of my favourite non-religious ones are: Gardeners Question time, The Archers (!), Wellness with Liz Earle, Ramblings with Clare Balding, Inside Health, Live Better, Feel More with Dr Rangan Chatterjee and The Food programme to name but a few – all are easy to find through the podcast app.

The following information has been distributed to all households in our Parish. However, in case anyone has not received one, we felt it was important to share this vital information with you.

## INFORMATION: COVID-19 SELF ISOLATION

**Coronavirus Parish Angels are here to help**

**If you have a NEW persistent cough, high fever or are short of breath, you are advised to self-isolate.**

Call a number below, and if that is busy call another.  
For the Capel & Coldharbour area CALL

0739 596 3129  
0739 596 3147  
0739 596 3156

For Beare Green, South Holmwood & Mid Holmwood CALL

0739 490 8229  
0739 590 9548  
0739 596 3146

### HOW THIS WORKS:

Give your name, phone number, address and your request. If you want us to collect a prescription, add your date of birth. We will pass your request on to a local helper who will arrange delivery to your doorstep - whilst retaining a social distance.

*Capel Parish Council working with local communities and churches*

*If you have not received the leaflet that this information was on, together with health guidelines on the reverse, please contact one of the above numbers so a full leaflet could be delivered to you. Thank you.*

**HELP is at the end of a phone.**





12/04/2020

## The Archbishop of Canterbury's Easter Sermon 2020

The sermon, which was delivered from the kitchen of the Archbishop's flat in London, was part of the Church of England's first national digital service for Easter Sunday. It was recorded on the Archbishop's iPad.

***Jeremiah 31:1-6, Acts 10:34-43, John 20: 1-18***

In 1944 a British soldier, in the Normandy campaign was asked by a friend what he would do after the war. He had been an architect in peacetime and his answer was that he would build a Cathedral.

His name was Basil Spence, and his friends must have thought he was mad, for only one cathedral had been completed in England since St Paul's in London 350 years earlier.

In 1950 Spence, fired with hopeful inspiration and ambition, won the competition to design Coventry Cathedral, one of the greatest of the post war symbols of peace and reconciliation. It was completed in 1962.

Imagination, ambition, hope, are some of the foods that nourish our minds in dark times. They can be mere escapism, or they can give us a settled direction and intention.

That sense of a new direction and intention, of hope that carries us forward, is likely to be mocked by many.

Cynicism tells us that all will go on as before. Despair tells us that the road is coming to an end. Fear tells us to look after ourselves.

Imaginative hope gives us a level-headed courage and a grand ambition when it is based on what we know to be true.

Neither the women nor the two disciples had hope when they went to the tomb. Mary was so filled with sorrow, so caught by an utterly reasonable despair that she could not even recognise Jesus when he stood in front of her.

Who would recognise someone known to be dead?

Yet within a very short period we find Mary announcing that she has seen the Lord. Not long after Peter is telling Cornelius that Jesus had risen and that this was the foundation of hope for all people.

There are three astonishing things in what Peter says.

First, that someone could rise from the dead. Peter's change from frightened denier of Christ to bold advocate is one of the great evidences for the resurrection.

Second, that God would reach in love to the whole world.

Third, that Roman occupier and Jewish occupied could be drawn together in unity.



To this day the resurrection of Jesus is the solid foundation of all hopes for a better world. The first Christians found that God had made new life possible and offered it to us.

In Christ Jesus, the first Christians were empowered with the resources to live in ways that brought abundant life to rich and poor, strong and weak, the privileged and the rejected.

An amazing community grew and loved and served in time of peace and war, of health and of great epidemics. This is the same community, the global church, that still lives and grows all over the world.

The resurrection changes not just us individually, but is the fuel for hope-filled ambition and for imagination that builds dreams into reality. The key Christian distinctive is hope.

Which brings us to today, Easter Day 2020. Who does not feel the shock of the last weeks?

So many have suffered from the virus, been in hospital, or mourn someone who is gone. We were probably shocked as the Prime Minister went into intensive care. We pray for him and his family especially today.

So many people right across the country are anxious about employment, food, are isolated from loved ones and feel that the future looks dark.

People right across the Globe feel the same uncertainty, fear, despair and isolation. But you are not alone.

The women went to the tomb in the dark, and there they found the light and hope of Christ risen from the dead. Mary Magdalene turned the disciples' world back to light; that woman who, as a previous Archbishop of Canterbury, Lancelot Andrewes, said was "last at the cross, and first at the tomb."

In the weeks and months that followed they had a new vision of justice, they shared their goods, they cared for each other so powerfully that over time the world changed, and changes to this day.

This was a vision of the Kingdom of God come on earth, where death would not be the end.

Which brings us back to ambitious imagination and *unreasonable* hope. In the resurrection of Jesus Christ, we have a hope that is surer than stone; than any architecture.

Even in the dark days of this Easter we can feed on hope. We can dream of what our country and our world will look like after the pandemic.

There will still be wickedness and war, poverty and persecution, greed and grasping. There always has been; always will be.

Yet in the resurrection of Jesus God lights a fire which calls us to justice, to live in humble generosity, to transform our societies.

After so much suffering, so much heroism from key workers and the NHS, so much effort, once this epidemic is conquered here and round the world, we cannot be content to go back to what was before as if all is normal.

There needs to be a resurrection of our common life, something that links to the old, but is different and more beautiful.

We must dream it because it is the gift of God. Then we must build it in partnership with God.

In the new life of the resurrection of Jesus, we dare to have faith in life before death. We hope, because of the resurrection.

**'The Lord is my rock, my fortress and my deliverer: my God is my rock in whom I take refuge, my shield and my horn of salvation, my stronghold.'** Psalm 18:2

**MERCY AND COMPASSION cont..**

**'This is what the Lord Almighty said:**

**"Administer true justice; show mercy and**

**compassion to one another."** Zechariah 7:9

**FRIDAY 1<sup>st</sup>**

*Almighty God, we are living through a time where there are so many hurting people that it can become overwhelming. Help us to remember that Jesus demonstrated a life that overflowed with deep compassion and tender mercy towards all who were sick, troubled or hurt. Help us to stretch out a willing arm of comfort and extend a godly mercy that comes from You.*

**SATURDAY 2<sup>nd</sup>**

*Gracious Lord, make us aware of the needs of the people around us. Help us to be grateful for what we have and help those with so much less. We ask this in Jesus' name.*

**SUNDAY 3<sup>rd</sup>**

*Loving Father, we praise and thank You because Your mercies are unending and they are new every morning. Fill us with Your Holy Spirit and enable us to reflect Your virtues of love and compassion for our fellow-beings.*

**HEALING**

**"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."** Matthew 25:40

**MONDAY 4<sup>th</sup>**

*Dear God, we pray for all who are sick in hospital with Covid-19. By Your grace, may they be healed and, while they are separated from their families, may they find peace from their fears through the loving care and attention of doctors and nurses.*

**TUESDAY 5<sup>th</sup>**

*God of Wisdom, You reveal knowledge to scientists and doctors. We thank You for medical breakthrough with Covid-19. We thank You for the expertise of practitioners working to eradicate this disease throughout the world.*

**WEDNESDAY 6<sup>th</sup>**

*Lord Jesus who healed the sick, be with doctors and all medical staff as they act as agents of Your healing touch. Keep them strong and loving and, at the end of each day, bring them peace in their weariness.*



**THURSDAY 7<sup>th</sup>**

*Merciful Father, we pray for healthcare workers who have to make difficult decisions about resources and treatments. May they do so with care, compassion and integrity.*

**FRIDAY 8<sup>th</sup>**

*God of Love, we thank all those who work hard to bring us health. Bless our Health Service to thrive, to prosper and to heal. We lift up to You all the wards and departments in our hospitals. We pray that there will be beds for all who need them.*

**SATURDAY 9<sup>th</sup>**

*God of Power, give Your wisdom to our government in matters of the health service of our nation. We pray for a service that does not discriminate. We pray for reforms that consider the welfare of all staff.*

**SUNDAY 10<sup>th</sup>**

*God of Hope, be by the side of those who await operations. Send Your Spirit into the hands of those who care for them. Let us not forget to give thanks when we are recovering from ill health or from an operation and may Your healing continue in our lives.*

**CARING FOR THE ELDERLY**

**MONDAY 11<sup>th</sup>**

*Loving Father, we lift up to You all who are living in Care Homes. Be with them and bless them. May they know that they are loved, still precious in Your sight. May they feel Your comforting presence bringing them peace, especially during the pandemic.*

**TUESDAY 12<sup>th</sup>**

*Lord, we pray for wisdom and compassion for the Government making reforms to the care system. May they find creative and sustainable ways to provide extra funds so that everyone can get the care that they need.*

**WEDNESDAY 13<sup>th</sup>**

*Precious Lord, we ask You to bless all who have grown old and who are unable to look after themselves. Send them loving carers who appreciate their wisdom and the richness of their experience.*

**THURSDAY 14<sup>th</sup>**

*Father God, bless the families of the elderly with insight and good judgement. Send Your Holy Spirit to help them make wise decisions and grant them the patience to care for those who once cared for them.*

**FRIDAY 15<sup>th</sup>**

*Dear Lord, we thank You for the loving care and attention of staff working in the care system. Grant them patience in their work and the joy and rewards that come from caring for others.*

**SATURDAY 16<sup>th</sup>**

*Compassionate God, for all who live in fear of what they might become and those already walking down this lonely road where minds and bodies don't work as well as they used to, grant them peace. May each moment of their lives be filled with joy not sorrow, and Your love be seen through those who care for these fragile people.*

**SUNDAY 17<sup>th</sup>**

*Loving Father, we pray for carers in this world, young and old, whose love, time and freedom is given for one who is in need. May they know Your blessing, through good days and bad and receive as they have been given, love in good measure, flowing into their hearts and lives.*

**MIGRANTS, REFUGEES AND ASYLUM SEEKERS**

**'Keep me safe, my God, for in you I take refuge.'**

**Psalm 16:1**

**MONDAY 18<sup>th</sup>**

*Dear Lord, while our thoughts and prayers have been focused on Covid-19, there are still desperate people who leave their homeland to escape oppression, persecution, violence and war. Watch over them and comfort them on their fearful journey. They are particularly vulnerable to this contagion so protect them we pray, especially the elderly and the sick.*

**TUESDAY 19<sup>th</sup>**

*Merciful Father, You call us to welcome asylum seekers who have come to our land but we are filled with fear, doubt and suspicion. Help us by Your grace to welcome them with joy and generosity, responding to their needs.*

**WEDNESDAY 20<sup>th</sup>**

*Lord our Provider, help us to realise that You call us all to learn the ways of peace and justice and to share our abundance. May our welcome and our compassion be unceasing. May our love for those seeking refuge be steadfast.*

**THURSDAY 21<sup>st</sup>**

*Dear Lord, we thank You for all who are working to help asylum seekers. Give them energy and patience and help us all to work for a world where human lives are valued.*

**FRIDAY 22<sup>nd</sup>**

*Loving Father, no one is a stranger to You. Watch over migrants, refugees and asylum seekers, especially those who are separated from their loved ones. Bring them safely to the place where they long to be and help us always to show Your kindness to strangers.*

**SATURDAY 23<sup>rd</sup>**

*Saviour God, our journey through life is long and hard and we cannot do it without Your help. Send us Your Holy Spirit to be with us and help us to see Your Spirit in those You send to journey with us. Teach us to welcome strangers and help us to appreciate the gifts they bring.*

**SUNDAY 24<sup>th</sup>**

*Father, pour out Your Holy Spirit upon world leaders. May they make decisions that are just and use their power wisely. May they avoid the sin of indifference, love the common good, advance the weak, and care for this world in which we live.*

**PENTECOST**

**'All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.'** Acts 2:4

**MONDAY 25<sup>th</sup>**

*Holy Spirit of Life, enflame us with passion for the Good News. Let our voices ring with the hope and promise of our Saviour, Jesus Christ.*

**TUESDAY 26<sup>th</sup>**

*Holy Spirit of Love, bring us compassion and kindness. May our words bring comfort to those in need of consolation and assurance.*

**WEDNESDAY 27<sup>th</sup>**

*Holy Spirit of Grace, enlighten our hearts and minds. Fill our speech with expressions of peace and understanding.*

**THURSDAY 28<sup>th</sup>**

*Almighty God, when we next meet together and celebrate that first Pentecost, may it be for us as it was for the disciples; a moment of empowerment and an awareness of Your Glory in this dark world.*

**FRIDAY 29<sup>th</sup>**

*Dear Lord, as we light a candle to show that Jesus is always with us, empower us to carry Your flame in our hearts always so that we may be the light of Your love in our community, to our family and to our friends.*

**SATURDAY 30<sup>th</sup>**

*Come Holy Spirit and renew hearts that have grown cold, transform the lives of those who live in fear, grant us all wisdom, understanding and peace.*

**SUNDAY 31<sup>st</sup>**

*Come Holy Spirit and make us Pentecost people. Let Your wisdom and right judgement guide our decisions, our temper and our impulses. Let knowledge and understanding increase our capacity for sympathy and compassion. Let reverence and awe fill us with gratitude and respect for all creation. Give us courage to witness boldly to our faith in word and deed.*

*Dear Readers,*

I hope you enjoy this Whitsun issue. For many there will be a lot more time to read things so I hope Inspire meets your expectations and gives you some quality reading together with some fun things to do too such as the puzzles! This month, we are very lucky to be able to reproduce one of Tiffany Budd's colouring in pages for you. Tiffany is a local artist living in Capel and she has kindly been donating some of her colouring in pages to various local groups and agreed to provide us with some. I hope it makes a change for some of you to do a more creative past-time. I for one am not into mathematical puzzles and am alone in that in my household of three mathematical men! Give me a word puzzle or a craft or art activity any day!

We have contributions from other parishioners too in this issue and I would welcome any contributions you care to give me! I do feel more strongly than ever before that this magazine is just one of our effective ways of connecting with one another right now when we cannot actually gather together in church or other social ways. Debbie von Bergen and I have very much enjoyed the emails we have received back when we have sent out Rev Liz's weekly Parish newsheet. Just as it is clearly very welcome for many of you to receive a connection and communication from church, so it is very welcome for us to receive comments, thanks and have 'email' conversations with several of you! It's clear then that there is someone at the other end of the mail out and gives a far more personal touch and a chance to interact. When you are mailing approximately one hundred people, it certainly gives a more intimate and personal feel to the process. So on behalf of Debbie, myself and Rev Liz—thank you for that! We do pass on all your comments to Rev Liz too!

Lockdown has certainly been made easier for many of us, with the continuing good weather allowing us to go out each day to exercise and enjoy the freedom that that brings in a way we have probably taken for granted before. The bluebells have been stunning and to see and then smell them on a breeze is a tonic I hope I never tire of! Simple pleasures right now are everything. How lucky we are to live in an 'Area of Outstanding Natural Beauty', something we say and see local signposts for, but suddenly takes on a very real poignancy and resonates with us all the more.

For many who cannot go out currently, there are ways to connect online if you have access to a computer and internet? Social media is a great place to see videos taken by people locally or enjoy their photos so you can almost feel you're with them. Don't forget the church has Facebook pages (*Capel and Ockley Church AND Inspire magazine* has it's own page). It is also worth noting that national attractions such as the Open Gardens Scheme have come up with 'virtual garden tours'! See page 35 for further details, but if you like seeing other people's inspiring gardens, do take a look! A little bit of escapism all from the comfort of your own home! I understand that RHS Chelsea is going online too, so do keep an eye out on the RHS website.

I hope you enjoy the two pieces below. Even in this strange and worrying time of a lockdown, it still feels important to savour each and every single day 'let me hold you while I may, for it may not always be so' and it is important to remember that 'future days will hold good times and merry faces' once again, which they will surely do.

Until next month ... my best wishes,

*Suzanne*

## **Borrowed Joy**

Let's borrow from our memories  
When times are sad and trying  
Let's find a little laughter  
when we're very near to crying.

Secure in loving thought  
Of happy friends and distant places,  
Knowing future days will hold  
Good times and merry faces.

By Kathleen Partridge

*Particularly pertinent currently when our 'normal days' are somewhat different ...*

Normal day, let me  
be aware of the treasure you are.  
Let me learn from you, love you,  
bless you before you depart.  
Let me not pass you in quest  
of some rare and perfect tomorrow.  
Let me hold you while  
I may, for it may not always be so.

By Mary Jean Irion

Editor: My thanks to Sue Partridge for contributing the following. As she rightly says it is particularly poignant and pertinent right now.

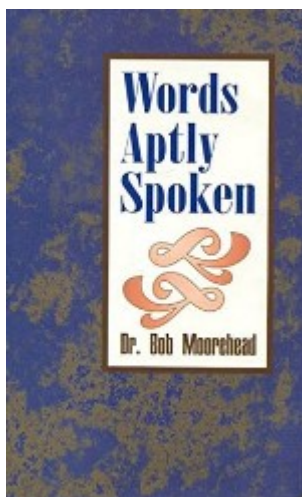
**Think It Over.... (1<sup>st</sup> half based on 'The Paradox of Our Time, Bob Moorehead)**

Today we have higher buildings and wider highways, but shorter temperaments and narrower points of view.  
 We spend more, but enjoy less.  
 We have bigger houses but smaller families.  
 We have more conveniences, but less time.  
 We have more knowledge, but less judgment.  
 We have more medicine, but less health.  
 We have multiplied our possessions, but reduced our values.  
 We talk much, love only a little, and we hate too much.  
 We reached the Moon and came back, but we find it troublesome to cross our own street and meet our neighbours.  
 We have conquered the outer space, but not our inner space.  
 We have higher income, but less morals.  
 These are times with more liberty, but less joy.  
 We have much more food, but less nutrition.  
 These are the days in which it takes two salaries for each home, but divorces increase.  
 These are times of finer houses, but more broken homes.

**That's why I propose, that as of today:**

You do not keep anything for a special occasion, because every day that you live is a special occasion.  
 Search for knowledge, read more, sit on your front porch and admire the view without paying attention to your needs.  
 Spend more time with your family and friends, eat your favourite foods, visit the places you love.  
 Love is a chain of moments of enjoyment, not only about survival.  
 Remove from your vocabulary phrases like "one of these days" and "someday".  
 Let's write that letter we thought of writing, or make that phone call we thought of making "one of these days".  
 Let's tell our families and friends how much we love them.  
 Do not delay anything that adds laughter and joy to your life.  
 Every day, every hour, every minute is special.  
 And you don't know if it will be your last.  
 If you're too busy to take the time to tell someone you love them, and you tell yourself you will tell them "one of these days", just think..... "one of these days" you may not be here to tell them !

Remember your Creator God who made all things for us, do we tell Him how much we love Him, and in particular how much we love Jesus who paid the ultimate price for us all.  
 Think about that, don't leave it until "one of these days", it may be too late.



Taken from:  
<https://www.goodreads.com/book/show/3147341-words-aptly-spoken>

**'From the Registers' informally ...**

Congratulations to  
**Debbie & Hugh von Bergen**  
on the exciting news that their daughter Annabel  
and her husband James are expecting a baby in  
October! They will be grandparents again!

Annabel & James married at St John the  
Baptist in September 2018 and many of  
us will remember the incredible wedding  
flowers that adorned our lych gate and  
our church.

Our congratulations & Best  
Wishes to them all!

*Do you have any exciting news you'd like to share in  
'From the Registers' informally? Please email the editor  
on [editor@capelandockleychurch.org.uk](mailto:editor@capelandockleychurch.org.uk)*

**FROM THE REGISTERS  
Capel and Ockley**

We mourn the loss of

**Diana Hawkes**  
3rd April 2020

**Paula Vivienne Salton**  
8th April 2020

**Neville Robert Jolly**  
9th April 2020

**Thelma Clair Maciuk**  
16th April 2020

**ALLOTMENTS IN  
TEMPLE LANE, 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](mailto: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](mailto:leighdesouza@yahoo.com) or  
Revd Liz Richardson 01306 711260  
[liz@hostmyserver.co.uk](mailto: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.*

**During the Coronavirus crisis and the inability to meet up or get into church, you can find extra  
materials being uploaded to the Parish Website regularly.**

**<https://www.capelandockleychurch.org.uk/weekly-news-sheets/>**

**Look under the 'Publications' tab**



Rev Liz has mentioned in her Weekly sheets that are available on our church website that she is praying the Church of England Daily prayers and you can join in with these either in the morning or afternoon, normally at 9.30am and 5.30pm if you wish to be 'with her in prayer'.

You can either find them on the Church of England website:

<https://www.churchofengland.org/prayer-and-worship/join-us-in-daily-prayer>

OR you can download the Church of England App to your mobile phone and find the daily reflections on there.



**Please note that in view of current Government guidelines regarding the Covid-19 outbreak, the following facilities offered will not operate until further notice:**

**The Pavilion Café at Ockley on Wednesdays**

**The after school Youth Café on Tuesdays**

**Messy Church**

**ALL Todder groups including The Ockley Mothers and Toddlers Group on mornings**

**Kindred Spirits Breakfasts**

**Village Teas at Ockley (normally third Monday of the month) at Ockley Village hall.**

**Capel Church Teas Sundays (was due to begin 22nd March)**

Also

The two **Lent courses at Newdigate 'Discipleship Explored' and 'When Faith gets Shaken'** are cancelled.

**Bible Study** all currently cancelled



Thursday

## Lift Up Your Hearts (Issue 4 17 April 2020): A time when touch is banned

by Rachel Mann (*Lift Up Your Hearts* is a special weekly bulletin from The Church Times during the Coronavirus crisis. We will try and feature it regularly.)

IN THE past couple of weeks, I've had many conversations with parish-ioners which have begun with their asking: "How are you? Are you bear-ing up?" It's usually me who asks those questions. In a time of self-isolation and shielding, however, the polarities have been reversed.

As someone with underlying health conditions, I was forced by Covid-19 to retreat from public be--fore everyone was instructed to do so. At times like these, I reach out for art, prayer, literature, and film to in--spire and comfort me.

THERE are works of **art** which haunt us. I've never fully recovered from seeing Rembrandt's *Simeon in the Temple* (1669), at the National Gallery in 2014 as part of the "Rembrandt: Late Works" exhibition. It is a miraculous study in vulner-ab-ility and love, famously found un--finished in Rembrandt's studio the day after he died.

Rembrandt's near-blind Simeon models intimacy and vulnerability, a life coming apart in paint and old age. At a time when touch is banned, the simple fact that Simeon holds Christ in his arms shatters me. There is promise, however: Simeon waited for his Lord, and received blessing; and we, too, shall come to a time of renewed love and physical closeness.



IN THE late 1990s, I was diagnosed with Crohn's disease. I was in and out of hospital a lot, separated from loved ones, and, in the long nights of waiting, I found hope in this short **prayer** based on Genesis 31.49: "Watch between us, dear God, when we are absent from one another." Ab--sence can take many forms, and, in this time of virus, there are potent ways of fostering connection: letters, emails, phone calls, and video apps.

Still, I feel the cut of physical absence. I long for connection. God is the connective tissue in the night-time of my fears.

IT MAY seem perverse to find power in **Psalms 121** when confined indoors in one of the most urbanised parts of Europe. Even if I climbed up on to the chimney-pots of my house and strained my vision, I could not say: "I lift up mine eyes unto the hills, from whence cometh my help."

Of course, we do not need to see physical hills to imagine them. I long for the wide-open spaces of the hills. The God of "the Heights" — of Zion, and Mount Sinai and, yes, the Pen-nines, too, is in my heart. He shall "come[th] forth" to liberate us one day.

THE academic Alison Light claims that Golden Age detective fiction is "the literature of convalescence". Classic mystery novels ruled in those decades after the horror of the Great War. They present murder and viol-ence as something which is both dreadful and — when handled by a Poirot, Miss Marple, or Peter Wimsey — tractable.

In a time of trauma and grief, I reach for literature and film that help me cope and heal. Much as I adore Christie, my "self-isolation" **book** is Dorothy L. Sayers's *Gaudy Night*. It is a great piece of detective fiction, set primarily in an all-female Oxford college; but it is also a quietly and firmly feminist study of the love between Lord Peter Wimsey and the writer Harriet Vane. If Auden claimed that detective fiction was "an addiction like alcohol or tobacco", *Gaudy Night* is a glass of *Chateau Pétrus* and a fine Havana cigar.



GOLDEN Age stylings are also on show in the recent **film** *Knives Out*. While my usual go-to movies in times of stress are old favourites — *Casablanca*, say, or *Gosford Park* — *Knives Out* is an instant “rest night” classic. It takes all the old mystery fiction tropes — genius amateur detective, dodgy wealthy family, mur--der and suspects aplenty — and both honours them while throwing them all up in the air. *Knives Out* is witty, clever, and oddly life-affirming.

**Music:** My isolation track is any-thing sung by Dame Janet Baker, though her voice on the 1965 Barbirolli/LSO recording of Elgar’s *Sea Pictures* is unmatched: longing meets strength, and her ability to capture vulnerability in the shadow of sheer power brings me to tears.



Rachel Mann

**Poetry:** Recently I’ve found myself reaching for the poems of Edmund Blunden (*Edmund Blunden: Selected Poems*, edited by Robyn Marsack; Carcanet, 2018). Yes, he was a “war poet”, but he is so much more. His simplest, most unwarlike poems are shot through with wounds and tender-ness that seem both oddly real and comforting in a time of crisis.

Rachel Mann’s article is also available as a Podcast if you would prefer to listen to it:

<https://www.churchtimes.co.uk/articles/2020/17-april/regulars/podcast/rachel-mann-on-art-literature-film-music-poetry-and-prayer-in-self-isolation>

## David Lammy: ‘My faith has been with me my whole life and it’s never left’

The new Shadow Justice Secretary, David Lammy, talks about his mission to bridge the divides in society.

Interview by *Ed Thornton*

IN SEPTEMBER 1983, an 11-year-old David Lammy boarded a train from King’s Cross station to Peterborough, to take up a choral scholarship at The King’s School, the cathedral school and unusual in being a state-funded boarding school. The move would shape both his political outlook and his Christian faith. “I doubt I would have become the MP for Tottenham if I had not spent my formative years in Peterborough,” Mr Lammy writes in his new book *Tribes: How our need to belong can make or break society*. “Spending time meeting the families of my day-student friends, I gained a new perception of what life could be, and what Middle England could offer. Stability, culture, calm, comfort, duty, service, and tradition were instilled in me. I want to hold on to those values.”

Before boarding the train for Peterborough that day, David Lammy had spent his early life in Tottenham, north London, where he lived with his mother, a Guyanese immigrant, and four siblings. He describes it as a tough time. The riots in the early 1980s drew national attention, especially the murder of PC Keith Blakelock. “That was the backdrop. . . Peterborough gave me tremendous opportunities to find my voice.” The impact of Peterborough is one reason that Mr Lammy, who has represented Tottenham for nearly 20 years, is difficult to pigeonhole politically. He is socially liberal (a vocal supporter of same-sex marriage, for example) and campaigned strongly for the UK to remain in the European Union. But he is loath to condemn people who voted to leave.

Many of them he would count as friends, such as Clive and Kathy, the parents of his best friend at the The King’s School, Jamieson, in whose home in the Peterborough suburbs he often stayed during the school holidays. In the book, Mr Lammy describes a recent visit to Clive and Kathy as feeling “like a family reunion”.

“Clive and Kathy are very fond of me, and I’m very fond of them,” he says. “They are Leavers; they have very strong views on crime, immigration, the EU. These are not the same as my own, but, in a sense, they reflect what lots of British families experience, which is big divisions based on perspectives on the country. Those divisions are played out across many families. They divide across urban and suburban environments, rural, and city environments.”

It was this sense of a country divided which spurred the writing of *Tribes*. “The book was conceived, I think, because I sensed a change in the atmosphere in the post- Brexit environment. I found people questioning my sort of legitimacy, really, as an Englishman. I took a strong view on the Remain side, and people often say: ‘Why do you hate England so much?’ or ‘You’re not English.’”

Continued on pages 18 & 19



This is a painful accusation to hear. “I love this country, this country’s my home, it’s where my kids were born. . . I was surprised at how many people questioned my own stake in the country.”

As the political environment became increasingly toxic — especially for a prominent black MP who regularly receives death threats and racist abuse — writing the book was therapeutic. “It was an opportunity for me also to explore my own belonging and my own sense of place and self, and that took me to Peterborough, to Tottenham, and to my parents’ Caribbean roots, and also to Niger.” (He discovered from a DNA test that he was 25 per cent from the Tuareg tribe of Niger.)

THE book is part-memoir, part-policy analysis and prescription. He visits places that are part of his roots, and reflects on his complex sense of identity: “I am British, English, and a Londoner. But I am also European. . . I am black, but I am also happily married to a white woman [the artist Nicola Green], with three mixed-race kids.”

The book recounts his high-profile campaigns from the back benches, on issues such as Brexit, the *Windrush* scandal, and the Grenfell Tower fire (his friend the artist Khadija Saye died in the tower).

The sense in which he uses the term “tribes” goes beyond belonging to a particular ethnic group or nation. Instead, he uses it “as a metaphor to describe the creeping resurgence of our polarisation into groups at the beginning of the twenty-first century”. Tribal identities, he argues, “are not exclusively the result of your ethnic make-up or the place you live. Instead, they are often the product of the tensions and splits in the modern world.” Being part of a tribe satisfies “the very human desire to belong to something bigger than yourself”.

The need to belong lies at the heart of the book, which acknowledges that religion has played a central part in building communities and relationships: “Without organised religion, or a secular alternative, it is much easier to become convinced that we are simply individuals, without responsibility for society as a whole.”

IF PETERBOROUGH shaped Mr Lammy’s perspective on politics and society, it also left a lasting mark on his Christian faith. “I can’t remember a day between the ages of 11 and 13 when I wasn’t singing,” he writes in *Tribes*. “If I wasn’t performing at matins, mass, eucharist or evensong, I was practising. Every day for three years.”

For Mr Lammy, faith is integral. “I have a deep faith. It’s a faith that has been with me my whole life, and it’s never left; I’ve never doubted that faith. If anything, it’s grown stronger since both my parents have died.

“It’s a very cultural faith. Music has always been a big part of it. Choral traditions, hymns, bells and smells in the Anglo-Catholic sense — all of it speaks to the way in which I connect with God and the spiritual, and it gives me a powerful sense of belonging. . . It’s definitely a very big component of who I am.”

His faith has helped him “to show compassion”, he says, to people who have issued him with death threats, and has spurred him to try to build bridges across divides.

The Church of England has been reckoning with the racist treatment of the *Windrush* generation, for which the General Synod apologised in February ([News, 14 February](#)). What reception did his parents, immigrants from Guyana, receive in British churches?

“My family’s experience was typical of that generation, which was that they bounced around, really, from church to church, until they could find a friendly priest and a friendly environment. Even though they were Anglo-Catholics from Guyana, they went to Baptist, Methodist, United Reformed churches, partly because the congregations tended to have more ethnic minorities, and they were friendly environments.

“I don’t think, on reflection, my mother was entirely comfortable in those more Evangelical traditions. She landed at St Philip’s, Tottenham, and she was at home with the priest, Fr Ken Evans, who, sadly, died last year. It was typical of the *Windrush* [generation] that they weren’t always treated well.”

Mr Lammy thinks that the Archbishop of Canterbury was “right and brave” to assert during the Synod debate that the C of E was still “deeply institutionally racist”.

“I’m always surprised that people get quite so sensitive about the phrase ‘institutional racism’ that came about as a result of the Macpherson report [on the murder of the black teenager Stephen Lawrence in 1993]. I’m surprised that people can be so sensitive, because I think people feel singled out in institutions and so they cower. . .

“Phrases like ‘institutional racism’ are not about the individuals: it’s about the institutions and something that’s systemic. That’s why it’s such an important phrase, because it gets at the heart of the matter — and the heart is usually power and vested interests.”

Mr Lammy has no wish to condemn the C of E. “There are many thousands of black and ethnic minorities who have found a home in the Church of England and have benefited greatly from the Church of England, including myself. You can be critical as well as accepting many, many people who have gained and benefited.”

Mr Lammy’s is “not a proselytising faith”, he says, but it informs his political outlook. Both *Tribes* and his previous book, *Out of the Ashes: Britain after the riots* (Guardian Books, 2012), have “a communitarian spirit” running through them.

“There is a Christian Socialist spirit; there is a recognition that the Labour Party, in the end, was founded by Methodists, and it reaches out. . . It’s a faith that turns over the tables and was not afraid to speak truth to power, but it’s a faith that recognised the power of redemption as well and a certain generosity. The two, for me, go hand in hand.”

The coronavirus pandemic has revived the communitarian spirit, he believes. “Coronavirus is reminding us, one, of our humanity and vulnerability, and, two, how we must come together to support one another. . .

“The loss of life is horrendous and the fear is horrendous; but there may be just one silver lining to what is happening, and that is that we rely once again on our neighbours. The flowering of support for elderly relatives and neighbours and those with underlying conditions has been very, very special.”

While the pandemic has brought out the best in people, however, it has also displayed the worst, Mr Lammy says: a “super-individualism”, which is damaging to society. “The selfishness on display in some of our supermarkets has been utterly shameful.”

For Mr Lammy, hope lies not, ultimately, in economic solutions to society’s ills, but in finding ways for different people to encounter one another. “I worry that, today, if you don’t go to university in Britain, which is still the vast majority of young people, if you’re in Sunderland, how do you meet a young person from Tottenham? How do you encounter something beyond your town or your immediate community?”

One policy that he believes might bridge some of the divisions is a national civic service, similar to the one that President Macron has introduced in France. “It is a nod in the direction of . . . a sense of duty and common purpose at this time.”

A few weeks after this interview was conducted, the new leader of the Labour Party, Sir Keir Starmer, appointed Mr Lammy as his Shadow Justice Secretary ([News, 9 April](#)) — Mr Lammy’s first front-bench post in ten years. It is a job for which he is well qualified: he has practised as a barrister in England and the United States, and completed a Master’s at Harvard Law School.

On the evening of his appointment, Mr Lammy wrote on Twitter that he had had “a very productive call” with the Justice Secretary, Robert Buckland, “regarding the extraordinary pressures on our courts and prisons as a result of COVID19. In this crisis, I am determined to provide responsible and constructive opposition in the national interest.”

If ever there was a time for tribal political loyalties to be put to one side, it is now.

*Tribes* by David Lammy is published by Constable at £20 ([Church Times Bookshop £18](#)).

Editor: Nurses deserve our praise and admiration. Parts of this are based on an article by Ted Harrison, which first appeared in the Church Times. We have nurses in our congregation including Leigh de Souza, our Safeguarding officer. I'm sure we all join together in thanking her and all her colleagues, together with other medical professions for all that they are doing to look after us right now.

## 2020: WHO's Year of the Nurse

When the WHO (World Health Organisation) decided to make 2020 the Year of the Nurse and Midwife, they based it on the 200<sup>th</sup> anniversary of Florence Nightingale's birth on 12<sup>th</sup> May 1820.

But with the arrival of the coronavirus, it is a remarkably apt year to celebrate all that nurses do for us.

As the ICN (International Council of Nurses) says: "All around the world, nurses are working tirelessly to provide the care and attention people need, whenever and wherever they need it. Nurses are central to the delivery of health care; nurses are making an invaluable contribution to the health of people globally."

Nursing as a vocation goes back to the Early Church. When plague struck the Roman world in the third century, it was Christians who tended the sick and dying, often at great personal cost. Their self-sacrifice made a huge impression on Roman society. Centuries later, in medieval Europe, it was the monastic orders that provided health care.

Still centuries later, during the Crimean War (1853-56) Florence Nightingale saved thousands of lives when she transformed the field hospitals, hugely improving the standards of care for wounded and dying soldiers.

In fact, Florence Nightingale deserves the credit for establishing the modern profession of nursing and its structures of training. Although of course medical science has advanced since her time, the basic ethos of nursing care remains today close to Nightingale's vision.

Nursing is frequently described as a vocation, and it is one to which many Christians are called. Nightingale wrote of being 'called' by God, after having had a vivid religious conversion as a teenager. Writing in February 1837, she stated: "God has spoken to me and called me to His Service."

Four years before going to Crimea, she studied at a Lutheran religious community in Germany which trained deaconesses in medical skills, nursing, and theology. Many of the ideas that Nightingale adopted for her nurses came from that religious community.

Thus, Nightingale's training programme was not solely devoted to secular medical sciences. Her student nurses were required to attend chapel, and her nurses read prayers on the wards.

Nightingale wrote many letters of spiritual encouragement to her students. To one, she wrote that Christ considered it an "honour to serve the poorest and the meanest... He will not give His crown except to those who have borne His cross... Enduring hardship is what He encourages and rewards."

The Bishop of London, the Rt Revd Sarah Mullally trained and worked as a nurse before being appointed to senior positions in the Health Service. She was Chief Nursing Officer for England between 1999 to 2004.

She says: "I became a Christian as a teenager and wanted to follow Christ with my whole life. Rather than having two careers, I have had one vocation: to follow Jesus Christ, to know Him, and to make Him known."

Certainly, of all the professions, nursing has one of the strongest claims to being rooted in the Gospel. Christian nurses implicitly witness to Christ in caring for others.

©Parish Pump

*The National Open Gardens Scheme help raise money for nurses. Please see information below and details of the National Open Gardens Scheme on page 35 of this issue.*



## Help Support Our Nurses

The National Garden Scheme was founded over 90 years ago by the Queen's Nursing Institute, to fund district nurses and it has funded nursing and health charities ever since. Those on the front line right now include the Queen's Nursing Institute, Macmillan Cancer Support, Marie Curie and Hospice UK.



## Lockdown walks brightened by key worker scarecrows in English village

<https://uk.reuters.com/article/us-health-coronavirus-britain-scarecrows/lockdown-walks-brightened-by-key-worker-scarecrows-in-english-village-idUKKCN2290Q5>

CAPEL, England (Reuters) - The daily lockdown walk has been brightened by the addition of scarecrows dressed as key workers in a village in southern England, as the community pays tribute to doctors, nurses, shop assistants and waste collectors in its own quirky way.

About 30 of the adult-sized stuffed dolls, complete with wigs and face masks, stethoscopes and surgical gloves, are propped up in front gardens in the village of Capel, at the foot of the Surrey Hills, about 30 miles south of London.

“We needed to cheer up the village and get people to have a laugh as they went around on their daily exercise,” said Sally Wyborn, who instigated the idea of the scarecrows.

Many of the unsung heroes of the coronavirus pandemic such as policeman and postmen, farmers, rubbish collectors and supermarket workers, are represented by the scarecrows, as well as doctors and nurses.

The idea of giant dolls was not new to the villagers of Capel. They used to make them every June to advertise a fete and open gardens, but had not done so for nine years following the death of Wyborn’s husband.

After Britain went into lockdown on March 23, however, putting a stop to social interactions with people told to stay at home apart from a few exceptions including a one-hour daily outing for exercise, Wyborn had an idea.

“In one of my mad moments, I suddenly thought why don’t we resurrect the scarecrows, everybody’s got time to make them,” the 78-year-old told Reuters.

Word was put out on email and social media and through local clubs for children, and the horticultural society for adults, and scarecrows soon lined the main street and side roads.

They will be there for the foreseeable future as Britons have no clarity on how and when the lockdown will be eased.

“Until it’s all over. Leave them out until we come out of lockdown and then watch the party,” Wyborn said.



## Observations on Daily Life

If you are swept off your feet, it's time to get on your knees. – *Fred Beck*

Page 22

If God sends us on stony paths, He gives us strong shoes. – *Corrie Ten Boom*

The word 'comfort' is derived from the words 'con' and 'fort', meaning 'with strength'. Jesus said that if we mourn, we shall be comforted. Behind the promise of his word lies the resurrection of Jesus Christ, where total defeat was turned into glorious victory. – *Sherwood Wirt*

Be kind. Remember everyone you meet is fighting a hard battle. *T H Thompson*

Don't aim at success – the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's dedication to a cause greater than oneself. – *Viktor Frankl (Psychiatrist, concentration camp survivor and author of Man's Search for Meaning)*

Let us endeavour so to live that when we die even the undertaker is sorry. – *Mark Twain*

In my youth I thought of writing a satire on mankind, but now in my age I think I should write an apology for them. – *Hugh Walpole*

Among the attributes of God, although they are all equal, mercy shines with even more brilliancy than justice. – *Cervantes*

Man's inhumanity to man makes countless thousands mourn. – *Robert Burns*

Method is like packing things in a box; a good packer will get in half as much again as a bad one. – *Cecil*

It's easy finding reasons why other folks should be patient. – *George Eliot*

It is necessary to draw near to God, but it is not required of you to prolong your speech till everyone is longing to hear the word 'Amen'. – *C H Spurgeon*

Prayer is the very life-breath of true Christianity. – *J C Ryle*

Prejudice is a loose idea, firmly held. – *Anon*

Those who think too much of themselves don't think enough. – *Amy Carmichael*

## Quotes for May

### **21<sup>st</sup> May is Ascension Day...**

Christ's ascension into heaven was the real commencement of His reign. – *John Calvin*

Astronauts sink into insignificance beside this ascension! – *Vance Havner*

### **31<sup>st</sup> May is Pentecost – the birthday of the Christian Church**

Only Jesus Christ by His Holy Spirit can open blind eyes, give life to the dead and rescue souls from Satanic bondage. – *John Stott*

The Spirit is the source of all our natural gifts. – *D MacLeod*

The Holy Spirit is the heavenly Lover's engagement ring given to us. – *Michael Green*

He who has the Holy Spirit in his heart and the Scriptures in his hands has all he needs. – *A MacLaren*

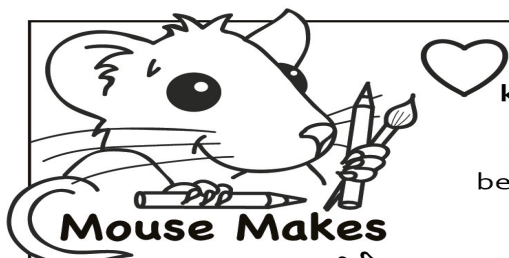
The Spirit-filled life is not a special, deluxe edition of Christianity. It is part and parcel of the total plan of God for His people. – *A W Tozer*

We could not pray at all were it not for the Holy Spirit. – *D Martyn Lloyd-Jones*

When you go to church you should actively seek something. You must not go like an empty basket, waiting passively to be filled. – *Roger William Riis*


Editor: My sincere thanks to local artist Tiffany Budd for kindly allowing us to share a couple of her colouring in pages. For those that like art as a form of relaxation, I thought this would be ideal during lockdown and offer something in addition to the regular puzzles! Another one next month!





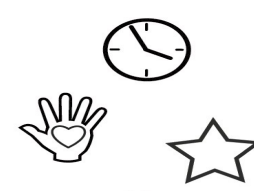
**Mouse Makes**

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. If we live by the Spirit, let us also behave in accordance with the Spirit"



How many other words can you find using the letters from:

**FRUIT OF THE SPIRIT?**



Which symbol goes with which fruit?



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

  
**Read**  
*Galatians*  
 5:13-26



- LOVE • CARE • CHERISH • JOY • DELIGHT • PEACE • ACCORD
- AGREEMENT • UNITY • CALM • CONTENTMENT • REST
- PATIENCE • TOLERANCE • KINDNESS • COMPASSION • HELP
- GOODWILL • GENEROSTITY • GOODNESS • HONESTY • INTEGRITY
- FAITHFULNESS • LOYALTY • TRUST • GENTLENESS • CONSIDERATE
- SELF CONTROL • RESTRAINT • FRUIT • SPIRIT • LIVE • SERVE

May20 © deborah noble • parishpump.co.uk

The fruit of The Spirit is...



love



joy



peace



patience



kindness



goodness



faithfulness



gentleness



Read Galatians 5:22-26



self-control



The twins had been doing Messy Church at home.



The article for this edition of the magazine was going to be about all the celebratory ringing planned, particularly in May. There was a county wide call to ring on Saturday 2<sup>nd</sup> for Surrey Day; a large number of events planned for the following week in celebration of the 75<sup>th</sup> anniversary of VE Day, as well as for a wedding at Ockley. Our newest recruits were due to be married the following week and that too has sadly had to be postponed.

Like everyone else, the coronavirus has impacted significantly – we have not been able to ring since 23<sup>rd</sup> March and at the time of writing we still do not know when ringing will recommence. Suffice to say there will be much celebrating when we are able to once again. Apparently August 15<sup>th</sup> and 16<sup>th</sup> are possibilities for a joint VE and VJ Day celebration.

We have, however, managed to hold virtual practices using Zoom, the benefit of which many people are enjoying during isolation. A meeting is arranged, invitees join by following the link sent to them by the convener at the prearranged time. Each participant can see and hear everyone else on their screen at home. At 7pm on Wednesdays we sign in, there were nine of us the first week, each with our own bell at home, one glass, even a waste bin, to make a noise. The aim was to attempt rounds and call changes but it is difficult to get the spacing right, so mainly we just have a good time catching up on each other's news and offering support. There is also a Listening CD of deliberate striking errors to detect and so we have a short session with that too.

Listening skills are needed to identify which bell in a row is not correct and at which stroke, as some errors are at hand or back stroke and not always both, so that when ringing for real you will be able to correct yourself if you are the one at fault. Briefly a row of rounds should sound:

1-2-3-4-5-6-1-2-3-4-5-6—1-2-3-4-5-6-1-2-3-4-5-6—

There is an even space between each bell, first at handstroke and then the 1 (treble) follows the 6 (tenor) with the same gap for the following backstroke. There is a wider space when the treble leads again, at handstroke, following the tenor's backstroke, known as the handstroke gap.

If the rounds sounded:

1-2-3-4-5-6-1-2-3-4-5-6—Then the 4 is too close, or quick, at hand, but the backstroke is correct

1-2-3-4-5-6-1-2-3-4-5-6—Then the 4 is late, or slow at hand but the backstroke is correct

1-2-3-4-5-6-1-2-3-4-5-6—Then the 4 is quick, or too close at backstroke but the preceding handstroke was correct.

Obviously there are any number of variations and the benefit of using a CD is that the errors are artificial and can be repeated. When ringing, the errors are often irregular, particularly with newer ringers and only a persistent problem would be commented on, if not corrected by the ringer them self. The exercises also progress to more than one bell striking falsely and at different strokes in the same piece, making it more difficult to work out the solution.

There are other activities related to ringing available, many online, and they are particularly useful at the moment to help ringers to maintain and continue to develop their skills, from reading material, podcasts, quizzes, worksheets and apps such as method ringing with Abel as well as a wealth of videos on YouTube and new apps being created as the lockdown continues.



*Nigel Beeton works in Radiology in a hospital in the East of England. During this time of the coronavirus crisis, he is writing a weekly diary of his life at the hospital.*

And so it goes on, day after day, week after week. I have had a long career in radiography, I started with the race riots in the early 80s. I have dealt with coach crashes and multi-vehicle pile ups, I have seen plenty of tragedy and trauma, quite enough for a lifetime.

A major accident is terrible for those affected, and hard work for those dealing with it, and for a time everything is very abnormal. But then comes the standing-down phase, staff are debriefed, and the hospital returns to normal, even as we reflect on those whose lives will never be the same.

In my whole career I never considered the possibility of 'abnormal' going on for so long. I almost can't remember a time when we weren't keeping a significant distance between ourselves and our fellow human beings, wearing scary looking kit if we have to come close. A time when we didn't have to insist that patients attended alone, but could still have their nearest and dearest to support them in their hour of need.

This is one of the most distressing aspects of this coronavirus. It has driven us apart at such a frightening time that we just want to cling onto those we love. Spare a thought in your prayers for those who live alone, who do not have loved ones in their homes simply to hug them when they are scared.

But pray earnestly for those who are torn even from their nearest family members when they develop severe symptoms. The ambulance comes and they simply do not know whether they will ever see their families again; do not know if they will ever again feel the comfort of a hand to hold or the touch of another person's lips on them.

It is so, so hard for the staff caring for them as they approach death, when they can only relay messages from family and are themselves separated from the patient by PPE. This tears at the very souls of nurses who do what they do because they care about comforting their fellow humans.

It is not so intense for radiographers but it is multiplied by the numbers that are seen on every shift. Thank you for your applause each Thursday evening, it is VERY much appreciated, but as I applaud I do so for people who go back to work on each shift facing not only a virus that has the potential to kill them, but also significant and repeated emotional trauma.

It is difficult, under these circumstances, to understand or even to forgive those who fail to do their bit to stem the spread of the virus. Given what these nurses, radiographers, and other care staff are facing each and every day, is it really so hard to simply stay at home? Given what these poor patients and their families are going through, is it so hard to follow the rules?

### **A Christian survivor of Covid-19**

*The Ven John Barton heard Thought for the Day on R4 on Good Friday...*

The BBC 'Today' programme last Good Friday included an interview with Hylton Murray-Philipson, a survivor of Covid-19. He had been on a ventilator in Leicester Royal Infirmary, "reduced to the state of a baby".

The programme presenter, Nick Robinson, invited him to describe memories of his time in intensive care. When he said one of the images he had in a moment of great distress and struggle, was of Jesus calming the storm on the Sea of Galilee, and he would like to think this was Jesus coming to him and helping him in his hour of need, Robinson suggested this was partly because of the powerful drugs he had been given, "which play tricks with the mind".

Later, Robinson apologised and said he didn't mean to demean anyone's faith. But what he had said also betrayed ignorance. While it is true that pain-killing drugs can cause hallucinations, these side-effects are rarely pleasant. It is not uncommon for patients to become agitated, anxious, confused and even prone to violence. Their physical pain will have been reduced, but that may have been at the necessary cost of mental disturbance; the overriding experience being more like that of a storm, than of a sea being calmed.

Back in the 1960's, it became fashionable for some groups to promote the use of illicit drugs because of the temporary sensations they induced. John Lennon of the Beatles said he had "such an overwhelming feeling of well-being, that there was a God, and I could see him in every blade of grass. It was like gaining hundreds of years of experience in 12 hours."

In his new book, 'Morality – Restoring the Common Good in Divided Times', Rabbi Jonathan Sacks chronicles the devastating long-term effects of leisure drugs. He includes cannabis, which he calls a 'gateway drug', because most of those who become serious addicts later, began with it.

So what was it that Hylton Murray-Philipson actually experienced when he was at death's door in that hospital intensive care unit? He knew the biblical story of seasoned fishermen, fearful of their lives because a sudden squall threatened to swamp their boat. Did he recall their alarm because Jesus, asleep in the stern, appeared to be unconcerned at the very moment when divine assistance was most needed? Did not his coronavirus-induced distress match theirs?

The Gospels relate that Jesus woke up, rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. Is that what Hylton experienced, too? He says it was.

*Both these articles from Parish Pump*



## USEFUL LOCAL INFORMATION

<http://www.molevalley.gov.uk> In line with many councils, Mole Valley has made off street town centre car parks free at times when they usually charge. However this relaxation does not apply on-street in permit parking areas or in Lidl and other private parking areas including the Waitrose side of the Church Street car park which has one entrance but two separate halves. <http://www.molevalley.gov.uk/index.cfm?articleid=54844#free-parking>

As businesses will need to work closely and network to get through and beyond this hiatus, with encouragement from MVDC the Leatherhead & District Chamber of Commerce has expanded its focus to the whole of Mole Valley, and offers free membership for six months. [Leatherheadchamber.co.uk](http://Leatherheadchamber.co.uk)

The Rotary club listing of takeaways and local delivery options is being updated frequently. <https://www.rotary-ribi.org/clubs/page.php?PgID=801567&ClubID=1460&fbclid=IwAR0pRotary list>

Kerbside collection of small electricals, textiles etc is being halted but all other aspects of the Joint Waste Solutions refuse and recycling, food and garden waste collection continues. [jointwastesolutions.org](http://jointwastesolutions.org)

<https://www.surreyep.org.uk/bin-collections-what-can-you-do-to-help/>

<https://m.facebook.com/groups/2989076774484967> CCC Chat is a local Facebook discussion group worth joining operating alongside the volunteers at [tinyurl.com/ccs-surrey](http://tinyurl.com/ccs-surrey)

Source: <https://www.inyourarea.co.uk/feed/RH55LL/Capel>

(You can download the 'In your area' App onto your mobile phone)

In   
YourArea

“During these challenging times three local businesses have teamed up to make sure those that can't leave their homes within Mole Valley can get access to bread, milk and pork products, delivered direct to their door. Hill House Farm, Chalk Hills Bakery in Reigate & Alderhurst Farm in Capel, are delighted to be working together to offer Mole Valley residents free delivery of fresh pasteurised milk, freshly baked bread and Hill House farm ham, bacon, sausages, pork, as well as sausage rolls and quiches on all orders over £10. Those unable to leave their homes can call us on 01306 264000 or email us at [sales@learnlandleisure.com](mailto:sales@learnlandleisure.com) before 4.30pm each day and we will deliver to your door within 24 hours.”

We are also now offering eggs from Etherley Farm & also beer from the Dorking Brewery to anyone who needs a home delivery at the present time.

Many thanks once again and if we can do anything to support you, the club or your businesses then please do let us know.

Click [HERE](#) for HHF price list  
Click [HERE](#) for Bakery price list

Best wishes  
Ian Jones

### Winner of Surrey Hills Enterprises' Gold Trade Mark Award 2020

In recognition of our commitment to environmental sustainability and our contribution to the Surrey Hills

T: 01306 264000

M: 0747 030 9797

E: [ian.jones@learnlandleisure.co.uk](mailto:ian.jones@learnlandleisure.co.uk)

*Keep up to date with Hill House Farm*

<https://www.facebook.com/hillhousefarmdorking/>

<https://www.instagram.com/learnlandleisure/>

<https://twitter.com/LLLHillHouse>

Our thanks to all our customers and staff for their adaptability in these unusual times. Our shops are still open and we offer an order collection or delivery service too.

We offer 3 sizes of veg bag where we choose the contents depending on seasonality and availability. If you would rather choose individual items you can do this in addition to or instead of a veg bag. This service is available for collection or delivery on Tuesdays and Fridays. The cut off for submitting orders is 6pm on Saturday for the following Tuesday or 6pm on Tuesday for the Saturday. For more details email [vegbag@vgfarmshop.com](mailto:vegbag@vgfarmshop.com)

We are pleased to confirm that **both** our Denbies Shop and our Ockley Shop are **OPEN**, with increased hygiene and distancing arrangements in place, for you to visit to do your shopping. Please see details below.

Current arrangements at the shops and opening hours :

**Village Greens Ockley** : We are not in a position to have customers come in to our Ockley shop, but our team is here to help. Please come to the shop door and wait to be served or ring 01306 713474 from your home. We will take your order and the team will pick and pack it for you. If you have ordered by phone, we will then call you back to take payment over the phone and invite you to come to the shop car park for a hands-off collection.

**Village Greens Farm Shop at Denbies** : You are able to come into the shop, however we are restricting the numbers, and so there may be a queue at the door. We request that only one family member goes in at time. We ask customers to use the hand sanitiser and disposable gloves provided at the entrance and to respect their distance from others as they shop. You may also call in advance and arrange a hands-off collection. Our phone number is 01306 880720.

#### Our current opening times are:

#### Village Greens Farm Shop Ockley, RH5 5LS

Mon – Sat : 9:30am – 5:00pm; Sun : 11:00am – 4:00pm

#### Village Greens Farm Shop at Denbies, RH5 6AA

Mon – Sat : 9:30am – 5:00pm; Sun : 11:00am – 4:00pm

Best wishes to you all at this time,  
from all the team at Village Greens

### More good news from the home delivery front!

Micro bakery **Crumbs of Capel**, running since 2009, is offering pre-ordered sourdough loaves for delivery on Tuesdays and Fridays (order by 9am the previous day), not just for the vulnerable and homebound but anyone in the villages of Capel, Ockley, Beare Green and Newdigate. A wide range of 600gr loaves (wheat, spelt, white, brown, wholemeal or marbled all with or without seeds) for £2.50 each or have a subscription of 9 for £20. For more details see [www.crumbsofcapel.co.uk](http://www.crumbsofcapel.co.uk) or phone 07905 208345.

Pass it on! [dineke@crumbsofcapel.co.uk](mailto:dineke@crumbsofcapel.co.uk)



## **FIVE simple ways to deal with loneliness and isolation.**

1. **Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**
2. **Talk about how you feel.** This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. The [Samaritans are there](#) 24 hours a day, every day, and it's free to call them on 116 123.
3. **Focus on the things that you can change, not on the things you can't.**
4. **Look after yourself - physically, emotionally, spiritually.** Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. **Look after others. Even if only in small ways, but do what you can:** a smile, a kind word, writing a letter or an email.

## **Things to make you smile!**

### **Why Jesus walked on water**

A tourist, planning a trip to the Holy Land, was aghast when he found it would cost £50 an hour to rent a boat on the Sea of Galilee. "Goodness," he objected to the travel agent. "In England it would not have been more than £20."

"That might be true," said the travel agent, "but you have to take into account that the Sea of Galilee is water on which our Lord Himself walked."

"Well, at £50 an hour for a boat," said the tourist, "it's no wonder He walked."

### **Asleep**

A young man fell asleep in the Sunday morning service, and soon began to snore. The preacher stopped and impatiently motioned to the young boy beside the man to wake him up. The boy said: "Wake him up yourself, you put him to sleep."

### **Baby sitting**

We encouraged our 18-year-old daughter to find a job to help pay for her college education. One day she came home with five applications, and later that evening we read them. Under 'Previous Employment', she listed 'Baby sitting'. And under 'Reason for Leaving' she wrote, 'They came home'.

### **Good and kind**

The retiring sidesman was instructing his youthful successor in his Sunday morning duties. "And remember, my boy," he said, "that we have nothing but good, kind Christians in this church – until you try to put someone else in their pew."

Editor: *Meanwhile, in spite of coronavirus, major historical anniversaries still happen! This month we celebrate the 75<sup>th</sup> anniversary of VE Day, and nothing should stop that.*

## Remembering VE Day

By David Winter



I was 15 in May 1945, when Britain celebrated VE Day. It stood for Victory in Europe and followed an agreement by the Allied powers following the German surrender. Needless to say, although the war with Japan was not over, it was a noticeable moment. No more bombs, missiles and blitz – and the ‘boys’ would come home!

I have two very clear memories of the day itself. The first was the street party which took place in our road on a housing estate in North London. With official permission, the road was closed off, tables were set up, food and drink were served. We spent the afternoon in races and competitions. Dads, mums, teenagers and children then sang the wartime songs, and ‘Jerusalem’ and ‘God save the King’.

The other memory is an image of a sailor kissing a young woman - surrounded by happy laughing people. This iconic photograph was in one of the papers the next day, then on camera newsfeeds and is in just about every journalistic library. Somehow it captures the mood of the day – freedom, warmth, the good things of everyday life.

VE Day did indeed mark a turning point, though not everything was going to be easy in the post-war years. But the hideous shadow of war had gone and 75 years later it has yet to return to these shores, thank God.





News from the VE Day 75 2020 website and ideas of ways you can still be involved, despite the coronavirus crisis!

<https://www.veday75.org/>

I am afraid that the terrible Coronavirus emergency and consequent Government guidance means that we must advise participants to cancel or postpone the majority of the VE Day 75 community celebrations due to take place on the bank holiday weekend of 8th – 10th May. It is right and proper that people should be kept safe and healthy.

My sincere thanks to everyone who registered their events and were looking forward to celebrating VE Day 75. I know how disappointed you will be that these cannot now go ahead as planned. However, we are still encouraging solo pipers and town criers to continue to mark the occasion from a safe and suitable location.

We are also encouraging all those taking part to undertake the [‘Nation’s Toast to the Heroes of WW2’ at 3pm on the 8th May](#), from the safety of their own home by standing up and raise a glass of refreshment of their choice and undertake the following ‘Toast’ – ***“To those who gave so much, we thank you,”*** using this unique opportunity to pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy and share the freedom we have today.

However, you could take part in celebrations safely from home by joining your BBC Local Radio station initiative in making your own VE Day Great British Bunting. Download everything you need at [bbc.co.uk/makeadifference](http://bbc.co.uk/makeadifference)

With my very best wishes,

Bruno Peek LVO OBE OPR  
Pageantmaster VE Day 75



This month the Church celebrates the Ascension of Jesus, the sending of the Holy Spirit at Pentecost, and the fact that our God is a Trinity: Father, Son and Holy Spirit. After the Resurrection, Jesus was seen on the road to Emmaus, by the Sea of Galilee, in houses, etc. He encouraged his disciples, and said that He was sending them to all corners of the earth, as his witnesses. 40 days after Easter, Jesus ascended into heaven; his work on earth was done. The disciples returned to Jerusalem, and on the fateful morning of Pentecost, there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues – to the astonishment of those who heard them. That morning the Holy Spirit came to indwell all those who believed in Jesus: the Church was born. And so we have a triune God: Father, Son and Holy Spirit.

Ascension  
Blessed  
Taken  
Jerusalem  
Wait

Prayer  
Power  
One  
Room  
Disciples

Tongues  
Flame  
Joy  
Praise

Confusion  
Languages  
Earth  
Peter  
Holy

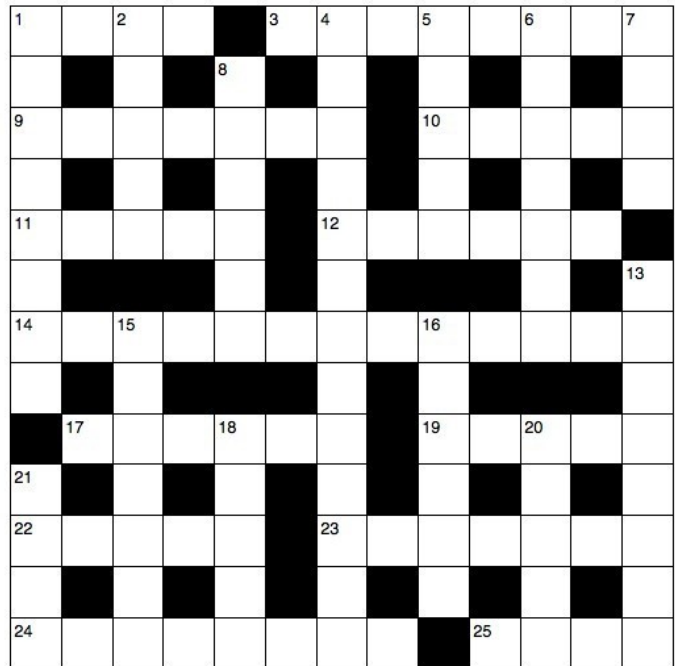
Spirit  
Trinity  
Father  
Son  
triune

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



**Across**

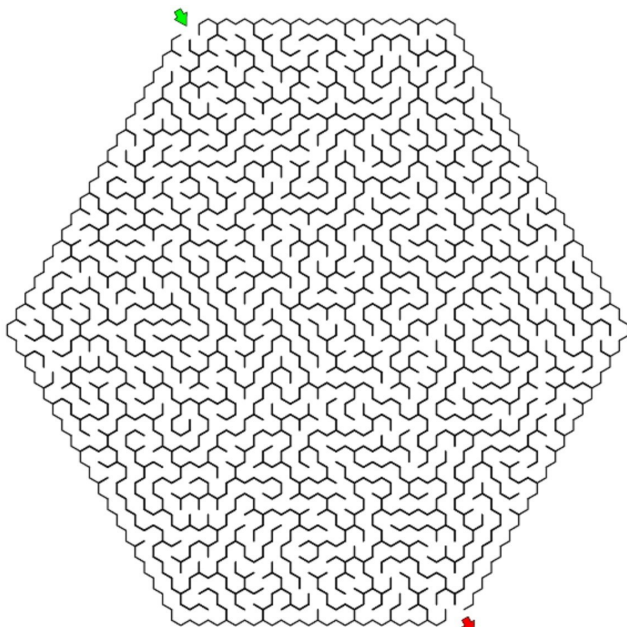
- 1 'Therefore let us — passing judgment on one another' (Romans 14:13) (4)
- 3 'I — — these persons here present' (Marriage service) (4,4)
- 9 According to a prearranged timetable (Numbers 28:3) (7)
- 10 Group of eight (5)
- 11 The cell into which the Philippian jailer put Paul and Silas (Acts 16:24) (5)
- 12 — Taylor, pioneer missionary to China (6)
- 14 Otherwise known as the Eucharist, Breaking of Bread, the Lord's Table (4,9)
- 17 'So that after I have preached to others, I — will not be disqualified for the prize' (1 Corinthians 9:27) (6)
- 19 Attend to (3,2)
- 22 Approximately (Acts 4:4) (5)
- 23 Tea rite (anag.) (7)
- 24 Rule of sovereign (8)
- 25 Test (anag.) (4)



**Down**

- 1 The name of the street where Judas lived in Damascus and where Saul of Tarsus stayed (Acts 9:11) (8)
- 2 'The playing of the merry — , sweet singing in the choir' (5)
- 4 'We have been saying that — — was credited to him as righteous' (Romans 4:9) (8,5)
- 5 Dr Martyn — Jones, famous for his ministry at Westminster Chapel (5)
- 6 Port at which Paul landed on his way to Rome (Acts 28:13) (7)
- 7 Observe (Ruth 3:4) (4)
- 8 Minister of religion (6)
- 13 'I am — of this man's blood. It is your responsibility' (Matthew 27:24) (8)
- 15 'Greater love has no one than this, that he — — his life for his friends' (John 15:13) (3,4)
- 16 Archbishop who calculated that the world began in 4004BC (6)
- 18 'No one can — the kingdom of God unless he is born of water and the Spirit' (John 3:5) (5)
- 20 Establish by law (5)
- 21 Product of Gilead noted for its healing properties (Jeremiah 46:11) (4)

**Medium Level Sudoku**



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

# Puzzle Solutions

## CROSSWORD ANSWERS

### Wordsearch solution

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

### Crossword solution

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

### Medium Soduku solution

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

**Editor:** So many of us love gardening and spending time in our gardens which we are SO lucky to have and enjoy currently in the Coronavirus lockdown. Whilst we can't go out travelling to visit the **'National Open Garden scheme'**, why not enjoy a virtual visit? They already have several 'virtual garden tours' on their website and will be uploading more each week. It's a lovely way to 'get out and explore' someone's garden from the confines of our homes! I hope you enjoy them as much as I do!

"I love the National Garden Scheme which has been the most brilliant supporter of Queen's Nurses like me. It was founded by the Queen's Nursing Institute which makes me very proud. As we battle Coronavirus on the front line in the community, knowing we have their support is a real comfort."

Liz Alderton, Queen's Nurse

Photo credit: Kate Stanworth



Help Support Our Nurses



### Alan Titchmarsh lends his support to the National Garden Scheme and its nursing beneficiaries

One of Britain's best-loved gardeners, writers and television presenters, Alan Titchmarsh is lending his support to the National Garden Scheme's campaign to keep its garden gates 'virtually' open and to continue to raise funds for vital nursing and health charities during the current pandemic.

"Visit" Alan's garden

Visit their website at

<https://ngs.org.uk/>



### Virtual Garden Visits

We're working with our garden owners to bring you virtual visits to their gardens. From stately acres to town and village gardens we're working hard to ensure that the garden gates are virtually open in these difficult times. So do enjoy the short films and consider making a donation which will help us to continue supporting our nursing and health beneficiaries while our gardens are closed.

Watch now

If you have any recommendations for other podcasts, websites and activities that we can all enjoy during the current lockdown measures, please do let me know by sending an email to:  
[editor@capelandockleychurch.org.uk](mailto:editor@capelandockleychurch.org.uk)  
  
Thank you  
Suzanne

Also do look at the RHS website with initial details of their 'Virtual Chelsea Garden Show' for 2020.

<https://www.rhs.org.uk/shows-events/rhs-chelsea-flower-show/news/2020/sue-biggs-open-letter-chelsea>

Until we can all be together again ...



**More photos next month!**

Just some of our Easter tealight candles burning!  
Many thanks for sending in your photos.



Your contributions would be most welcome and any copy for this publication should be sent to Suzanne Cole [editor@capelandockleychurch.org.uk](mailto: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:-