

InSpire

Issue 39
June 2020

The monthly publication for the
Parish of Capel & Ockley

JESUS
The True Vine

Free of charge - please take a copy!

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Pentecost, Sunday 31st May 2020
The Birthday of the Christian Church

*To celebrate the Church’s birthday ...
 Why not ‘share’ a cup of tea’ with us all
 at 3.00 pm on Sunday 31st?*

*We then invite you to **light a candle when it gets dark.** As with our Easter candles, we can be together in spirit, if not in person.*

If you wish to send any photos of your ‘shared’ cup of tea and your candle lit to celebrate Pentecost, please do send them to me:



editor@capelandockleychurch.org.uk
 Thank you, Suzanne

Inspire is available to download from the church website:-
www.capelandockleychurch.org.uk/inspire-magazine/

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

This issue is kindly sponsored by

Joy Harman

Our thanks to Joy and for all she does for our church.

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Dear all,

Breaking news - the church hasn't closed down - it's gone online! Well actually we went online about eight weeks ago! How are you getting on with your online communication I wonder? Fantastic when it works isn't it and enraging when it doesn't; that's what we are finding at home anyway! I hope you have managed to catch one of our online services which are posted on our parish website www.capelandockleychurch.org.uk/services/services-on-line The real breaking news is though that I am able to now enter our churches by myself with one member of my household if I wish. So the last couple of weeks I have recorded or rather Doug has recorded my contribution to the service inside both St John's and St Margaret's. We are hoping that towards the end of this month of June, the buildings will be accessible to you all for spending time in should you wish to. Services in churches will not be happening for a few more weeks I think. Then we will be following guidelines as to how to keep a social distance from one another and so on. It is still very hard to get your head round all of this though isn't it?!

It has been good to have had some relaxation of the lockdown, to be able to begin more socialisation and hope that when this is published numbers of Covid sufferers will still be decreasing. However for many older and more vulnerable members of our community they are unable to enjoy much more freedom and as a church as other community groups we are particularly concerned about those who live alone and have felt very isolated indeed. There has been a lot in the media about our mental health quite rightly and please do let me know if you know someone who would appreciate a call or even a window visit(!) for a bit of a chat. We would love to hear who might appreciate this....

In the meantime many of us have been working from home and it has been surprising how tiring this is in many ways. One of the many advantages of online communication is the messages that can be rather useful and what is written below comes from someone who posted on facebook who works for the Canadian Federal Government. They shared some of the guiding principles for working at home their government had given them:-

- ◆ You are not "working from home", you are "at your home, during a crisis, trying to work."
- ◆ Your personal physical, mental and emotional health is far more important than anything else right now.
- ◆ You should not try to compensate for lost productivity by working longer hours.
- ◆ You will be kind to yourself and not judge how you are coping based on how you see others coping.
- ◆ You will be kind to others and not judge how they are coping based on how you are coping.
- ◆ Your team's success will not be measured the same way it was when things were normal.

I like these very much and hope you find these useful. It is very easy to be our own worst critic and beat ourselves up for not seeming to achieve much or whatever our particular negative mantra might be! It is easy too to forget that we are in a crisis as we adjust to a new way of being at this time. I was very moved to hear today that St Paul's Cathedral are launching an online book of remembrance for coronavirus victims in the UK. People of all faiths and none are invited to contribute to the project which is called 'Remember Me' and is expected to eventually manifest as a physical memorial at the cathedral. What a lovely idea and I am sure it will serve as a comfort to the bereaved as their loved ones are 'officially acknowledged' and remembered. This is so important.

So I hope this month of June will give us things to look forward to as well as to remember and time to appreciate all that our lives and our communities have given us. It is sad that our much loved Capel Show had to be cancelled this year as have so many other similar events locally and nationally. But let us count our blessings that we are here, we have managed thus far and we can look forward to another year. Please be assured that your church online or otherwise is praying for Capel and Ockley, for each and everyone of you whether you live or work in this parish and that nothing can ever separate us from the love of God - ever!

With my love and prayers especially at this time,

Rev Liz

Revd Liz Richardson liz@hostmyserver.co.uk 01306 711260
Vicar St John the Baptist Capel and St Margaret's Ockley



JOY IN HELPING OTHERS

There is a real joy in being able to help someone—especially someone who really needs it. It's fulfilling to meet 'someone's need and to let them see God's love shining through you. When you experience joy in helping , then you're willing to go out of your way to be that helper. A benefit to being a helper is that you shift your focus off yourself and whatever problems or issues you are facing and think about others instead. This tends to make your own problems seem smaller or at least puts them into perspective.

Jesus himself is a fantastic example of someone who helped others. Many ,many times Scripture says that multitudes of people came to him for healing and He healed them all. When Jesus walked on this earth ,He truly cared about the needs of people around him and he found great joy in meeting their needs even when he himself must have been exhausted.

He is our example to serve and help when ever we see a need.

We all need help of some kind at this difficult time.

My Love and Prayers are with you all at this very stressful time,

[Sylvie Pastoral](#)

Pastoral Assistant Parish of Capel and Ockley



Recommendation

I have greatly enjoyed radio 4 longwave Daily Service, broadcast at 9.45 -10 am every weekday from various locations and in varied style .

One of the hymns I have been reminded of is "All my hope on God is founded " by Robert Bridges. St. John's may already sing it regularly but I have rarely sung it in any church. The words seem particularly appropriate at the moment. The service is also on the BBC radio4 web site.

Hazel Fitz-Gibbon

1. All my hope on God is founded,
all my trust he shall renew;
he, my guide through changing order,
only good and only true:
God unknown, he alone
calls my heart to be his own.
2. Pride of man and earthly glory,
sword and crown betray his trust;
all that human toil can fashion,
tower and temple, fall to dust.
But God's power, hour by hour,
is my temple and my tower.
3. Day by day our mighty giver
grants to us his gifts of love;
in his will our souls find pleasure,
leading to our home above:
love shall stand at his hand,
joy shall wait for his command.
4. Still from Earth to God eternal
sacrifice of praise be done;
high above all praises praising
for the gift of Christ his Son:
hear Christ's call, one and all –
we who follow shall not fall.

Author

after Joachim Neander (1650-1680) Robert Bridges (1844-1930)



Don't forget if you need help during the Coronavirus pandemic, help is at hand. See details below.

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.



A number of people have asked me about Foodbank during the current restrictions, so I thought I'd let you know what it's like to be a volunteer during Covid-19.

First of all, the Foodbank is still operating! As you can imagine we have changed our working practices hugely. Sadly, we can no longer offer clients a drink or sit and chat to them. The bags of food are now all made up at the warehouse so all we do is to record the claimants name, how many there are in their household and whether they have any allergies. Vouchers aren't needed at the moment as most of the places that can write them are closed. So, everyone gets a basic food offering depending on how many are in the house. Some bags are being delivered to the most vulnerable who are self-isolating, but we are still seeing a lot of people coming to the Christian Centre in Dorking each week – we are open for an hour on Tuesday and Thursday afternoons.

We were very busy over Easter where we were able to give all the children an Easter egg to help brighten up their time at home. It is particularly hard for families at the moment who would normally rely on free school meals to help feed the children.

Everyone from volunteers to claimants have been so impressed with the generosity of everyone in the Dorking area. Even when we had shortages in the supermarkets the wonderful people of Dorking were still giving to the Foodbank – even toilet rolls, without your kindness many people would have gone without. So please continue to give if you can. *In Capel there is a foodbank collecting box in the church porch.*

The sort of things that are most in need at the moment are the usual, **cereal, UHT milk, biscuits, tins of vegetables, pasta sauces, pasta, rice and shampoo and conditioner.**

Thank you

Debbie von Bergen

A lovely few words from Zofia Golebiowska

I am sure in time to come we will all reflect on this present situation and remember that out of every cloud there is a silver lining.

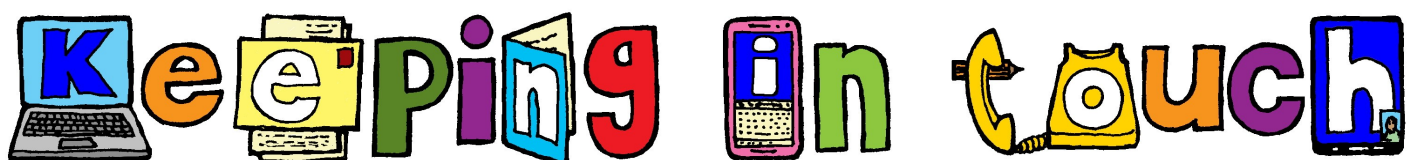
To take a quote from 'The Little Book of Hope':

IMAGINE THE GREAT TIMES AHEAD

"Your subconscious has such power that whatever you can imagine, it will help you make a reality. Whatever you dream of, start it now.

Merely embarking on that course has a power and magic you may never have dreamed possible."

So stay well and keep safe, and remember that where there is life there is hope. It really will not be long before we all meet again at our beautiful church with our wonderful Vicar, Rev'd Liz at the helm.





Seems Andrew Forsyth is spending his time wisely and obeying Coronavirus guidance!

We have high hopes of following him round the professional circuit after all this practice!

The Editor

We are pleased to publish some research that Andrew's wife Bernice has produced on the Rev O'Flahertie who was vicar of Capel.

Theobald Richard O'Flahertie 1818-1894 Perpetual Curate of Capel 1848-1894

Theobald born in Oughterard, Galway on 6th October 1818 to parents John and Annie. His father who was a local vicar who died whilst Theobald was a very young child.

When Theobald was six, his uncle who was the owner of a considerable estate died. In theory Theobald was the direct heir but his uncle left the estate to an older cousin. This enraged Theobald's widowed mother who immediately left Ireland. Subsequently Theobald was educated in England. Studied at St John's College, Cambridge.

By 1843 Theobald was curate in Odiham, Hants. This is where he met and married Mary Anne Scott in 1848.

Theobald became Perpetual Curate of St John the Baptist in Capel in late 1848. He and Mary moved into the vicarage, now The Old Vicarage. Theobald's mother lived with the family until her death in 1866.

The census results for the years 1851-1891 show the family growing enormously. The couple had 14 children, ten girls and 4 boys, most living into adulthood. The census returns show that they usually had 3-4 live in servants. In 1866 Capel Hospital opened. Theobald was one of the original trustees. Mrs O'Flahertie agreed to superintend domestic arrangements. Their daughter Grace was appointed Matron in 1906.

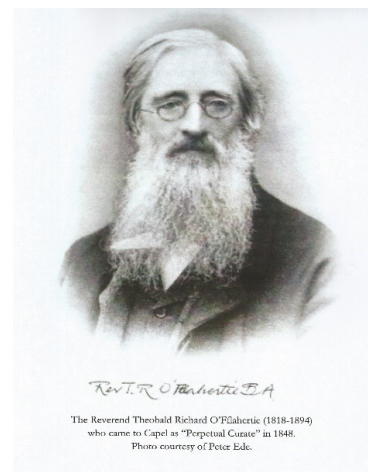
Theobald died on 20th November 1894. He along with his wife, mother and four of the children are all buried in St John the Baptist graveyard.

In his will he left £4955 0s 2p. Theobald was a respected expert on John Donne 1572-1631, poet and scholar. His considerable library of Donne's work was sold by Sothebys after his death in 1894.

References:

- Ancestry - Census returns, marriage, birth, burial, probate records.*
- Alumni St Johns College Cambridge*
- History of Capel Village Hospital 1866-1938 by John Ashwood*
- Capel The Chapel by the Spring by Mary Day and Vivien Ettlinger*
- Photograph by permission of the Ede Family.*

Bernice Forsyth
March 2020



A free phone line offering hymns, prayers, and reflections 24 hours a day while church buildings are closed because of the coronavirus received more than 6,000 calls in the first 48 hours.

The Archbishop of Canterbury, Justin Welby, recently launched 'Daily Hope' as a simple new way to bring worship and prayer into people's homes, during the lockdown period.

The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services in mind.

The service is supported by the Church of England nationally as well as through the Connections group based at Holy Trinity Claygate in Surrey and the Christian charity Faith in Later Life.

Within 48 hours the line had received more than 6,000 calls from across the country, with many being referred by friends, family or members. Calls have so far spanned more than 50,000 minutes, with some of those accessing the service listening to the music, prayers and reflections for up to 50 minutes at a time.

The Revd Canon Dave Male, the Church of England's Director of Evangelism and Discipleship, said: "The volume of calls shows that Daily Hope is meeting a need.

"We have a duty in these strange and difficult times to find new ways of bringing prayer and worship to people wherever they are, and this is one more way of helping people to connect with God from their own homes.

"This is such a simple idea – planned and launched all within a few short weeks by a small dedicated team – but I pray it will bring real comfort, hope and inspiration to people at this time."

Callers to the line hear a short greeting from the Archbishop before being able to choose from a range of options, including hymns, prayers, reflections and advice on COVID-19.

Options available include materials also made available digitally by the Church of England's Communications team such as [Prayer During the Day and Night Prayer](#), updated daily, from Common Worship, and a recording of the Church of England [weekly national online service](#).

#FaithAtHome aims to make prayer a household habit

The Church of England has recently launched #FaithAtHome, a new programme which it is hoped will "make prayer a household habit once again."

[#FaithAtHome](#) will feature weekly video content to help families to talk about faith and pray together. The videos will be led by children, young people, staff and school leaders from across the country.

The #FaithAtHome programme will run for an initial 11 weeks, until the end of July, and can be accessed at churchofengland.org/faithathome. It will explore themes including courage, patience, generosity, resilience, love and hope.

The Archbishop of Canterbury, Justin Welby, said: "The aim of these resources is to offer simple ways for families and households to approach complex and difficult topics, such as illness, fear and bereavement. The coronavirus pandemic has forced people to confront difficult and painful questions that none of us can explore on our own.

"My hope and prayer is that #FaithAtHome will not only equip children and young people to engage with difficult questions, but also inspire them."

The Church of England's Chief Education Officer, Nigel Genders said: "Home is the new normal, and faith at home is a habit we need to rediscover. #FaithAtHome will offer people of all ages and faith backgrounds a chance to pause, think and reflect, and to rebuild lost habits of prayer and faithful reflection in the home."

3rd June The Martyrs of Uganda

The Ugandan Church had dozens of martyrs within just ten years of Christianity arriving there. At first, it had gone so well: the first Anglican missionaries arriving in Uganda in 1877 were welcomed by the Kabaka (king) of Buganda, Mutesa. Mutesa also welcomed the Roman Catholics and Muslim Arabs, and, being a natural diplomat, retained his power by cleverly playing off the three groups against each other.

His son, Mwanga II, who became king about 1883, was very different. Mwanga II wanted to retain absolute power, and deeply resented the missionaries and new converts, whom he felt were giving their allegiance to Christianity, instead.

And so it was that on 31st January 1885 he ordered the execution of Yusufu (Joseph) Rugarama, Makko (Mark) Kakumba, and Nuwa (Noah) Serwanga. That October, even the Anglican Bishop, James Hannington, was murdered.

When Joseph Mukasa Balikuddembe, a senior advisor to the king and a Catholic convert, condemned Mwanga for ordering Hannington's death, Mwanga had him arrested. Mukasa became the first Catholic martyr on 15th November 1885, when he was beheaded at Nakivubo.

Between December of 1885 and May of 1886 many more converts were murdered. The crisis came in May, when Mwanga ordered all the converts to choose between Christianity and complete obedience to his orders. (Mwanga had been furious and humiliated when the Christian pages in his own court refused his homosexual advances; it was unheard of to deny the king anything.)

Courageously, the young Christians chose their faith. And so it was that 26 pages were wrapped in straw and burned to death at Namugongo on 3rd June, 1886. In the following months, many other Christians throughout the country died by spear or fire for their faith. They included two Christians who were in the king's court, Joseph Mukasa Balikuddembe and Charles Lwanga. Both had rescued royal pages from Mwanga's sexual advances.

The last Christian to die in this persecution was Jean-Marie Muzeeyi, beheaded at Mengo on 27th January 1887. The final list of 45 known Protestant and Catholic martyrs includes only those who could be formally accounted for.

The end result of the Namugongo martyrdoms was directly opposite to Mwanga's intentions. The sight of these young Ugandan Christians, who could die singing hymns and praying for their enemies, inspired many bystanders. They wanted to know about such a faith as this. Within a few years Christianity had taken firm root in Uganda.

NEW 7th June Without the Trinity, there is no Christianity

The Trinity is easier to say than to explain. Christians believe in one God, made up of three equal Persons. It is fundamental to the Nicene Creed, which sets out the definitive doctrine of the Trinity for more than two billion Christians worldwide, including all Roman Catholics, Eastern Orthodox, Anglicans, Lutherans, Presbyterians and Reformed Christians.

The theologian Ian Paul, writing on the Book of Revelation, points out that chapter five has a wonderful depiction of the Trinity in action. He writes: "...another figure appears in the drama, the lion who looks like a lamb. ... Here is the one who fulfils the hopes of God's people Israel, as the promised anointed Davidic king who was to come. Here is one who is fierce and powerful enough to conquer their enemies, and tear them apart.

"And yet when John sees Him, He is like a weak and vulnerable lamb who has been slaughtered, just as the Passover lamb eaten by the people, the suffering servant who was 'wounded for our transgressions' and the lamb offered as an atoning sacrifice. He is the one who *was* slain, but *now* stands, and shares the throne with God, and with Him sends the Spirit to enact His will on earth. Here we have the most explicit (and perhaps the most complex) Trinitarian statement in the whole New Testament."

From the Rev Dr Ian Paul's excellent blog at: <https://www.psephizo.com/revelation/what-does-rev-4-5-tell-us-about-the-trinity/> (dated May 17, 2017)

*“The eternal God is your refuge, and underneath are the everlasting arms.”
Deuteronomy 33:27*

‘Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.’ Joshua 1:9

THE EMERGENCY SERVICES

MONDAY 1st

Loving Father, we pray for all members of the emergency services who have worked hard to keep us safe during the pandemic. We thank You for their bravery and their dedication to duty. Watch over them and keep them safe from harm.

TUESDAY 2nd

Father God, bless the men and women who have chosen careers in such difficult and dangerous jobs. Thank You for their sacrifices and service, for their hard work in training and preparing. Help them to feel the respect and gratitude of their communities.

WEDNESDAY 3rd

Father, we pray for discernment for all who work in the emergency services. They frequently face complex and life-threatening situations and must make snap decisions. Give them wisdom from You Lord, helping them in their moment of need.

THURSDAY 4th

Heavenly Father, as You commanded Joshua, so grant that emergency workers everywhere may “Be strong and courageous...not be afraid...not be discouraged.” Help them to know that You will be with them wherever they go and in whatever they have to do.

FRIDAY 5th

Dear Lord, You know the emotional toll that the job of the emergency workers takes and even when their efforts are successful, the things they see and do may be difficult to bear. Please guard their hearts and minds. Restore their mental and emotional resources when they have been depleted. And let them not become weary in their good work.

SATURDAY 6th

Almighty God, have mercy on the families of emergency workers. They are all too aware of the dangers their loved ones face. Please, as Your word promises, keep them in perfect peace; steady their minds and help them to trust in You.

SUNDAY 7th

Father God, we pray for protection over those who are in emergency services. May they be provided with the right equipment to keep them safe. We ask

this for all who work in these services throughout the world.

FOOD AND WATER

‘Give us today our daily bread.’ Matthew 6:11

MONDAY 8th

Precious Father, as we cope with these difficult times, we pray that we will not lose sight of You. Give us hearts of gratitude which are always thankful for You, the giver of life. We thank you for food in our shops and clean water flowing from our taps.

TUESDAY 9th

Dear Lord, as we enjoy healthy food and clean water, we pray for those who struggle to feed their families every day. Pour out Your grace on hungry families, especially parents straining to feed their children despite dwindling resources.

WEDNESDAY 10th

Lord Jesus Christ, You fed the hungry. Inspire in us the commitment to follow Your example showing compassion in action and sharing what we have with those who have less. May Your love guide us as we pray for ways to eradicate hunger.

THURSDAY 11th

Almighty God, it is difficult to see children suffer, especially from hunger. We ask You to give them daily bread today and end their persistent hunger. Provide the food they need to grow and thrive.

FRIDAY 12th

Good Shepherd, we pray for life-saving assistance to people struggling from food and water shortages around the world. Send life-giving rains at just the right time, create good conditions for people to grow food for their survival so they will no longer go to bed hungry and afraid each night.

SATURDAY 13th

Lord, our strength and Healer, we pray for those whose health is endangered by poor water, sanitation, and hygiene. Give them Your strength to fight off the illnesses and lead their communities to discover clean water sources close by so they can enjoy better health.

SUNDAY 14th

Almighty God, we pray over the dry places in the world; for lands where people walk long distances for water, where weather patterns have changed, and people wait for rain. Bring an end around the world of selfish practices that adversely affect our world climate.



OUR WORLD

MONDAY 15th

Dear Lord, enlighten those who possess power and money in our world that they may not be indifferent to those who have little influence. In their hearts, may they love the common good, advance the weak and care for this world in which we live.

TUESDAY 16th

Heavenly Father, as many nations in our world are going through a lot of challenges, economically, socially and financially, we pray Lord that You help Your people put their trust in You and You alone. May the leadership of all nations be godly and caring and let them give hope and encouragement to their people the way our Lord Jesus did to the disciples in times of despair.

WEDNESDAY 17th

Father God, we pray for the nations of the world affected by COVID-19. The future becomes more and more uncertain. Those who trusted in their secure jobs live now in despair. Lord, remind us in such situations that You are the solution for all our problems and we need to believe and trust in You.

THURSDAY 18th

Father we pray for the countries of the world where economic development has been impaired by weak governance and corruption. We pray that You illuminate the mind of those in power to seek the welfare of all citizens. Corruption is a gangrene that kills the economy, so we pray that You appoint leaders of integrity.

FRIDAY 19th

Healing and gentle Lord, we lift the nations of the world to You where there is increasing unemployment due to the effect of lockdown caused by COVID-19. Lord, you are the provider for the needy, we pray that you provide daily bread for families who cannot afford it

SATURDAY 20th

God of all newness, as we face a world of suffering and injustice, despair and cynicism, awaken us to the hope found in Jesus' resurrection from the dead. Energise us by the power of Your Holy Spirit for the renewal of the world.

SUNDAY 21st

Merciful God, We pray for church communities around the world. Please provide for all of their needs. Manifest Your glory through their work and deeds. Let them be Your eyes so they can see beauty and kindness in others, let them be Your ears so they can hear the cry of the least of these, let them be Your hands to work for and to provide for the needy.

CHILDREN/STUDENTS

MONDAY 22nd

Dear God, we thank You for Your protection and care over our families. We pray for wisdom for parents to lead and teach their children so that they may grow to know and to love You and follow Your ways.

TUESDAY 23rd

Loving Father, parenting can be hard and, during this difficult time, parents may feel anxious or overwhelmed with the task of bringing up their children and protecting them from the virus. We pray for Your constant presence in their lives and for the comfort that comes from knowing You.

WEDNESDAY 24th

Dearest Lord, we pray for Your blessings on all nurseries, schools, colleges and universities. We pray they will be places of safety at all times for the students who attend. We pray for all teachers and staff who are having to cope with new practices to keep the children safe from infection.

THURSDAY 25th

Lord, we pray that children with loving families will learn to show compassion for those in need and for those who have less than they do. Give them a sense of justice to stand up for what is right and defend the weak.

FRIDAY 26th

Father God, we lift up to You children who are sick, children with disabilities and those in hospital. Draw close to each little life and give them courage, loving care and peace in their hearts.

SATURDAY 27th

Almighty Father, we pray for children and young people who are suffering in areas of conflict around the world. Be close to those who are frightened or disorientated and may Your peace and hope fill their hearts.

SUNDAY 28th

Loving Father, we pray for children and young people in all countries of the world. May they have teachers so that they can learn, doctors and medicine when they are ill, food when they are hungry and comfort when they feel sad.

THANKFULNESS

"Give thanks to the Lord for he is good; his love endures forever.' Psalm 118:1

MONDAY 29th

Father God, Give us all a heart of gratitude which is capable of love, hope, and peace despite the tensions and hurts of this world. Give us a heart of gratitude which is so filled with thanksgiving that worry and concern have no room.

TUESDAY 30th

Lord of us all, thank You for Your amazing power and work in our lives, thank You for Your goodness and for Your blessings over us. Thank You that You are able to bring hope through even the toughest of times, strengthening us for Your purposes.

Dear Readers,

I am sitting here looking at the lovely sunshine outside and enjoying the peace and tranquility that a lack of planes out of Gatwick brings! It was very amusing in our most recent PCC meeting online to note all the faces on the screen showing their surprise when a plane actually went over us all at slightly different times! How strange that we should already be surprised to see and hear a plane—something we usually witness 20-30 times a day at least!

I hope that this latest issue of InSpire finds you all well. I'm sure plenty of you are fed up with having to continue to self-isolate and not get out to see friends etc. But I do hope that you are finding ways to keep occupied, keep in touch with others and generally cope with the continuing situation we find ourselves in.

There is plenty of advice around on how to cope and tips of things to do. There is an interesting perspective on Lockdown isolation from Terry Waite who many of us will remember was held hostage for 4 years when he was Special Envoy to the Archbishop of Canterbury. Surely that sort of isolation must be almost unbearable. At least we are lucky enough (many of us) to enjoy a rural home with a garden, beautiful countryside, access to regular food supplies and contact with others, even if only by technology currently! The Church Times are producing a weekly bulletin called 'Lift up your Hearts' and in the issue produced on May 22nd there is an article entitled 'It's OK to not be OK'. Details can be found on page 20 of this issue and I will put a few paper copies of that particular bulletin in each church porch, together with some future issues when I can. It's wonderful that so many individuals, organisations and charities are actively seeking to help people through these unprecedented times.

So we continue to find ourselves somewhere where we didn't expect to be in 2020! I have published a prose poem I heard read out recently called 'Welcome to Holland' and it is published on page 15 of this issue. It was actually given to the person who was broadcasting it when her granddaughter was born with special needs and her whole family had to come to terms with so many unexpected health issues of this baby girl. Another mother in the hospital ward gave this prose poem to them as she had also had a disabled child and found that the poem had helped her see things in a very different light. I have no doubt that it didn't cure the pain and shock quickly, but I found it profoundly moving when I heard it. The lady concerned who broadcast it recently, felt that it had great resonance to us finding ourselves somewhere we hadn't expected to be right now and it certainly struck a chord with me. So I hope you enjoy it and that you can begin to enjoy the 'joys of Holland' when we expected to 'be in Italy' ... you need to read it to understand!

Thank you to those of you who have given me items and photos to share. I have tried to fit as many as I can in. I am very grateful to you as I feel right now it's really important to have a shared connection between us all when we cannot physically meet up. So to see Andrew Forsyth practising both his golf whilst adhering to Coronavirus guidelines in a photo reproduced on page 7 is a rare treat! I reckon he may well be good enough at the end of this that we may need to book tickets to follow him round the professional circuit! Who knows what other skills we may all develop?!

If you can go into the church porch at St John's sometime soon, it will be decorated with a beautiful new poster! It will feature a collage of beautiful bookmarks made for us by the children of Scott-Broadwood school. We asked them if they could help us with a recent project to deliver 'Bags of Hope' to celebrate Pentecost to those of you who have been self-isolating alone for many weeks. When we saw this lovely, colourful selection of the children's ideas in front of us, we decided it would be perfect as a colourful poster in the only part of church that we can get into at the moment! We hope you agree when you see it!

Until next month ... my best wishes,

Suzanne

A snapshot of the beautiful bookmarks done by the children of Scott-Broadwood.





It has now been a couple of years since we have been able to buy Traidcraft goods through Church. With everyone currently focused on covid 19 and in particular life in the UK we thought it would be good to start stocking Traidcraft goods once again.

Traidcraft are the original fair trade pioneers in the UK, advocating the importance of organic farming, sustainability and transparency to the lives of growers and artisans around the world. They were founded back in 1979 introducing the first fair trade tea, coffee and sugar to the UK. In 1992 they co-founded the Fairtrade Foundation. Today they sell ethical gifts, homeware, toys, fashion, and hand-harvested foods – all sourced from fair trade co-operatives, traditional artisans, and small-scale growers around the world. The term 'fair trade' is used to describe trading partnerships where companies in developed countries pay fair prices to producers in developing countries. It is also about supporting producers to grow their own businesses, helping them to have an impact on their own communities, giving them direct access to markets, and bypassing corrupt local businesses and shady government officials along the way. Fair trade is about addressing a global imbalance of power and treating growers and artisans as equals. Fair trade about giving artisans and growers a voice and listening to that voice.

We have long been purchasers of Traidcraft products and have always found their products to be good quality, so we have recently opened an account with Traidcraft and currently have a small stock of goodies. Our aim is to fix a regular date at both our Churches to sell Traidcraft products and to take orders. We will make a profit of about 10% on the sales and this will be donated to our Churches. However, being in lockdown selling our goodies is problematic. Therefore, if you would like to email us your orders, drop us a note or call us we will arrange delivery. Currently we have:

Stem Ginger Cookies	£ 2.10	Divine Milk Chocolate 35g	£ 1.10
Double Chocolate Chunk Cookies	£ 2.10	Divine 70% Dark Chocolate 35g	£ 1.10
Chewy Fruit & Oat Cookies	£ 2.10	Bio-D Hypoallergenic Sanitising Hand Wash Geranium (500ml)	£ 4.20
Chocolate Chip Biscuits	£ 0.70	Bio-D Hypoallergenic Sanitising Hand Wash Lime and Aloe Vera (500ml)	£ 4.20
Fruit & Lemon Biscuits	£ 0.70	Fruity Golden Granola 350g	£ 3.90
Shortbread Biscuits	£ 0.70	Dark Chocolate Chunk & Raspberry Shortbread Rounds	£ 3.95
Organic Dark Chocolate with Mint Cream	£ 2.65	Organic Milk Chocolate 100g	£ 2.65
Kilombero White Rice from Malawi 1Kg	£ 3.75	Fair Trade Organic Penne Pasta from Bolivia 500g	£ 2.70

We have also left a few Traidcraft brochures in each Church porch. If you would like to order anything out of them, we are intending to place an order in mid-June for delivery before the end of the month.

We are happy to deliver locally and will deliver following current Covid guidance regarding hygiene and social distancing. Payment for orders can be cheques, cash or online bank transfer—whatever is most convenient for you!

Suzanne & Stuart Cole

If you would like to place an order:-
email: traidcraft@ansford.me.uk
or phone 01306 711449

Thank you!

If anyone is needing Sanitising Hand Wash, we can highly recommend the Bio-D one we have from Traidcraft. A small amount goes a long way! We've been using ours for weeks now and still have plenty left! And 10% of the profits will go to our Churches each year!

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 Thursday 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)
- Bible Study all currently cancelled

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.



...I wonder if I could have a quick word with the flower arrangers at the end of this service...?

SAFEGUARDING NOTICE

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

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

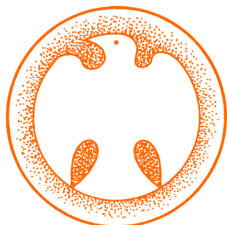
This notice will appear each month in InSpire and the contact details for our Safeguarding Officer and the Diocesan Safeguarding Advisor Mr Ian Barry will be published in our weekly pew sheets.



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



God of all,
 When we are tired,
 Send your spirit of energy;
 When we are jaded,
 Send your spirit of refreshment;
 When we are hesitant,
 Send your spirit of confidence;
 When we are complacent,
 Send your spirit of challenge;
 When we are afraid,
 Send your spirit of courage;
 When we are divided,
 Send your spirit of unity;
 When we are inward looking,
 Send your spirit of mission -
 That your love and grace
 May spill out from us
 Into your world.
 In Jesus' name.
 Amen

The above prayer was one that Rev Liz gave us as bookmarks at a service. Having come across it again, I felt it was a good time to share it with you all.

The Editor



There was no more dozing off after the vicar started serving the extra-strength coffee *before* the service

Editor: I recently heard this on a daily video group I am following. The lady who read it was given it when her granddaughter was born with special needs, but there are definitely resonances with our lives now - suddenly we are all in Holland when we thought we were heading to Italy

'Welcome to Holland' by Emily Perl Kingsley.

"When you're going to have a baby, it's like you're planning a vacation to Italy. You're all excited. You get a whole bunch of guidebooks, you learn a few phrases so you can get around, and then it comes time to pack your bags and head for the airport.

Only when you land, the stewardess says, 'WELCOME TO HOLLAND.'

You look at one another in disbelief and shock, saying, "HOLLAND? WHAT ARE YOU TALKING ABOUT? I SIGNED UP FOR ITALY."

But they explain that there's been a change of plan, that you've landed in Holland and there you must stay.

"BUT I DON'T KNOW ANYTHING ABOUT HOLLAND!" you say. 'I DON'T WANT TO STAY!'

But stay you do. You go out and buy some new guidebooks, you learn some new phrases, and you meet people you never knew existed. The important thing is that you are not in a bad place filled with despair. You're simply in a different place than you had planned. It's slower paced than Italy, less flashy than Italy, but after you've been there a little while and you have a chance to catch your breath, you begin to discover that Holland has windmills. Holland has tulips. Holland has Rembrandts.

But everyone else you know is busy coming and going from Italy. They're all bragging about what a great time they had there, and for the rest of your life, you'll say, "YES, THAT'S WHAT I HAD PLANNED."

The pain of that will never go away. You have to accept that pain, because the loss of that dream, the loss of that plan, is a very, very significant loss. But if you spend your life mourning the fact that you didn't get to go to Italy, you will never be free to enjoy the very special, the very lovely things about Holland."

So sometimes life takes us where we don't expect to be ... such as a Lockdown during a pandemic. So let's look for the joys of 'Holland' in all our lives. The Editor



Dandelions!

By Kirsty Steele, a retired teacher and active church organist.

Many of us actually like dandelions. Their amazingly cheerful colour always brings a smile to our faces. The not-so-neat-and-tidy gardeners among us can simply enjoy flowers where they grow.

The name 'dandelion' apparently derives from 'dent de lion' – lions' teeth, owing to the tooth-like shape of its leaves. There are many different varieties of dandelion, but they all have the toothed leaves arranged in a rosette around the single flowers, each one made up of up to *two hundred* [yes, really!] tiny florets on a smooth stem, that when picked, releases a milky substance known as latex.

The golden heads, which close up at night, in wet weather, or if picked to go in a vase, give way to the seed-heads we all know as clocks. Who cannot remember proclaiming the time as a child, having blown the seeds away, counting each breath as an hour? And who, if this happened in the garden, remembers the reaction of a parent, or grandparent, to the efficient dispersal of the seeds all over the vegetable patch or flower bed!

In the past, dandelion drinks and concoctions have been valued for their medicinal powers in combating a variety of complaints, and the Victorians used to cultivate them in order to fill sandwiches with the young leaves. Fizzy drinks manufacturers still produce a variety known as Dandelion and Burdock, and intrepid wine-makers can use the flowers to concoct a heady brew.

The roots, some say, can be dried and ground up for use as a coffee substitute. It is those same roots, long and strong, that our grandmothers would water carefully, to the amusement of onlookers, in order to pull them up completely.

To many of us, dandelions are one of Nature's joys.



The Rector of Stiffkey

written by Stuart Cole

Page 17

Just before the lockdown started we spent a week in east Anglia. Every day on our journey out we would pass a small village called Stiffkey right on Norfolk's north coast. Probably not many people have heard of it today, but in 1932 the village became notorious because of its Rector and reports in the London red top newspapers.

Harrold Francis Davidson was born in 1875 in Hampshire. Prior to his ordination as a priest in 1904 he worked on the London stage as an entertainer. During this time, he became active involved with charities working with London's poor mainly underprivileged boys in the East End. He helped set up the Newsboys' Club for newsboys exploited by Fleet Street. The club provided food and pastimes and they worked to increase wages and improve working conditions.

He was appointed Rector of Stiffkey in 1906 and every Sunday he took the services at the church. However, the rest of the week, he spent mainly in London, catching the first train every Monday morning and the last one back to Norfolk on Saturday night. It was during the General Strike in 1926 that he was confined to Norfolk.

During the First World War he was a naval chaplain, and upon his return to his adulterous wife he concentrated on his work in London at the expense of his duties in Stiffkey. This time it was mainly with women and his self-appointed mission was to as he saw it, rescue young girls he thought were in danger of falling into vice. He said that before the war he came across a 16-year-old woman attempting to throw herself into the Thames. He saved her from suicide and found out that she had run away from home and had no money or anywhere to stay. Since then he said that he had kept his eyes open to help such girls. He became known as the 'prostitutes padre' returning from Soho only to take the Sunday services. Often he would take up to 20 back to his rectory from London. The Bishop of Norwich supported him becoming the chaplain to the actor's Church Union and this gave him access to what he saw as vulnerable women. Davidson estimated that he helped 100 – 200 women per year which would put the total between 2 and 3,000. He did not confine himself to London, but also visited Paris on his mission. Weddings and funerals were generally deputised for him by others unless he could encourage them to be held on a Sunday. Despite this, he was generally well liked by his parishioners although he did fall out with some of the gentry one of which he accused of keeping a mistress. He also fell out with the churchwarden of Morston having reproached him for clearing part of the churchyard without his permission, and this only got worse when he failed to attend the 1930 Armistice Day ceremony due to a delayed train from London.



Early in 1931 one of the women wrote to the Bishop complaining about the Rector's conduct and asking that it be investigated. This ultimately resulted in the Bishop charging Davidson with five offences against public morality under the 1892 Clergy Discipline Act. He was tried in a Consistory court by the Chancellor of the Diocese, hardly an impartial appointment, as the Bishop had been to university with him and he was also godfather to the Bishop's daughter. Despite much of the evidence being hearsay he was found guilty and defrocked by the Bishop in July 1932. Davidson had spent over £8,000 in defending himself and wanted to appeal, but he no longer had the funds to do so.

His solution was to go back to his original trade of being a travelling entertainer. He took his show to Blackpool and fasted in a barrel with a chimney to allow his cigar smoke out! He was roasted in an oven at the same time as decrying his treatment by his bishop, and finally in 1937 in Skegness he became Daniel in a lion's den. In the show he stood in a cage with a lion called Freddie and a lioness called Toto and shouted to any passer-by about his injustice and abuse aimed towards his former church leaders. On the 28th July that year he accidentally stood on Toto's tail which made her jump. This brought an attack by Freddie on the ex Rector. A sixteen year old apprentice lion tamer tried to rescue him and dragged him to safety at the same time as jamming an iron bar in Freddie's mouth. Davidson was taken to Skegness Cottage Hospital where he died. It is said that on his way to the hospital eager for publicity he said, 'Telephone the London newspapers – we still have time to make the first editions!'

The Valley of Dry Bones has a future hope

'A dem bones, dem bones, dem dry bones. An' I hear the word of the Lord!'

At this time of global pandemic, we live with stark reality of death and life. Ezekiel's vision of the valley of dry bones (37:1-14) was given when God's people were in exile in Babylon. They felt dead, being separated from home and God! The vision answers God's question: *'can these bones live?'*

We can also feel cut off from God, facing the loss of job, business, home or health, with churches unable to meet on Sundays. This vision assures us that God has power over death and can breathe new life into what is hopeless.

When Ezekiel is told to *'prophesy to the bones,'* God brings them back to life: the bones come together and are covered with muscles and skin. He then prophesies to the wind, from the four corners of the earth, to bring the bodies alive. The physical bodies are then filled with God's breath to bring new life. The miracle of this story is that God not only makes these bones live, but also brings the life of His Spirit.

The Covid-19 virus robs people of their life by suffocation, so that they can't breathe. Our hope beyond the pandemic is that the gift of God's Spirit will bring new life to our lives, churches and world. Life will certainly look very different in the future, but we can be assured that God is with us and that we are safe in His hands.

'I will put my Spirit in you, and you will live, and I will settle you in your own land. Then you will know that I the Lord have spoken, and I have done it, declares the Lord.'(vs14)

Editor: by the Revd Peter Crumpler, a Church of England priest in St Albans, Hertfordshire, and a former communications director with the CofE.

Blessed are the truth-tellers (during the pandemic)

ITV News journalist and presenter Julie Etchingham, a practising Christian, has defended the role played by journalists during the Coronavirus pandemic.

She told the Christians in Media website, "Reporters are coming in for a lot of flack for the questions they are asking government. But what else are we for? We all get that this is a crisis like no other; that few in government have ever had to navigate such a challenge.

"But, if we're still attempting to function as a democracy in the face of this, then scrutiny is clearly crucial. Many in our frontline services and the wider public are demanding answers. We are there on their behalf. We don't always get it right. This isn't a moment to trip people up, but urgently to get to the truth."

As a Christian who has worked in communications for around 50 years, I strongly support Julie Etchingham's view. Now is the time for truth and accuracy to be at the centre of all our communications.

So, yes we need to be praying for and supporting the front-line health service staff, the public health experts, the scientists researching vaccines to combat the virus, and the key workers keeping our societies running.

But we also need to be praying for and supporting the men and women working in and with the media to publish, upload, broadcast and distribute the most accurate information, without spin or distortion.

So here is a prayer for the media in these challenging days.

Loving God,

We pray for everyone working in and with media in these challenging times.

Encourage all who seek to explain and interpret the fast-changing world around us.

Embolden the truth-tellers, truth-seekers and fact-checkers.

Promote coverage that builds our shared humanity and where everyone has a voice.

Bring clarity where there is confusion

Bring knowledge where there is speculation

Bring wisdom and insight when the way ahead seems unclear.

And bring us all to a knowledge of truth that sets us free, and helps keep us safe.

In the Name of the Father, Son and Holy Spirit.

Amen.

Jesus calming the storm of Covid-19

The BBC 'Today' programme that was broadcast on 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 1960s, 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.

How do you feel about your health?

Having a religious faith may well make you feel better about your health, according to recent government figures.

The Office for National Statistics (ONS) has published data linking religious belief and health in an effort to "understand the circumstances of people of different religious identities."

It found that 66 per cent of Muslims, 68 per cent of Christians, 69 per cent of Sikhs, 71 per cent of Buddhists, 72 per cent of Hindus and 77 per cent of Jews were satisfied with their health between 2016 and 2018.

In contrast, only 64 per cent of non-religious people reported being satisfied with their health during that time.

Michael Wakelin, chair of the Religious Media Centre, said: "I guess this has something to do with an attitude of gratitude. If you are of the opinion that God loves you and He created you, you are more likely to be grateful for what you have.

"Also, if you have a faith you are more likely to be hopeful for a better future, so that even if things are a bit tough now, they will improve in God's time."

National church survey: early results; and have you completed it yet?

by [Paul Handley](#)

22 May 2020

OLDER people appear to be handling the psychological pressures of the pandemic better than those who are younger.

Interim results from the survey launched a fortnight ago by the University of York St John and the *Church Times* suggest that those aged 50 or older report that they feel less exhausted, calmer, less stressed, and closer to God and the Church than do the people aged under 50 who have completed the questionnaire.

Professors Andrew Village and Leslie Francis, who compiled the survey, suggested this week that the difference might be that under-50s were more likely to be juggling work and young families.

There is little difference between clergy and laity. Women are reporting higher anxiety levels than men, but, on average, feel more prayerful and closer to God.

One interesting find is that, against expectations, extroverts are coping better with the lockdown than introverts.

The survey's authors suggest that more analysis is needed, but wonder whether the findings suggest that outgoing people are better able to handle the virtual world and draw strength from their many different contacts, whereas introverted people tend to rely on a few, deeper relationships.

To date, more than 3,000 people have completed the survey. The survey is still open. As well as asking how people have coped with the pandemic restrictions, it contains questions about contact with the Church online, whether pastoral care has been given or received, and canvasses views on how the pandemic has been handled by the Government.

The greater the number of respondents - and the greater their variety - the sounder the conclusions will be. Please pass on the link to as many contacts as you can: [tinyurl.com/yqsq9fy2](https://www.churchtimes.co.uk/media/5668905/ct8201-a4-flyer.pdf).



Final results from the survey will be reported in the *Church Times* in the coming weeks.

The Church Times are creating a weekly bulletin during the Coronavirus pandemic entitled '**Lift up your Hearts**'. **Issue no 9 dated 22nd May is out now:-**

<https://www.churchtimes.co.uk/media/5668905/ct8201-a4-flyer.pdf>

There is an interesting interview with Margaret Sentamu and an article entitled 'It's OK to not be OK'.

There will also be some paper copies of this weekly bulletin put in the church porches on occasion.

CHURCH TIMES

St Paul's creates online book of remembrance to commemorate coronavirus victims

by [Maddy Fry](#)
22 May 2020

St Paul's Cathedral has created a national online book of remembrance to commemorate people who have died from Covid-19.

[Remember Me](#) is a virtual book where people, religious or non-religious, are invited to leave messages and tributes to their loved ones. From Friday (22 May), they can submit a name, a photo, and short message to the official [Remember Me website](#). Submissions will remain for as long as needed, but the deceased person should have been living in the UK.

The Prince of Wales has spoken in support of the project. He said in a [video message](#): "This virtual book of remembrance is here to help us remember; not just to recall our loss and sorrow, but also to be thankful for everything good that those we have loved brought into our lives, and all that they have given to others."



Others who are supporting [Remember Me](#) include Sir Lloyd Dorfman, the businessman and philanthropist, whose organisation the Dorfman Foundation has helped to set up the project, and the Lord Mayor of London.

The [choristers](#) of St Paul's Cathedral have recorded a special anthem for the book, Mendelssohn's "Lift Thine Eyes", which is based on Psalm 121. It is intended that the memorial will become a permanent fixture, in the form of a new inner porch in the cathedral's North transept, although this is subject to funding.

The Dean of St Paul's, the Very Reverend Dr David Ison, said: "For centuries, St Paul's Cathedral has been a place to remember the personal and national impact of great tragedies, from the losses of war to the devastation of the [Grenfell Tower](#) fire. We have heard so many sad stories of those affected by the pandemic, and all our thoughts and prayers are with them. Every person is valued and worthy of remembrance.

"We are all experiencing the devastating impacts of Covid-19 across the country and beyond. [Remember Me](#) is an opportunity to mourn every person we have lost to the effects of this terrible disease, an encouragement to offer compassion and support to those left behind, and an ongoing recognition of the impact of the pandemic on the UK."

Charles Dickens - prolific writer with a social conscience

Popular Victorian novelist Charles Dickens died 150 years ago, on 9th June 1870. His books include *The Pickwick Papers*, *A Tale of Two Cities* and *David Copperfield*.

He died of a stroke in Gad's Hill Place, his country home in Kent, when halfway through writing *The Mystery of Edwin Drood*. The last novel he completed – most of them were written in regularly released parts – was *Our Mutual Friend*, in 1865.

He had been born in Portsmouth in 1812, the second of eight children. His family were relatively poor, and his mother wanted him out at work, so he never received a formal education. Nevertheless, he edited a weekly journal for 20 years and wrote 15 novels, as well as many other stories, articles and letters. He was also a staunch social campaigner, particularly for children's rights and education.

As could be deduced from one of his most loved works, *A Christmas Carol*, he was a firm believer in Christian elements such as compassion and redemption, and he loved the New Testament, while having little time for the Old or for organised religion. His parents were nominal Anglicans. He is said to have wanted his stories to be seen as 'parables' emphasising the teaching of Jesus.

The day they first climbed Annapurna

The first successful ascent of a mountain over 8,000 metres high was achieved just 70 years ago this month, on 3rd June 1950, when Annapurna in the Himalayas was climbed by a French expedition led by Maurice Herzog. Annapurna is the tenth highest mountain in the world.

It was just three years before the first ascent of Everest. Annapurna was a largely unknown mountain, and the team first had to find a way to reach it, and then survey a possible ascent route before doing the actual climb – an amazing achievement in one season.

The team had originally intended to climb the slightly higher Dhaulagiri, but when they saw it, they decided it was impractical. They went on to climb Annapurna without oxygen and survived extreme conditions which resulted in the two summiting climbers, Herzog and Louis Lachenal, suffering severe frostbite and surviving an avalanche on the descent.

At the summit the excitable Herzog said: "Never have I felt happiness like this, so intense and pure." Lachenal, who had been reluctant to make the final attempt, said he felt "a painful sense of emptiness."

This was the first mountain summit attempt that Nepal had permitted: afterwards the Maharajah of Nepal greeted the climbers as national heroes.

Discovering the Great Barrier Reef - the hard way!

It was 250 years ago, on 11th June 1770, that English explorer Captain James Cook discovered the Great Barrier Reef off Australia, when his ship ran aground on it.

While the aborigines and the Chinese may have found the Reef – the largest structure in the world made of living organisms – before him, Cook made more of an impact. His ship, the *Endeavour*, unloaded ballast and was re-floated at high tide, but extensive repairs were necessary, as well as skill at navigating a way out through the labyrinthine coral.

Cook made extensive journeys to unexplored waters, particularly in the Pacific. At an earlier stage, when he was charting Newfoundland, he said he intended to go "not only further than any man has been before me, but as far as I think it is possible for a man to go."

Born in Yorkshire, he worked for a Quaker ship-owning family at Whitby and started his sea life as a merchant seaman before joining the Royal Navy. Later he attended St Paul's Church, Shadwell, in East London. Although he had six children, he has no direct descendants.

He was killed aged 50 in 1779, during a scuffle with some natives in Hawaii, but left a huge legacy of scientific and geographical knowledge.

All above articles by Tim Lenton
©Parish Pump

Terry Waite - on coping with lockdown

Terry Waite spent four years in solitary confinement in Beirut. He says: "In isolation, it is easy to become introspective and depressed. All of us, when we are honest and examine ourselves critically, will discover things about ourselves of which we are not especially proud. I had to learn how to grow a greater acceptance of myself and work towards a deeper inner harmony.



".... Today in lockdown, it's important to keep yourself well. Don't slob around all day in pyjamas and a dressing gown. Dress properly and develop a routine. It's important to have a structure – get up at a certain time, eat regular meals and so on.

"If you have faith, then that will give you resources to draw on", especially if you know some hymns, psalms and prayers by heart. "When I was captured, they were there to call on."

Conservation Foundation wants to hear stories from your garden

Have you been gardening during lockdown? If so, you may have a story or some advice to share. In that case, the Conservation Foundation would love to hear from you. It has recently launched a virtual *Gardening Against the Odds* network on Facebook @gardeningagainsttheodds and on our website at <https://conservationfoundation.co.uk/projects/gardening-against-the-odds/>

As David Shreeve of the Conservation Foundation explains: "Over the years running our GATO Awards we have made many friends and now we are making more virtually every day. If you or anyone you know would be interested in sending news and information to us especially if it doesn't involve an actual garden or somehow it's against the odds. We hope to be adding news every day and giving details of plant availability, tricks of the trade and offer the odd prize."



Bible Bite

A short story from the Bible

It can be read in the Bible in
1 Samuel 17:1-50

The Philistine and Israelite armies
faced each other. For 40 days, the gigantic
Philistine champion, Goliath, taunted them..

Celebrating The Church's Birthday!

Junior Inspire

I will fight the best soldier in Israel's army and if I win, you will be our slaves

David's brothers were in Israel's army. He came to bring them food, and he heard Goliath.

He is insulting God!

David's brothers were not happy.

You just came to watch the fight. Go back to your few sheep.

But David didn't stop..

and King Saul heard what he said.

We shouldn't be cowards. I will fight him!

You don't stand a chance.

I have killed lions and bears with God's help.

Then go ahead. You can wear my armour.

I can't move with all this on!

So David took it off.

He took his sling and chose 5 stones from the stream bed.

Goliath couldn't believe what he saw.

Do you think I'm a dog that you have come with a stick?

I have come to fight you in the name of the All-powerful God. The Lord always wins His battles

As Goliath came forward..

David slung his stone and hit him on the head.

Goliath fell down dead.

The Philistines ran away, chased by Israel's army.

Can you colour in the bumble bees?

Did you know?

- 1) Bumblebees harvest nectar and pollen from flowering plants.
- 2) They live in smaller groups than honey bees and do not tend to swarm.
- 3) Bumblebees hibernate underground.
- 4) They scent mark flowers they have visited.
- 5) Bumblebees will not die if they use their sting, whereas honey bees will.



What is the 'Birthday of the Christian church?

Also known as Pentecost or Whitsun

This year Pentecost is Sunday 31st May 2020.

Pentecost is the festival when Christians celebrate the gift of the Holy Spirit. It is celebrated on the Sunday 50 days after Easter (the name comes from the Greek *pentekoste*, "fiftieth").

It is also called **Whitsun**, but does not necessarily coincide with the Whitsun Bank Holiday in the UK.



Pentecost is regarded as the birthday of the Christian church, and the start of the church's mission to the world.

The Holy Spirit

The Holy Spirit is the third part of the Trinity of Father, Son, and Holy Spirit that is the way Christians understand God.

Celebrating Pentecost

Pentecost is a happy festival. Ministers in church often wear robes with red in the design as a symbol of the flames in which the Holy Spirit came to earth.

Hymns sung at Pentecost take the Holy Spirit as their theme, and include:

- *Come down O Love Divine*
- *Come Holy Ghost our souls inspire*
- *Breathe on me breath of God*
- *O Breath of Life, come sweeping through us*
- *There's a spirit in the air*
- *Spirit of the Living God, fall afresh on me*

Pentecost Symbols

The symbols of Pentecost are those of the Holy Spirit and include flames, wind, the breath of God and a dove

Would you like to know more? Why not go to YouTube and watch this video ... *but please ask a grown-up's permission first! Thank you.*

<https://www.youtube.com/watch?v=xtokHQOmFu0>

Bible Bite Wordsearch

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

soldier
insulting
army
cowards
lions
food
Goliath
Saul

heard
stone
armour
brothers
stick
David
chance
battles

watch
Israel
chased
believe
slung
Philistines
slaves
head



The following is taken from a publication called '**God's World**' which is a collection of nature notes with commentaries from the Christian point of view.

The nature notes were by Helen Beard and the commentaries from the Christian point of view were by Diana Hawkes who died recently. Diana was a past Headteacher of Scott-Broadwood Infant school.

These articles first appeared as part of a monthly series in Slaugham Parish News from 1995 to 1997. My thanks to George & Norman Ede for offering me a copy of this booklet to use in issues of InSpire. As it turned out, I already had two copies myself and had forgotten about them! Stuart and I visited one of the churches in the Slaugham Parish as I have a connection with the Parish - my Great-Grandfather, James Davey was chauffeur to a family who lived at Handcross and the family are I believe, buried at Slaugham. More research needed on my part! I am working on it with the help of Ancestry!

THE BUSY LITTLE BEE...

*How doth the busy little bee,
Improve each shining hour,
And gather honey all the day
From every open flower?*

Isaac Watts, 1674-1748



Near where I often sit in the garden, there is a wee round hole in the lawn. It is such a tiny hole it would never have been noticed if a lone bumble bee had not alighted there and disappeared into its depths. Today, three bumble bees went busily in. The Buff-tailed bumble bee (or humble bee), unlike the honey bee, have much smaller colonies, only up to 150 bees compared to the honey bees' 15,000. Mind you, there does not look a lot of room in that little hole. They often build in an old mouse nest which they tailor to their own needs.

Altogether there are 18 species of bumble bee in Britain including the Cuckoo bumble bee which enters a bumble bee colony and after killing the queen, lays her own eggs. These are then looked after by the host's workers!

The Buff-tailed bumble bee isn't the only bee to go underground; one year we discovered several perfectly round holes in a very dry sandy border, which were constantly visited by solitary bees. After a time one could see the heads of tiny larvae which appeared and disappeared like the proverbial Cheshire cat, at the entrance. This charmed our neighbour's small children who often came down to see this strange happening.

We think these must have been Mining bees, one of 227 species of solitary bees in Britain, which was a surprise to me, I had no idea there were so many, and their numbers include the Wool carder bee, the Patchwork leafcutter bee and the Mason bee. There is a rather nasty type called Humped Sphecodes of which there are 16 species, all Cuckoo bees. Apparently they have few hairs on their bodies and no pollen collecting apparatus. I wonder what they do for a decent meal? Solitary bees do not have a worker caste, unlike the one and only honey bee, just males and females.

We have a lot of wasps too, especially about now ... and not only the common old wasp that goes for your raspberry jam or the fruit on your plum tree. We have had some enormous nests in our loft built by *Vespa vulgaris*; they delight in getting in between the cedar shingles and making great hanging architectural wonders.

Two years ago the earth under an azalea was peppered with neat holes, and in and out were trekking Field Digger wasps. They prey on flies which they paralyse, and then put together with their eggs in a prepared cell. The Spider hunting wasp does the same thing with spiders, and the Potter wasp makes little pots with sand and saliva, hangs them on a piece of foliage, pops in a paralysed caterpillar and an egg which it leaves to develop on its own. There is, of course, the wasp to end all wasps ... the Hornet, quite rare now in this country and not, according to a friend who was once stung by one in Sweden, quite as bad as one is given to believe. However I am quite sure that I wouldn't want to meet one! Once, sitting in the garden with a German friend, he suddenly leapt to his feet and started wildly swiping at a large wasp-like insect, saying "Hornet, hornet" and getting very agitated. Eventually, after jumping on it repeatedly and killing it several times over, we realised it was a Giant wood wasp (or Horntail) who had been hopefully inspecting the summer house with a view to laying a few eggs. They look and sound awesome, but are harmless.



Two things struck me after I had read Helen's article. The first was how much time she must spend in careful observation. I tend to be like the busy worker (honey) bee: always 'at it', for there are always jobs needing doing — I never finish. Of course there are times when I pause to watch the Peacock butterfly for I think that with their downy wings and jewel bright colours they are so beautiful, or the small birds swinging on slender stems as they feed. However I always feel guilty for 'wasting time', and hurry back to the job in hand. This is, in fact, foolishness. Not only the body but the mind and soul need rest and relaxation if they are to remain healthy and what better way to find it than by contemplating God's World?

This brings me to my second thought. Helen described some pretty gruesome things, such as paralysing insects so that their eggs, when hatching out, have food in the larder ready to eat. It made me shudder: is this really God's World? Looked at in another way, the caring parent is ensuring the future of its offspring! What it does make us realise (as so many wonderful nature programmes on TV have done) is that the world in which we live is not only a highly complex one where everything is interdependent but, though man's knowledge of it is increasing daily, the mind — the Being — behind creation is quite beyond human comprehension: no wonder Christians call it God.

Editor: Miscellaneous observations on life and faith...

The good thing about prayer is that there's only one way to go wrong, and that's *not* to do it. If prayer at its simplest level is listening to God and talking to Him, you don't need long books to tell you how to do it. - *Anon*

Are you someone God wants to hear from? The message of the Bible is that however unworthy, sinful and useless we may feel as human beings, God can't wait to hear from us. - *Anon*

The more we love Him, the more we will desire to obey Him; the more we obey Him, the more we will grow in our personal knowledge and love for Him. – *Kenneth Boa, writer and minister*

True faith depends not upon mysterious signs, celestial fireworks, or grandiose dispensations from a God who is seen as a rich, benevolent uncle; true faith, as Job understood it, rests on the assurance that *God is who He is*.- *Charles Colson, Christian writer*

A home is no home unless it contains food and fire for the mind as well as the body. - *Margaret Fuller, writer*

Who lives in fear will never be a free man. – *Horace, philosopher*

What we desire our children to be, we must endeavour to be before them. - *Andrew Combe, writer*

Ideal parenting is modelled after the relationship between God and man. - *James C Dobson, writer*



Text and photo ©Parish Pump

“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 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

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E: 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

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 or phone 07905 208345.

Pass it on! 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!

Hospital Bill

A man suffered a serious heart attack while shopping in a store.

The store clerks called an ambulance when they saw him collapse to the floor.

The paramedics rushed the man to the nearest hospital where he had emergency open heart bypass surgery.

He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital. A nun was seated next to his bed holding a clipboard.

Loaded with several forms, and a pen, she asked him how he was going to pay for his treatment.

"Do you have health insurance?" she asked.

He replied in a raspy voice, "No health insurance."

The nun asked, "Do you have money in the bank?"

He replied, "No money in the bank."

Do you have a relative who could help you with the payments?" asked the Irritated nun.

He said, "I only have a spinster sister, and she is a nun."

The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God."

The patient replied, "Perfect. Send the bill to my brother-in-law."

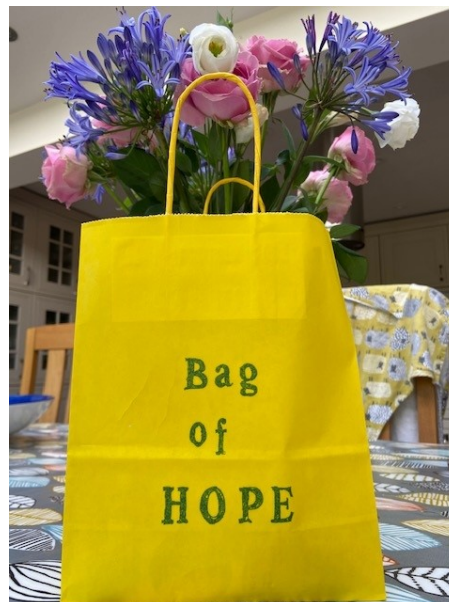
Keeping in touch

Bags of Hope

Many of you who have been isolating alone for the last few weeks will have received a Bag of Hope this week. We hope you enjoy the contents! They were sent out to coincide with Pentecost as a symbol of new life and the birth of the church. We tried to reach everyone we could who we knew was alone at this difficult time.

The bags contained a tea bag and candle amongst other things with an invitation to join others in spirit at **3.00pm on Sunday 31st May for a 'shared cup of tea' and then to light candles together at dusk.**

We hope that everyone may wish to join in with this! We can all be together in SPIRIT if not in person for the time being.



Below is a unique and lovely thank you from Sally Wyborn for her 'Bag of Hope'.

Oh lucky me
 I looked up and what did I see?
 Our lovely LIZ with kindest gift
 Designed to give one " a lift"
 Having to be in isolation
 Is something sweeping every nation
 We aren't alone escaping the virus
 Great to know we have friends around us.
 Thank you LIZ Suzanne and Debbie ,
 The pounds are creeping on already 😊
 Sewing seeds will be a pleasure
 Watching them grow at my leisure
 My sandpaper hands will be no more
 Frequent washing won't be a chore.
 My little candle will burn bright
 In the dark on Sunday night
 The hug on the bookmark I'll treasure
 Received with much pleasure
 Love and grateful thanks to all concerned.
 Sally



Capel Pre-School's beautiful rainbow in the bus shelter opposite The Crown, Capel



Photo courtesy of James Moore of the Old Summerhouse at Grenehurst Park, Capel.



Before we start a discussion on the wonders of YouTube, I must issue a health warning. It is an awful time waster! No sooner have you started looking at something sensible such as to how to prune a climbing rose, then within minutes you have gone down a 'rabbit hole' and end up watching cute puppies splashing in water or find yourself transfixed to a video all about airport carpets (it really exists!). so please do set a timer before you start!

Having got the health warning out of the way, there are some wonderful videos to watch and channels to follow. So here are a selection of the ones I particularly like:

First those on a Christian theme:



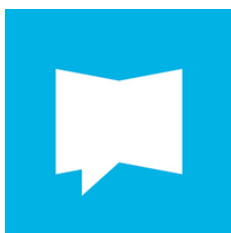
St John and St Margaret, Capel and Ockley PCC. Yes, our own church does now have a YouTube channel! How wonderful to be able to tune in and see Revd Liz, Bob and Claire on a Sunday morning bringing a service to your computer or iPad every week. Please do have a look at them.



Htb church stands for Holy trinity Brompton which is where Nicky Gumbel who created Alpha (which has its own channel) is the vicar. This is a large very vibrant church with a lot of young people. Their YouTube channel has lots of uplifting music, and numerous talks.



Joyce Meyer, enjoying everyday life. I mentioned Joyce in my podcast run through, but she's on YouTube too. She has a very theatrical style and is used to speaking to large audiences. However, she brings scripture alive for today's audience and is wonderfully uplifting.



The Bible Project. These are wonderful videos explaining all sorts of elements of the bible. Not only do they have a breakdown of every book, but often look at detail at various recurring themes. I was introduced to this YouTube channel by Revd. Barbara Steadman Alan and have used it a lot when looking at a book in the bible that is new to me.



The Bible Society. Many of you will know the Bible Society they are the creators of 'Open the book'. They are a charity specifically for making sure the bible is accessible for all. Their videos are all about the Bible in today's world and how we can bring scripture to everyone. The videos are short and modern – they have some great ones about the bible and coronavirus.

And there we have it! Once you've looked at all these channels do stop by 'Lavender and Leeks' (great gardening videos), and Yoga with Adrienne or Nathalie Clough Pilates. Then improve your brain with a Ted talk, head over to National Geographic and make your way around the world, all from the comfort of your home!

Wordsearch Clues

Coronavirus has turned our world upside down. But God is still there, and we can call on Him, as Psalm 91 (vs 1-6) reminds us...

*Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.*

² *I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."*

³ *Surely he will save you
from the fowler's snare
and from the deadly pestilence.*

⁴ *He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.*

⁵ *You will not fear the terror of night,
nor the arrow that flies by day,*

⁶ *nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.*



Where was the social distancing?



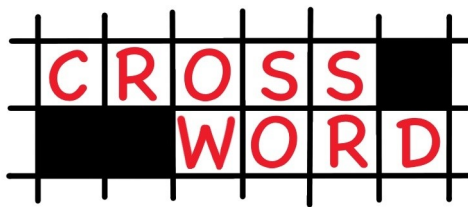
Dwells
Shelter
Most
High
Shadow

Almighty
Refuge
Fortress
Trust
Save

Snare
Deadly
Pestilence
Cover
Feathers

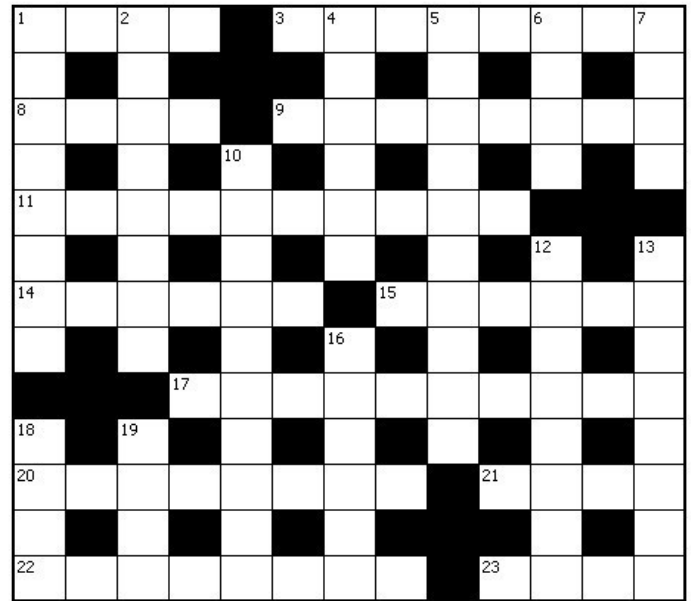
Wings
Faithfulness
Shield
Rampart
Fear

Terror
Night
Arrow
Plague
Destroys



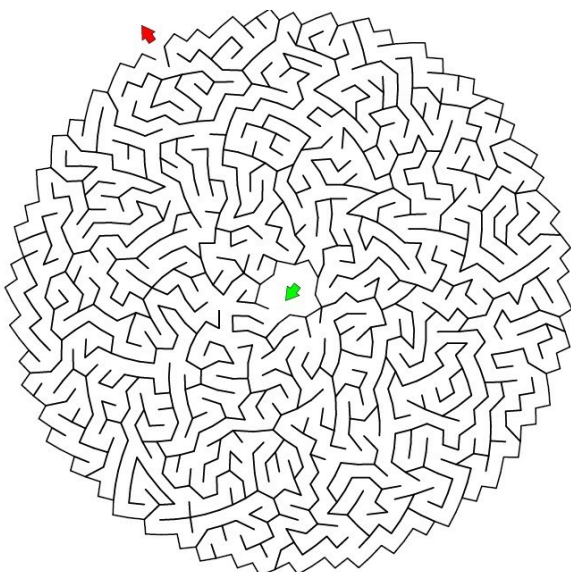
Across

- 1 See 23 Across
- 3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
- 8 Invalid (4)
- 9 Blasphemed (Ezekiel 36:20) (8)
- 11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
- 14 Shut (Ecclesiastes 12:4) (6)
- 15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
- 17 Mary on Isis (anag.) (10)
- 20 Agreement (Hebrews 9:15) (8)
- 21 Native of, say, Bangkok (4)
- 22 Deaf fort (anag.) (5-3)
- 23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)



Down

- 1 Struggle between opposing forces (Habakkuk 1:3) (8)
- 2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
- 4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
- 5 'Be joyful in hope, patient in — , faithful in prayer' (Romans 12:12) (10)
- 6 St Columba's burial place (4)
- 7 Swirling current of water (4)
- 10 Loyalty (Isaiah 19:18) (10)
- 12 'God was pleased through the foolishness of what was — , to save those who believe' (1 Corinthians 1:21) (8)
- 13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
- 16 'There is still — — — Jonathan; he is crippled in both feet'(2 Samuel 9:3) (1,3,2)
- 18 David Livingstone was one (4)
- 19 Driver and Vehicle Licensing Authority (1,1,1,1)



Medium Level Sudoku

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

Puzzle Solutions

CROSSWORD ANSWERS

Across

- 1 Care
- 3 Paradise
- 8 Null
- 9 Profaned
- 11 Legalistic
- 14 Closed
- 15 Stores
- 17 Missionary
- 20 Covenant
- 21 Thai
- 22 Trade-off
- 23 Eden

Down

- 1 Conflict
- 2 Religion
- 4 Arrest
- 5 Affliction
- 6 Iona
- 7 Eddy
- 10 Allegiance
- 12 Preached
- 13 Assyrian
- 16 A son of
- 18 Scot
- 19 DVLA

Crossword solution

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

Wordsearch solution

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

Medium Sudoku solution

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



A small selection of photos sent in by readers
- thank you!

Some lovely shots of St Margaret's, Ockley and the beautiful Vann Lake amongst others!

If you'd like to submit a photo for next month's issue, please email it to editor@capelandockleychurch.org.uk

Your contributions would be most welcome and any copy for this publication should be sent to Suzanne Cole editor@capelandockleychurch.org.uk **By 25th of each month please.**
If you would like to receive *InSpire* by email, you can subscribe to InSpire via the church website:-

All the fun of a 'virtual' Fete since we cannot hold one this year. Let's remember the last few years and look forward to the one in 2021!



All the fun of the Vicarage Fete!



Next year's Vicarage Fete will be held on Saturday 26th June 2021!