



InSpire

The monthly publication for the Parish of Capel & Ockley

Free of charge - please take a copy!

Issue 40 July 2020

Page

3	Rev Liz writes
4	Church lighting news
5	Services are back!
6	Keeping Connected
7	More Virtual Bellringing
8	The Coronavirus, Church & You Survey (NB: online survey only)
9	News
10	Letter from the Editor
11	Prayer Diary for July
14	Traidcraft is back!
15	News from the Pews
16	Buttercups - treasure in our countryside
17	High Days & Holy Days in July
18	News
19	News from The Church Times
21	History in the month of July
22	Camino de Santiago - All walk and no worship (Church Times)
24	Gardening against the odds
25	Local is back!
26	Junior InSpire
28	Miscellaneous thoughts on our Christian Life & on Daily Life
29	Book Reviews
30	Local Suppliers—latest news
31	Poems & Prose Things to make you smile
32	Puzzle pages
34	Covid-19 Important local info
35	Puzzle solutions

***Don't forget if you need help during the Coronavirus pandemic, help is at hand ... see page 30 for details.**

***For ways to keep in touch via our church website, see page 13 for links to weekly sheets and online services.**

If you have anything you would like to share with the readers of InSpire, please do let the Editor know. It can be anything, no matter how small! Maybe you have some photos you've taken recently you could share with us or some important news?

Thank you
Suzanne
editor@capelandockleychurch.org.uk

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

Pat White

in memory of Colin White whose
85th birthday would have been on 26th July 2020

Colin White was the Editor's father
and is much missed

Church Contacts:-

Vicar - Rev Liz Richardson The Vicarage, High Lea, 54 The Street,
Capel. vicar@capelandockleychurch.org.uk 01306 711260

Parish Pastoral Assistant: Sylvie Beckett 07711 849338

Safeguarding Officer: Leigh de Souza 07732 825908
leighdesouza@yahoo.com

Diocesan Safeguarding Advisor: Ian Barry
07544 566850
ian.berry@cofeguildford.org.uk

Churchwardens

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

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

Treasurers:

Capel Debbie von Bergen 07774 784008
treasurer@capelandockleychurch.org.uk
Ockley Helen Burt helenmb0909@gmail.com
01306 711671

Capel Organist & Choir Anthea Smallwood 01306 711883
Ockley Organist Andrew Collings 01403 265794

Weekly Sheets & InSpire Editor

Suzanne Cole editor@capelandockleychurch.org.uk
01306 711449

Church website:
www.capelandockleychurch.org.uk

Webmaster: webmaster@capelandockleychurch.org.uk

Parish Eco Team ecoteam@capelandockleychurch.org.uk

Dear all,

As I write I have just watched our parish's latest online worship which happened to be Cafe Church led so ably by Bob along with the band reading and singing. We have come such a long way from our first online offering when it took me all day to record my offerings; constantly making mistakes and starting all over again to the point at the end of the day I had virtually lost my voice and had a dreadful headache. Any ideas of being a television presenter very swiftly left my mind I can tell you as I coped with the dog gnawing a stick beneath my feet, the cat suddenly making an appearance and even worse swinging on the camera stick as I yet again tried to follow my script!! I later learnt of course if I went wrong to keep a short pause and to pick up where I left off. We discovered there was such a thing as editing!



Just before lockdown I think our last service of worship was in fact Blues Cafe Church at the Crown where our theme was whether Jesus, were he physically here today possibly be King of the Blues? It was an amazing time when lots of non regulars joined us of all ages, with faith or none, to explore his story in terms of an itinerant blues singer. As Bob said yesterday in our online Cafe church he would rather be at the pub than recording at home. Which made me think just how amazing yet again our village has been during these past weeks, what with coronavirus angels, key worker scarecrows, VE Day celebrations, 100th birthdays, our wonderful two shops Capel News and Carters which always seem to have loo rolls or whatever else the supermarkets have run out of! Big breath here - and that's not to mention our marvellous team at the medical practices, our teachers at the schools and everything else that has taken place or has somehow been enabled to happen despite lockdown conditions. Last but definitely not least has been the tremendous effort and love shown to us all by Vanda, Vicky and their team at the Crown who have worked their socks off preparing take aways for us all, a fab weekly online pub quiz, and their beautiful garden which will be open for business following government guidelines from the 4th July. And yes we hope the next Cafe Church will be live in the garden at The Crown! You will also read in this edition of Flix reopening at The Crown as well I believe. It is all very exciting!

We are hoping very much that before long, live services will resume in church as well as online recordings. By the time you read this there will be a link for a children's worship service on our parish website, courtesy of our friendship with Reigate Baptist Church. Please do pass this information onto friends and families who may like to tune in. Funerals are allowed to be held in church - certain restrictions will apply - and I hope you all now realise the church is open from 10 till 4 each day at Capel for individual prayer and reflection. At Ockley the church is open 10 till 4 on weekends only. This is because at the end of the day we try to wipe down any surfaces that visitors may have touched to try to keep down any infection. Hand sanitisers are available and visitors are asked to clean their hands on entering and leaving the building. You will notice that we ask you to only sit on certain pews to enable all of this to be doable. Nevertheless I am sure you will find our beautiful churches as welcoming as usual!

As things begin to loosen and get back to normal if we can say such a thing, its interesting isn't it to reflect on what positives, if any there have been before the busyness and demands of pre-lockdown life take over. I wonder whether there is anything you would like to keep of your lockdown routine? I guess it will be different for each of us but I suspect some common threads will be around having more time for the things we didn't have time for before. Will we take the joy of meeting other people for granted any more? The realisation that humans are not really made for isolation, that we are made to be in relationships and in community and how resourceful we can be to somehow still make that happen. Many of you have badly missed coming to church to worship and I have missed you very much too. There is nothing like the personal contact of seeing everyone, of worshipping together and supporting each other in our ups and downs through life, not to mention several much loved church members who sadly died during this time... Perhaps this brush with Covid 19 has made you think about your own mortality and whether there is anything in this whole God stuff or has it simply been too 'stuffy' for you in the past, irrelevant?

Rev Liz's letter continues on page 4

**IMPORTANT NOTICE: SERVICES start again this Sunday,
5th July 2020. Please see page 5 for details!**

The world is changing and I hope continues to change post lockdown and most particularly in issues of race and equality as shown by Black Lives Matter. There is a chance for us all to reflect and to educate ourselves in all these issues. In a recent gospel reading Jesus states he didn't come to bring peace but to bring a sword. A shocking statement for some to read perhaps but the point is where there is injustice and inequality a metaphorical sword is needed to root out sickness in society. Get away from any so called 'stuffiness' you think you'll find in church and realise that Christ was and is a revolutionary who plans that people of every tribe and tongue will be united around God's throne. Faith in Christ is never more relevant than it is today!

With my love and prayers,

Rev Liz

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

PS. Some midweek opening at Chapel Church will be restricted due to the new lighting scheme being installed courtesy of the Friends of Chapel Church. This will last from 20th July for approximately 7 weeks or so. The church will be open as usual at weekends.



Photos of Rev Liz on pages 3 & 4 by Margaret Zandona

Capel Church Renewal of Lighting

The PCC are pleased to confirm that the internal and external lighting for the Capel church will be replaced and upgraded this Summer. The upgrade will remove the glare experienced by the current internal flood lighting and replace the old wiring and fittings, for which replacement bulbs will soon be unavailable. The new installation will consist of new wiring and more attractive energy efficient fittings which will reduce running costs and provide a much improved ambience for worship, meetings, concerts and weddings.

The works are due to commence on 20th July and should be completed by 11th September. During that time access to the church during the working week will be restricted. Should the lighting installation overlap with the lifting of the Covid 19 access restrictions to the church, the PCC will evaluate whether services will be held in the Capel Church or at St Margaret's in Ockley. Notices will be posted nearer the time at the church, in the magazine and on the website.

The PCC are excited about these much needed improvement works to our lovely church and are very grateful to the Friends of St John the Baptist Church Capel and the John Ede Fund for generously supporting the project and providing the funding.

David Silliman

New Guidelines for SERVICES starting this Sunday 5th July 2020 at both Capel & Ockley

Both churches will have services for the next 4 weeks (we haven't planned further than that at the moment).

They will be as follows:-

Sunday 5 July	9.30am	Ockley,	10.30am	Capel
Sunday 12 July	9.30am	Ockley	10.30am	Cafe church at the Crown in the garden
Sunday 19 July	9.30am	Ockley	10.30 am	Capel
Sunday 26 July	9.30am	Ockley	10.30	Capel

The format of the services may change from week to week.

There are a few restrictions:-

1. Only 2 people to sit in each pew that is open (or one household and if room a single person). Every other pew will be cordoned off.
2. Hand sanitiser which will be by the door to be used when you enter and leave.
3. For the moment no refreshments will be served but do feel free to bring your own water bottles.
4. It is asked that you don't spend too long in the church building after the service as it has to be cleaned and sanitised.
5. At Capel the toilet will be open and disinfectant available for you to wipe all surfaces after it has been used.
6. Unfortunately we cannot sing hymns but there will be music from our organist and Bob with his guitar.
7. The services will be on a sheet given to you when you enter church along with the weekly sheet - do take these home with you.
8. No collection will be taken but donations including cash can be left on the plate.

We look forward to welcoming you back into our churches!



Coronavirus: For the first time in history, we can help save the human race by lying in front of the TV and doing nothing. Let's not mess this one up!

The queue

While waiting in a long queue early one morning for the supermarket to open for us 'seniors', I was surprised to see a young man saunter along and try to cut in at the front of the queue. A furious old lady waved her cane at him, and he quickly backed away.

A moment later, the young man tried again. He managed to dodge the old lady, but then two old men started shouting at him. Again, the young man backed away.

But he wasn't giving up, and soon the young man approached the queue for the third time. By now, all of us pensioners were ready for him, an angry wall of opposition.

The young man stood there for a moment, and then shrugged his shoulders. "If you people won't let me unlock the door, none of you will ever get in to shop."



Thanks to Philomena for kindly sending in photos of her enjoying her Pentecost cup of tea and her candle lit at dusk.



We hope some of you managed to join in too!

Please help me to keep everyone in touch by sending me your pictures and/or articles ... thank you!

Suzanne, Editor



Keeping in touch

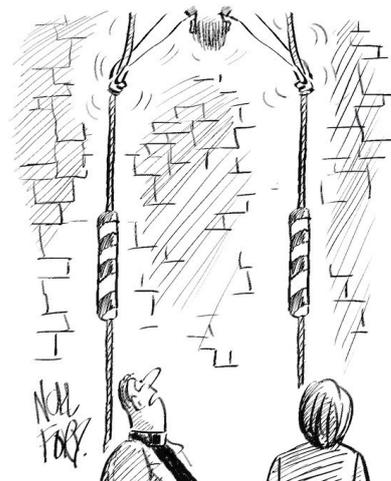
Harvest 2019 - photo courtesy of Andrew Forsyth. It seems we will be worshipping together again this year for Harvest 2020 with the restrictions being lifted and worship beginning again this weekend, 5th July. When he submitted the photo it seemed unlikely, so that's progress!

Betty Mitchell would like to thank everyone for their good wishes and many cards during her recent time in hospital.
See News from the Pews on page 15 for our Welcome Home to Betty!



They were trying to remember when they had last left the house.

At the time of writing there is still no bellringing allowed in this country and no suggestion of when the restrictions will be lifted. There are concerns with the proximity of ringers whilst ringing, contact with the rope and the facilities available in churches to allow for handwashing and sanitizing of ropes and anything else touched in gaining access to the ringing area. There are plans for a major campaign called Ringing Returns when ringing resumes, which it is hoped will have a similar impact to that for Ringing Remembers. Obviously it is difficult to make plans without a date!



Eric took social distancing while bell ringing very seriously.

We have continued to hold virtual practices every week on Zoom, allowing us to keep in touch with members of the bands at Ockley, Newdigate and Capel. A new resource was created at the beginning of lockdown by ringers in America called Ringing Room, and is still being improved on. It allows any user to create a tower and each ringer logged in can be assigned a bell number to ring by tapping a key or clicking on their rope icon. The chimes that are heard come from a recording of the Dorking bells. In fact it was part of a feature on BBC news recently looking at how the Southwark Cathedral ringers were coping during lockdown. Their virtual practice was very similar to our own experience. The use of Ringing Room allows us to practice some ringing albeit without the physical effort and enjoyment, or the aid of ropesight in seeing the other ringers. We have found it very useful in listening and counting our place in the round which should hopefully be of benefit when we ring for real once again as well as playing tunes for fun.

There are a number of resources available online and in particular, the Central Council of Church Bell Ringers has put together an index of YouTube videos (cccbr.org.uk/news/). This includes the news item mentioned above as well as an item by Josh Partridge in the Miscellaneous section which may also be of interest to a non-ringer. He demonstrates ringing a bell up (and down again) while a camera in the belfry simultaneously shows the effect of his actions on the bell. The rest of the videos are mainly tutorials in using ringing software, webinars from the Association of Ringing Teachers (ART) and training videos from a number of ringing associations.

The Ringing World, a weekly magazine for ringers, has introduced a number of puzzles to keep their readers amused. A popular one is Methodku which has a grid with missing numbers to fill in and the solution is a diagram of part of a method. The main criteria are that in each row the number of each bell must appear once and only once, and that, as in normal method ringing, there are no jump changes, so numbers can only move forward or back one place per row. An easy example on four bells is reproduced here to demonstrate, with the added proviso for this solution that there are no more than 2 blows in one place. This means that reading it vertically no number can appear more than twice consecutively in a column. It should be possible for non-ringers to solve as the solution does not require knowledge of any method ringing:

1	2	3	4
	1		
		1	3
			1
			1
		1	
4	1		
1			
1		2	

Bellingringing is an art which has developed and passed from generation to generation in Britain for over three hundred years. It is a wonderful blend of sport, music, exercise, friendship, a challenge of wits and skill which gives great satisfaction when it goes right.

If you would like to find out more, please come along. When we resume, practice nights are at St. Margaret's in Ockley, on the 1st and 3rd Wednesday of each month from 7.45 to 9.15, and at St John's in Capel on the 2nd, 4th and 5th weeks.

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

Editor: This national survey is already attracting a lot of attention. We featured it last month in the 'Church Times' news but did not realise at the time that it is an ONLINE survey only. Apologies to anyone who therefore cannot take part. The following is an update.

The Coronavirus, Church & You Survey

You are invited to take part in this national survey...details below (It is an ONLINE survey only)

The Covid-19 pandemic has obviously had a profound effect on churches. The lockdown has severely restricted ministry in areas such as pastoral care, fellowship groups, and serving the community. On the other hand, for those with online access, worship has taken on new and creative forms over the last few weeks. Many clergy and ministry teams have risen to the challenge of operating in the virtual environment.

As we pass the most severe period of lockdown, it seems a good time to assess how churchgoers have responded to the experience, and what they think the future might hold. How well have people coped with the pandemic? Has it strengthened or weakened their faith? How has it been for clergy and ministry teams trying to work in this new environment? How have those receiving ministry found this novel experience? Will virtual ministry become part of the post-pandemic landscape, and will this be a good move for your church?

We have developed a survey over the last few weeks in discussion with bishops, clergy and lay people which we hope will enable you to record your experience of the pandemic, the ministry you have given or received, and what you think will happen to churches in a post-pandemic world.

In an article to launch the survey in the *Church Times*, the Bishop of Manchester, David Walker, wrote: "This survey is an attempt to go beyond anecdote... It will capture evidence of both excitement and fears for the future, of where stress levels have changed, and whether personal faith has weakened or grown."

This is an **online survey**, which we estimate it will take you about 20-30 minutes to complete. Most of the questions simply require you to tick boxes, though there are options to specify your particular circumstances, and an opportunity at the end for you to tell us your views in your own words. Alongside questions about the pandemic and ministry there are sections which ask about you: these are important because they will allow us to see how the lockdown is affecting different sorts of people in different contexts.

The survey can be completed on mobile phones, though it is more quickly completed on devices with larger screens such as tablets or computers. You can access using the following link: <https://tinyurl.com/yqsq9fy2>

Please forward this link to any churches or churchgoers you feel might want to take part in the survey and support this research. We should have some initial results within a few weeks and will make these available as widely as we can.

The Revd Professor Andrew Village,
York St John University a.village@yorksja.ac.uk

The Revd Canon Professor Leslie J. Francis,
Visiting Professor York St John University

Online 'Talking Jesus' course FREE during the Covid-19 lockdown

Page 9

HOPE Together has made the hugely popular Talking Jesus course available, rent free, to watch online during the Covid-19 crisis.

Roy Crowne, executive director of HOPE Together, said: 'We have had lots of requests during the Covid-19 lockdown to make the Talking Jesus course available online. There seems to be an increased interest from non-Christians in spiritual issues. People are searching for hope. We want to help equip Christians to tell their story and to talk about the hope we have because of Jesus.'

The Talking Jesus course includes six video-based teaching sessions with inspirational testimonies. To access the course free until end of August visit: www.hopetogether.org.uk/talkingjesus

House of Bishops backs phased approach to revising access to church buildings

The House of Bishops is continuing to review advice to clergy on the Church's efforts to limit the spread of the coronavirus.

The Bishops have agreed in principle to a phased approach to lifting restrictions with regard to church buildings, in time and in parallel with the Government's approach, with three broad stages as infection levels improve.

An initial immediate phase has allowed very limited access to church buildings for activities such as streaming of services or private prayer by clergy in their own parishes, so long as the necessary hygiene and social distancing precautions are taken

Subsequently it is hoped to offer access for some rites and ceremonies when allowed by law, observing appropriate physical distancing and hygiene precautions.

Worship services, with limited congregations meeting, will begin when Government restrictions are eased to allow this.

The Bishops agreed that the decision on the timing of when to implement the revised advice on ministers or worship leaders praying and streaming from their church buildings should be made by individual Diocesan Bishops, depending on their local situation.

New Archbishop of York to be confirmed

Bishop Stephen Geoffrey Cottrell will be confirmed as the 98th Archbishop of York this month.

The service, at 11am on Thursday 9th July, will be broadcast entirely via video conference due to the Coronavirus restrictions.

The service, which had been due to take place in York Minster, will be in two parts. A legal ceremony with readings, prayers and music, will be followed by a film marking the start of Bishop Stephen's ministry as Archbishop of York.

Bishop Stephen Cottrell says: "I am looking forward to beginning my ministry as the 98th Archbishop of York. This isn't quite how I imagined it would begin. It is certainly the first time an Archbishop's election will have been confirmed via video conference. But we're all having to re-imagine how we live our lives and how we inhabit the world.

"These are difficult times. My hope is that through this service the love of God that is given us in Jesus Christ will shine out, perhaps even to those who while never attending a service in York Minster, might have a look online

Following in the footsteps of my many predecessors, I look forward to serving our nation and bringing the love and peace of Christ to our world, especially here in the north."

The service will be available on the Church of England website. Arrangements for Bishop Stephen's enthronement service will be announced later in the year.

Dear Readers,

Suddenly everything is changing as lockdown eases and to begin with I was writing about the fact that we could go into our churches for private prayer. Roll forward one week and we can begin services again! It's hard to keep up at the moment and there is certainly a lot of guidance about how we begin our services again. They will be very different for a while, but it will be a real blessing to be able to gather together again in fellowship, even if it is a socially distant version. But I'm sure that in the present circumstances, we all fully understand the need for caution to keep us all as safe as possible.

I understand that Newsheets will still go online on our website, so if you are not able to get to church, you will still be able to access information.

For many, there will be an opportunity to travel now that so-called 'travel corridors' have been agreed between various Governments. But many will have already have lost holidays and trips due to the coronavirus crisis and some of us are waiting to find out if ours will go ahead. Stuart and I are due to travel to Canada for a 3 week trip to celebrate our 30th wedding anniversary (as well as 30 years of living in Capel!). We are due to go at the end of September but as with everyone else currently, we will just have to wait and see what is allowed nearer the time! But with travel not being so readily available, it's interesting to read the Church Times' article on the Camino de Santiago on page 22, a path trod by so many pilgrims over the years and a very popular travel destination. So let us explore other places through other people's eyes for the time being, and remember some of the places we have been. Our memories can transport us somewhere else, even if we cannot actually go there right now!

I think most of us will agree that the team who have brought us our online worship every week have done a magnificent job! It's not something that we had ventured into as a parish before, but Rev Liz, Bob, Claire, Dik & Dineke have done a wonderful job, together with Anthea's organ playing. Thank you all for ensuring that we still had 'church' every Sunday—or whenever we chose to 'go to church'! Personally, I have found it profoundly peaceful, moving and very personal. But I have missed the fellowship too! As we move forward, I believe there will be an online presence still for those that want it. But I'm sure we will find out what format that will take.

There is a lot to catch up on in this issue from national news about Coronavirus, to the new appointment of the Archbishop of York, to celebrating 'Buttercups - a treasure of our countryside'. As always, I would welcome any contributions you choose to send me and next month will see an interesting article by Chris Cooper on the Bluebell Railway. My thanks to Philomena and Andrew for submitting photos which can be seen on page 6. Thank you for helping me to share your news and photos.

This issue is sponsored by my mother in memory of my Dad, Colin who would have been 85 this month. Normally, we make the October issue in memory of him as it marks the anniversary of when he died. However, in the hope that I will be in Canada then, we have decided to celebrate the month of his birthday. I still very much hope to be able to hold the first Capel Christmas Fair in November which will raise funds for The Motor Neurone Disease Association, the disease which my Dad died of. I was deeply saddened to see that MND patients are not on the vulnerable list currently for Covid-19. Having seen first hand how the disease ravages someone's ability to breathe, I am mighty relieved that my Dad has not been around in this crisis. However, my Dad possessed a deep spirituality which I benefitted from. Despite the fact he chose not to worship at church every week - he found it too 'repetitive' and for him that meant that the meaning got lost. Instead he took his well-worn copy of the Book of Common Prayer on all his work travels over the years and read it profusely. He also had a far better knowledge of the Bible than I do! So although not a 'practising' Christian, he absolutely embodied what a Christian is to me. I hope you will forgive me allowing a tribute to sneak in to my much-missed and loved Dad and I'm sure many of you are also marking birthdays of loved ones who have gone on before us this month or other poignant anniversaries. My love and prayers to you too.

I look forward to seeing you in church sometime soon!

Until next month ... my best wishes,

Suzanne

'Lord, you are the God who saves me;

day and night I cry out to you. May my prayer come before you; turn your ear to my cry.' Psalm 88:1-2

THANKFULNESS cont..

'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.' 1 Thessalonians 5:16-18

WEDNESDAY 1st

Loving Father, we thank You for Your unconditional love for us. When things that seem challenging, unfair or complicated threaten to overwhelm us, may we remember that You are close to us.

THURSDAY 2nd

Thank You God for all Your blessings for us; for the beauty of Your creation, for our families, for the strength You give us each day and for all the people around us who make life more meaningful.

FRIDAY 3rd

Lord Jesus Christ, we thank You for Your sacrifice so that we might have freedom and life. Forgive us that we don't thank You enough and help us to set our eyes and hearts on You afresh. Renew our spirits and fill us with Your peace and joy.

SATURDAY 4th

Heavenly Father, when we are overwhelmed with the challenges of life, sometimes we forget to stop and thank You for all that is good. Fill our hearts with gratitude, we pray, for the gift of life, for the ability to love and be loved and be loved and for the opportunity to see the everyday wonders of creation.

SUNDAY 5th

Lord, we thank You for the kind hearts of those who have been looking out for the needs of others during lockdown. We lift them up to You; show them how much they matter. May they be shown the same kindness they have provided to others.

SORRY

'Search me God and know my heart; test me and know my anxious thoughts see if there is any offensive ways in me and lead me in the way everlasting.'

Psalm 139: 23-24

MONDAY 6th

Lord God, we ask that You give us the strength to forgive. We ask that You place on our hearts a spirit of forgiveness. We may never forget the wrongs that others do to us but help us to be rid of the burden of anger and hatred.

TUESDAY 7th

Lord, please forgive us for any wrongdoings. Help us to be aware of our mistakes that go against Your teaching. May we try to change and make every attempt not to give into temptation. We pray for a discerning ear and open heart to hear and feel where You are leading us.

WEDNESDAY 8th

God of wisdom, please help us to be forgiving of our mistakes. When we feel overwhelmed by regret, please wash away this emotion with Your grace. We know You love us and understand our hearts. Please fill us with Your strength and courage as we resolve to live for You.

THURSDAY 9th

Dear Lord, we are sorry when we get so carried away with the busyness of each day, never stopping to dwell in Your love. We are sorry when we allow the stresses and demands of work or family to erode and wear away our hope.

FRIDAY 10th

Heavenly Father, we are sorry when we get caught up in conflict and frustration, when we harbour resentment, instead of giving out forgiveness. We are sorry when we seek to be fulfilled by food, drink or entertainment, yet fail to feast on Your truth.

SATURDAY 11th

Lord Jesus Christ, we are sorry when we desire the wrong things, blinded by the media, and forget to engage with the real treasures of love and justice. You are all love, all hope, all forgiveness, all truth and all we really need.

SUNDAY 12th

Dear Lord, You bring stillness to our turmoil, clarity to our confusion, wisdom to our worry, gentleness to our anger and hope to our suffering. Your Holy Spirit enables us to navigate a peaceful path and in You we find strength on our journey.

Continued on pages 12 & 13



DOUBT

'Truly I tell you, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in their heart but believes that what they say will happen, it will be done for them.' Mark 11:23

MONDAY 13th

Loving Father, help us to be pure in heart so that our prayers are not for selfish motives but for the fruitfulness of Your kingdom here on earth. Strengthen our faith in You every day, we pray.

TUESDAY 14th

Almighty God, You said; whatever we asked for in prayer we must believe that it will happen. But first, we must get rid of any grudge we hold against others. Father, help us to do this, we pray. Change our hearts to seek peace with others, to let go of hurts and to abandon grudges.

WEDNESDAY 15th

Heavenly Father, whenever we doubt our belief, help us to look for answers through Your word and through the faithful love of other believers. May our questions lead us to deepen our faith as we continue our search for You.

THURSDAY 16th

Loving Father, when doubt fills our minds and when we feel confused, give us renewed hope and cheer. You are our Rock, our Strength, our Refuge, our Comforter and our Redeemer, may we never fall away.

FRIDAY 17th

God of Wisdom, we pray for Your encouragement and humbly ask for renewal of hope. Forgive us for our doubt and for getting caught up in self-pity, impatience, stress and anxiety. Help us to trust in You always.

SATURDAY 18th

Father God, we pray because we believe in the power of prayer. We pray because we have no doubt that You answer our prayers. We pray because we have woken up to another beautiful day in Your world. No matter what others think or say, we will pray.

SUNDAY 19th

'I do believe; help me overcome my unbelief!'

Mark 9:24

Lord, we believe in You and in Your goodness. We believe that You love us and care for us day by day. Help us in our unbelief.

HOMELESSNESS**MONDAY 20th**

Dear Lord, we pray for those who are homeless. Bless the charities that are working to protect them from the elements and to bring them the comforts of food and clothing. May renewed Government funding give the vulnerable hope for a safe future.

TUESDAY 21st

Loving Lord Jesus, help us to see Your face in the eyes of every homeless person we meet so that we may be empowered through all the means we have, to bring justice and peace to those who are homeless. We pray that those of us with warm houses not be lulled into complacency and forgetfulness.

WEDNESDAY 22nd

Father God, hear our prayer today for all women and men, boys and girls who are homeless this day. We pray for families broken because they could not afford to pay the rent and for those who have no relatives or friends who can take them in. For all these people, we pray that You will provide shelter, security and hope.

THURSDAY 23rd

God of Hope, we lift before you all who are living in fear of losing their homes because of unemployment, redundancy, debt or broken relationships. Help people to know the safety and peace of dwelling in You, even amidst desperate circumstances. We ask that you would protect them and bring them safe to a new home.

FRIDAY 24th

Lord, we pray that You will always give us a heart for those who have less than we do, so that we always feel a need to do Your work here. We pray that we are able to touch lives that need us.

SATURDAY 25th

Father, we pray for all the poor and neglected people in the world. You taught us to speak out for what is right. Make us content with nothing less than a world that is transformed into the shape of love and where poverty shall be no more.

SUNDAY 26th

Dear God, for those who have nowhere to sleep and nothing to eat, guide them we pray to safe shelter and to food banks. Bless the churches that have ministries that seek out the homeless and give them hope and the knowledge of Your precious love.

FRIENDS AND NEIGHBOURS

MONDAY 27th

Dear Lord, teach us to be good neighbours, not just to the people who live nearby but to everyone that we meet, to see the best in and want the best for all your precious children.

TUESDAY 28th

God of Love, in this time of uncertainty, we thank You for the love of friends and neighbours. For those who have been in touch regularly and have demonstrated love and compassion in many ways. We pray that these loving bonds will continue to strengthen our community in love and grace.

WEDNESDAY 29th

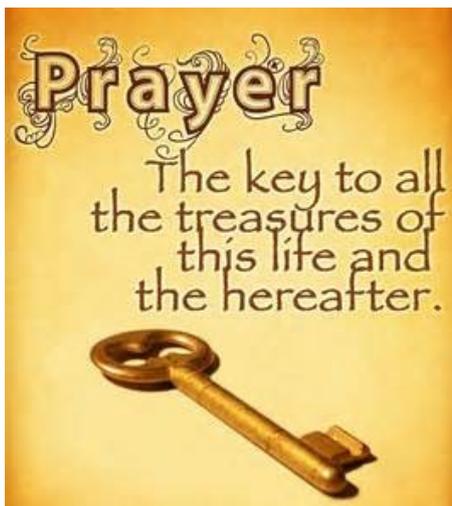
Father, we pray for the health of our friends and neighbours and ask You to bless them and keep them safe in Your loving arms.

THURSDAY 30th

Caring Father, we give thanks for the extended family of local communities assisting with the needs of friends and neighbours who have been confined to their homes over the past weeks. May every gift of love, every encouraging word bring hope into lonely lives and a blessing to the giver.

FRIDAY 31st

Merciful God, we lift up to You our friends and neighbours and pray that Your Holy Spirit is working in them right now to strengthen them and to use them powerfully in serving You.



A reminder of some suggested prayers released by The Church of England for the Coronavirus outbreak



A prayer at bedtime

Before the ending of the day,
Creator of the World, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.
Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*.
Give skill and wisdom to all who are caring for them.
Amen.

A prayer remembering God is with us

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am anxious.
Today I am feeling *(name how you are feeling)* because *(reasons you are feeling this way)*.
Help me to remember that you love me and are with me in everything today.
Amen.

A prayer about the coronavirus outbreak

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Amen.

Small stock available & orders can be placed for any Traidcraft products at any time!

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 (see below). 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, Please do contact us—details below.*

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!

The Parish Website ... keeping you informed during the Coronavirus pandemic and at all times

Our church website has proved to be a lifeline during the Coronavirus pandemic and I'm sure will continue to provide a wonderful service for those unable to make it to church.

The Weekly news sheets have been sent out via email to those who wish to receive it and will also continue to be uploaded to the website, as will the online services.

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

For **Services**, go to 'services' in the top menu, OR select:

<https://www.capelandockleychurch.org.uk/services/services-on-line/>

If reading InSpire online, you can click on the two links above.

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



We are delighted to say that our dear friend Betty Mitchell is home and recovering well following her accident and subsequent hip replacement.

She was well looked after in East Surrey Hospital and thereafter at the Poplars in Epsom.

We are so pleased she is back home in Capel with us all.

WELCOME HOME BETTY!

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.*

Editor: We continue our occasional series on different common flowers. By Kirsty Steele, a retired teacher and active church organist.

Buttercups - treasure in our countryside

Buttercup! What a delicious name! Rumour has it that, as they were frequently to be found in meadows where cows grazed, they were responsible for butter's yellow colouring. So the name was an obvious choice.

However, since buttercups are poisonous and therefore are avoided as far as possible by our four-footed friends, this is somewhat unlikely. But surely, we all remember having a buttercup held under our chin to see whether the reflection proved that we liked butter! The shiny surface of the petals actually has two real purposes. Firstly, to help attract insects and secondly to act as a kind of mirror to aid the temperature regulation of the plant's reproductive organs.

We are fortunate that buttercups do not suffer from the same unpopularity as other poisonous plants, because if eaten, not only do they taste nasty, but the poison will also cause blisters in the mouth of the consumer. Extensive handling can also damage the skin, but presumably the size of bunch that many of us picked as children did not count as 'extensive'. Fortunately, Health and Safety experts do not yet seem to have forbidden this source of pleasure for little people. Incidentally, the poison is reduced as the plant dries, and hay that includes buttercups is safe for cows and horses to eat.

Buttercups help form the traditional view of the British countryside. Differing varieties range in height from small to quite tall and although at their peak in early summer, the golden blooms can often still be seen in mid-autumn. Jan Struther, who wrote 'Lord of all hopefulness' also wrote a children's hymn entitled 'Treasure' It starts:

*Daisies are our silver, buttercups our gold:
This is all the treasure we can have or hold.*



There are plenty of buttercups around our locality at present. If you see any and take any pictures, please email them to me on editor@capelandockleychurch.org.uk

***NEW 22nd July The 'Other' Mary**

As the traditional Easter story is remembered again this month, you may notice that there is one name that frequently occurs. It is that of the 'other' Mary – not the mother of Jesus but Mary of Magdala, who stood by her at the cross and became the first human being, male or female, actually to meet the risen Christ. That's quite a record for a woman who, the Gospels tell us, had been delivered by Jesus from 'seven devils'. As a result, her devotion to Him was total and her grief at His death overwhelming.

In church history Mary Magdalene became the 'fallen woman', a harlot who was rescued and forgiven by Jesus. And while there is no evidence to prove she was a 'fallen woman', the contrast is sublime: Mary the virgin mother, the symbol of purity and Mary Magdalene, the scarlet woman who was saved and forgiven, the symbol of redemption. Surely, we all fall somewhere between those two extremes.

What we do know is that the two Marys stood together at the cross, the Blessed Virgin and the woman rescued from who knows what darkness and despair.

The second great moment for her was as unexpected as it was momentous. She had gone with other women to the tomb of Jesus and found it empty. An angelic figure told them that Jesus was not there, He had risen – and the others drifted off. But Mary stayed, reluctant to leave it like that. She became aware of a man nearby, whom she took to be the gardener. She explained to Him that the body of 'her Lord' had been taken away and she didn't know where to find Him.

The man simply said her name 'Mary' and she instantly realised it was Jesus. She made to hug Him, but He told her not to touch Him because His resurrection was not yet complete. She was, however, to go to the male disciples and tell them she had met Him. She did – but they couldn't believe her.

Her words – 'I have seen the Lord' – echo down the centuries, the very beating heart of the Christian gospel.

25th July St Christopher, patron saint of motorists

The legend goes that St Christopher was a Canaanite who lived in the 3rd century. He was a giant of a man, of fearsome appearance. At first, he decided to serve the devil, but when he discovered that the devil was afraid of Christ and His Cross, Christopher decided to serve Christ instead. A nearby hermit instructed Christopher in the Christian faith and assigned to him a place near a river: Christopher's job was to help travellers cross it safely.

All went well, and Christopher helped lots of people on their way until one day a child came along and asked to be carried across. Christopher put him on his back and set off, but was soon staggering under the astonishing weight of this child. The child then told him that He was in fact Jesus Christ, and that He carried the weight of the whole world. The Christ-child then told Christopher to plant his staff in the ground: the next day it bore flowers and dates – confirmation that the child was indeed who He claimed to be.

After some time more of helping travellers cross the river, Christopher went to the city of Lycia, where he preached the gospel with such success that the Roman emperor (Decius?) had him arrested and imprisoned – especially when Christopher refused to sacrifice to the gods. Two women sent into his cell to seduce him came out converted Christians instead. So, Christopher was beaten, shot with arrows and finally beheaded. Christopher has been well-loved of the English down the centuries. Many wall-paintings of him have been placed on the north wall of churches, opposite the porch, so that he would be seen by all who entered. There was good reason for this: as patron saint of travellers, it was believed that anyone who saw an image of St Christopher would not die that day. As the ancient saying goes: 'Behold St Christopher and go thy way in safety'.

A kind of daily insurance policy against death - this was so good that in due course St Christopher became the patron saint of motorists. There is even a church in the Javel area of Paris where Citroen cars are made, that is dedicated to St Christopher. In modern times, with the increase in air and motorway travel, Christopher has remained popular.

When in 1969 the Holy See reduced his feast day, there was a sharp protest in several countries, led in Italy by a number of popular film stars. If you ever travel in a taxi on the Continent, look out for a little St Christopher hanging from the rear-view mirror beside the driver. Now you know why it is there!

Editor: Dr Ruth Valerio is Global Advocacy and Influencing Director at Tearfund. This article is an abridged version of one which appears on <https://www.licc.org.uk/resources/faith-flourishing/>

One in 20 starts praying since Coronavirus began

Is the nation turning to God in prayer? Well, not quite yet, but recent research from Tearfund has shown that prayer is more common than many would think, with just under half (44%) of UK adults saying that they pray, and one in twenty (5%) saying they have started praying during the lockdown.

In addition, a quarter (24%) of UK adults say they have watched or listened to a religious service since lockdown, 5% of whom say they have never been to church before. Some churches are seeing double, sometimes triple, the number of people watching their Sunday meetings online that would normally attend in person.

I am struck by Augustine's prayer, 'You have made us for yourself, and our hearts are restless until they find their rest in you'. Could it be that as the noise and busyness of normal life have subsided, restlessness has started to surface and, faced with new fears and uncertainties, hearts have started to turn to God?

Let this research give you a new courage to offer to pray for people you know who are struggling, or invite them to watch an online service. And let's also turn our prayers and actions beyond our immediate horizons to remember that we are part of a global community.

Now too frightened to go out

Agoraphobia, the fear of open or crowded places, is on the rise. That is the warning from two charities who work to help those with anxiety problems.

Calls to mental health organisations such as Sane and Anxiety UK have rocketed in recent weeks. Both have extended their helpline hours in order to offer support.

Sane has reported a 200 per cent rise in calls for help, and warns that residents of tower blocks and substandard housing are going to experience 'more and more' fear of going outside.

Anxiety UK has reported more than double its normal calls and has recruited a large number of new volunteers to cope with the increased demand.

If you would like to contact either, go to: <http://www.sane.org.uk> or <https://www.anxietyuk.org.uk>

Over-65s go shopping online

When you can't go out, go shopping. That seems to be the decision of many people over 65.

Record numbers of over-65s have signed up for online banking, according to recent data from Halifax. And they are now shopping online twice as much as a year ago, after being forced to stay home during lockdown.

Overall, the proportion of transactions being made online by those over the age of 65 has doubled, climbing from 20 per cent to 40 per cent.

Coronavirus and our young people

A recent survey by the Prince's Trust has found increased levels of anxiety among young people because of the crisis. Half of them say that finding a job now felt 'impossible'.

Seven out of ten young people reported feeling that their life is "on hold", and a third feel that everything they have worked for was now "going to waste".

Jonathan Townsend, UK chief executive of the Prince's Trust, says: "An alarming proportion of young people are feeling increased levels of anxiety, and fears are building about their future. We cannot allow this crisis to cripple the aspirations and prospects of our nation's young people."

Racism is rife in this country, too

12 June 2020

It is time for systematic change in Church and society, argues *Arlington Trotman*

MANY white Americans are calling emphatically for an end to racism and racist police behaviour. They have been prompted by the gruesome death of the African American George Floyd while under arrest by Minneapolis police officers (News, 5 June). Not since the civil-rights demonstrations of the 1960s have so many American whites joined forces with black people in such diversity, and across so many states, to plead for justice and freedom.

While Mr Floyd's shameful killing focuses the issue there, however, it should be remembered that black, Asian, and minority-ethnic (BAME) people in the UK continue to suffer the persistent indignity of racial hatred, both overt and subtle, and all the ills of systemic oppression.



*A Black Lives Matter protester in Bristol.
Source: PA*

Racism is indisputably rife in this country. BAME communities, despite making up 14 per cent of the UK population, are:

1. twice as likely to die in prison, police, and immigration custody as white British people;
2. excluded from clerical leadership, and failed by mainline Churches' discrimination and racism;
3. twice as likely to die from Covid-19 as white British people (News, 5 June);
4. subject to high levels of unemployment (nine per cent among BAME people was the highest in 2019, compared with four per cent among white people);
5. over-represented at almost all stages of the criminal justice process; more likely to be imprisoned, and more likely to be imprisoned for longer, than white British people; nearly three times more likely to be arrested than white British people; and more than four times more likely to be stopped and searched than white British people;
6. lack similar opportunities in education, housing, and public services to white British people's.

INCREASED political will in the Church and in government, as well as respect in society, is urgently needed. Despite progress in community relations — for example, after the publication of the Stephen Lawrence Inquiry report — BAME people are victims of structural racism and discriminatory attitudes and policies, as evidenced in Brexit, the hostile environment, and Covid-19.

White racist attitudes and practices have been evident for decades. Black people have endured violence, murder, and blight, and this has been silently tolerated by some, perpetuated hatefully by others, and put into fatal effect by police. But the status quo is being challenged anew by the call to action to defeat racism. Christians are compelled by their faith to join in making this call, and to respect the dignity and humanity of African Americans, and the African diaspora everywhere.

What can be done? First, there needs to be increased political will to hold to account the Cabinet and its agencies — especially Education, Health and Social Care, Work and Pensions, Housing, Communities and Local Government, the Home Office, and the Ministry of Justice.

To eliminate all forms of racism in the criminal-justice system, measures should include: requiring all police cadets and judges to serve a proportion of their internship with a black and Asian family; and an immediate assessment of police tactics on arrests of BAME persons, and independent scrutiny of filed police reports within one day — especially, but not exclusively, with regard to persons of African Caribbean and African heritage — to ascertain whether officers may have broken the law.

The second area to address is education and training. Teaching staff and parents, particularly those of BAME heritage, should be listened to carefully with a view to improving teacher-family relations and educational under-achievement by primary and secondary pupils. Boards, heads, and teachers of educational institutions should receive training on institutional and personal racism its elimination. Appropriate penalties should be imposed on those who fail to comply.

There should be more modular teaching on the history of transatlantic enslavement and its legacies, such as racial inequality, and on responding to the numerous personal expressions of racial hatred, both public and private. THE third area in which radical change is needed is in the Churches. Senior clergy should be given regular masterclasses on racial inequality. These could take place, for example, in the House of Bishops or on ministry study days.

Regular diocesan — or, for Methodists, circuit — “town halls” should be convened, so that senior clergy and ministers can get to know and appreciate better BAME parishioners and church members, and model ministry to them. The aim would be to enable genuine participation at all levels.

Furthermore, preachers and theological educators should be encouraged and enabled to refer regularly in their sermons and lectures to racial inequality, so that, even when the issue is not in the headlines, they can increase understanding and unity among clergy and the people.

Lasting progress can be achieved only when white British people, *en masse*, accept that racism restricts their freedom, too — at least psychologically — and join black and Asian people in the struggle for lasting change. Let us together harness this unique moment.

The Revd Arlington W. Trotman is a former secretary of the Churches’ Commission for Racial Justice, and a former Moderator of the Churches’ Commission for Migrants in Europe. arlington@awtrotman.co.uk.

THE CHURCH TIMES PODCAST

There are always some very interesting Podcasts on the Church Times’ website:-

<https://www.churchtimes.co.uk/regulars/podcast>

Augustine Tanner-Ihm on racial inequality in the C of E, and the Black Lives Matter movement

11 Jun 2020



Young people’s mental health during lockdown: Gareth Sorsby of YMCA Exeter interviewed

04 Jun 2020



Podcast: Paul Vallely and Angela Tilby discuss the Dominic Cummings story and the bishops’ reactions

28 May 2020

The man who created Sherlock Holmes

Sir Arthur Conan Doyle, the multi-talented writer who created Sherlock Holmes, the world's most famous detective, died 90 years ago, on 7th July 1930 at his home in Sussex, probably of a heart attack. He was 71.

He had been born in Edinburgh to a prosperous Irish-Catholic family with a dysfunctional father and a loving mother who had a talent for inventing stories. He spent seven years in a Jesuit boarding school in England, which he loathed, and qualified as a medical doctor at the University of Edinburgh. He added 'Conan' to his name at that stage.

He wrote the first Sherlock Holmes story, *A Study in Scarlet*, in 1887. In all, he wrote nearly 60 novels or short stories involving Holmes and his sidekick, Dr Watson. He did not regard them as his best work – he wrote prolifically on many subjects – but their characterisation and ingenious plotting made them by far the most popular.

He was married twice – first to “gentle and amiable” Louisa Hawkins, the sister of one of his patients, and then, after she died of tuberculosis in 1906, to the “strikingly beautiful” and talented Jean Leckie. Towards the end of his life he developed a strong interest in the occult and spiritualism. He was knighted in 1902.

When the Pope was declared to be infallible

It was 150 years ago, on 18th July 1870, that the Vatican issued the declaration of Papal Infallibility. It preserved the Pope from the possibility of error when he defined a doctrine concerning faith or morals to be held by the whole Roman Catholic Church.

The dogma of papal infallibility is one that has, not surprisingly, made other parts of the universal Church particularly uncomfortable. But although it was often assumed in the medieval Church and earlier, it was not proclaimed in so many words until the First Vatican Council of 1870. It was then that Pope Pius IX wanted to emphasise his own spiritual authority after he was dethroned as ruler of the Papal States following Italy's reunification. Voting on it took place during a thunderstorm, which some saw as significant.

Papal infallibility applies only when the Pope speaks '*ex cathedra*' – from the chair. After 1870 no such decree was made until in 1950 Pope Pius XII defined the Assumption of Mary – the taking of Mary, body and soul, into heaven at her death – as an article of faith.

Some believe that Pope John Paul II's declaration in 1994 that women could never be ordained was infallible, but this is disputed.

Remembering the man who founded Barnardo's

It was 175 years ago, on 4th July 1845, that Thomas Barnardo, the humanitarian and philanthropist, was born in Dublin. He founded Barnardo's, a charity which continues to care for vulnerable children and young people.

The son of a furrier, he worked as a clerk until converted to evangelical Christianity in 1862. He moved to London, intending to study medicine and become a missionary in China. He never qualified as a doctor – despite being known as Dr Barnardo – and soon decided that his real calling was to help poor children living on the streets of London, where one in five children died before their fifth birthday.

He opened his first home for boys in 1870 and soon vowed never to turn a child away. Most Victorians saw poverty as shameful, associating it with poor morals and laziness, but Barnardo refused to discriminate. He made sure boys were trained and found them apprenticeships.

When Barnardo died in 1905, he left 96 homes caring for more than 8,500 vulnerable children, including those with learning difficulties. Because he believed that children should ideally grow up in a family setting, in 1887 he introduced an early form of fostering – boarding out children to host families.

Camino de Santiago: All walk and no worship

(Article reproduced from The Church Times)

26 June 2020

Rebekah Scott has an unusual view of the Camino de Santiago. She lives on it

IT WAS wonderful being at home, walking up the tractor trails on Sunday morning with the happy dogs running alongside, the bells calling over the fields to summon us all to church.

The pews are handmade from cheap pine. They wobble on the uneven floor. They are spectacularly uncomfortable, but mass rarely takes longer than 30 minutes. With all the standing and kneeling figured in, suffering is minimal.

It is a little church, humble. We're not many people, but our location on the Camino de Santiago won us some special consideration. We still had a mass every Sunday, presented by Don Santiago, a small, smiling, snowy-haired man who was supposed to be retired.



Moratinos stands out from other congregations because we sing. We sing very loud and very badly, but no one cares. It is fun, it is healthy. And where else, when else, do we all get to sing together?

Still, at the climax of the weekly rite, almost nobody takes communion. Of the 15 or so people who attend on an average Sunday, only three or four of us regularly go up to have our little bit of Jesus.

I used to wonder if I should go to communion, if I was being self-righteous; but any time I skipped I had to answer to Remedios. Three is the minimum number permitted, she said. If the number of communicants fell below that, the bishop would suspend our weekly masses, and Moratinos would just dry up.

Later on, I realised how much I needed that communion. It's spiritual food. My lifestyle could be a real drain on the spirits. I have to keep my strength up.

Maybe that's why those of us who consistently took the sacrament were women. Maybe we didn't have so many opportunities to sin during the week. Or maybe, as the ones taking care of everybody else, we needed that little bit of community-sanctioned self-care.

THE church bells sometimes pull pilgrims in from the trail. The devout among them leave their backpacks by the baptismal font and join us in the pews. Almost no one ever greets them. But me, the cheerful post-Evangelical, I do. Some Sundays in summer, when the plaza was full of pilgrims, I go out before the service and invite people to come in and join us.

They can't say "No" quick enough. "I'm a pilgrim," they say. "I don't have time for church. I have to walk." It makes me smile, but I feel a little rejected, too. What the hell kind of pilgrim won't go to church? They want to see inside the building. They want a museum of art or ethnography, something safely under glass. But if you offer them the living Christ, and pews full of sinners? No thanks, man. This is my camino, done on my terms.

Time was, not so long ago, that only one or two pilgrims ever passed through this town in a given year. They were always religious, al-ways men. Proper women stayed at home, and men not linked to the Church didn't wander the countryside unless they were up to no good, or atoning for some great sin.

If a pilgrim appeared, he'd often be asked inside to share whatever the family had — garlic soup, stewed lentils or garbanzos, an apple, a chunk of bread, and sheep's milk cheese, a *porron* of wine. The traveller blessed the household, then took himself off to the church porch or the threshing floor to sleep. If he was lucky he could bed down in the barn, or sleep in the bunkhouse with the hired men. There was never any question of him paying for his stay. Hosting a pilgrim was not a transaction.

IN SAHAGUN, right up through the 1960s, pilgrims slept in the town hall. There was a little room set aside for them, with a sleeping niche carved into the adobes. The straw bedding was changed once a year. A Belgian pilgrim who stayed there in the 1950s said it was hopping with fleas.

Pilgrims were penitents, professional sufferers. If there was a holy service anywhere, they'd be sure to attend. Having a pilgrim show up was a lucky sign, and the traveller often was invited home to share in the feast that followed. The family that took in pilgrims was publicly acknowledged as doing a Christian deed, and the pilgrim, conveniently, moved right along the following day. It was easier to be nice to pilgrims than, say, the neighbours. Or even family.

Big towns like Sahagún or Carrión de los Condes long ago had big pilgrim hostels, run by pious confraternities or monastic houses. But, by the 20th century, wars and enlightenment and the general suspicion that goes with dictatorship put an end to pilgrimages. The Camino de Santiago was dead but for a few academics and fanatics.

Generalissimo Franco saw himself as a conquering hero in the mould of St James, but his Camino was the N-120 highway. Church groups took buses and trains to Santiago for annual patriotic fiestas, but walking the Camino was just a memory in Spain. Large sections of the old pilgrim road were paved over or ploughed over.

NO ONE can say why the Camino de Santiago came blazing back to life in the past three decades. The death of Franco, a drive for athletic challenges, spiritual thirst, capitalism, nostalgia, historic memory — some, or all the above, have a part in it.

Little clutches of history students no longer roll out their sleeping bags on the floor of the abandoned school-house. Gone are the grubby holy men, sleeping rough on the threshing floor, begging crusts from the farmers, praying their rosaries as they walk.

Now, the pilgrims come by the tens of thousands, and they're met on arrival by travel agents, restaurateurs, guide-book publishers, tourist boards, and "personal-growth coaches".

The dirty old schoolhouse is transformed to one of almost 500 inns, B&Bs, *albergues*, hostels, or other places geared to pilgrims, scattered along the main Camino pathways. Pilgrims are consumers now, with an array of choices on where to stay and how much to spend.

For the more spiritually minded, there are prayer books and spirit guides to ensure that they don't miss a single Sacred Space on their Inner Journey. Others keep tabs on the "Best Value for Money" options, so their pilgrimage doesn't start costing like a vacation. Pilgrims are ever vigilant about their money and time. Pilgrims like to believe the locals would still be living in Stone-Age huts if it weren't for them and their cash.

What was a rugged path of repentance and suffering is now a series of day hikes for spiritual consumers. The historic Pilgrim Way is a collision of capitalism and old-time Christian simplicity. The outcomes are fascinating, moving, and sometimes grotesque.

We live in the middle of it.

For some people, walking the Camino has become an addiction. They return year after year; they walk over and over. Their trail diaries comprise a whole genre of Camino lore of wildly varying quality. Hobos live on the Camino, or live off it, travelling from one "free" *albergue* to the next, begging for their bed and board. Trail life is cheaper than daily life in many European cities; so laid-off workers just hang out on the Camino, killing time until they can go home and collect their pensions.

Creative, enterprising souls become "Camino coaches": they ease the way for less confident pilgrims and thus subsidise their own wandering habits. Others create Camino-themed jewellery, ribbons, sunscreen, fortune-telling cards, hiking poles, water bottles, hats, socks, and stickers, and sell them on the internet. There are Camino trade shows, conferences, campaigns, and clubs.

Not all these things are bad. "Camino Amigos" groups run several *albergues* where pilgrims can sleep for a donation, and keep the trail open for truly poor pilgrims. Sadly, the facilities are often worn out and neglected, overrun by middle-class tourists gleefully sleeping for free, soaking up the grubby "Real Camino" ambience.

There still are real pilgrims out there. Many of them start out as tourists, but find their thoughts turning to deeper, wider things as they walk. No matter how pimped and paved the path becomes, it is still very long, hard, and sometimes lonely. It is an old, holy place, made sacred by the footsteps of millions of people, over a thousand years.

This is an edited extract from A Furnace Full of God (£13 plus p&p from the Confraternity of St James online shop, csi.org.uk).

This article is from The Church Times and can be found online:-

<https://www.churchtimes.co.uk/articles/2020/26-june/features/features/camino-de-santiago-all-walk-and-no-worship>

Gardening Against the Odds?

The Conservation Foundation has relaunched *Gardening Against the Odds* as a virtual network and is getting some excellent interest.

As a result, it may be making a radio series soon, featuring some of the projects it has discovered over the years which show how people combat 'odds' – mental, physical and environmental - by gardening, even when they have no garden.

These people plant seeds which they watch grow, eventually producing growth leading to flowers and fruit. Sometimes they work alone, sometimes there is an opportunity to share, producing a sense of community. All this is nothing new, but many people are discovering the benefits of gardening as a result of lockdown – discovering how gardening can help combat loneliness and depression with a sense of caring and wellbeing sometimes with life changing results.

This is a very topical issue and so if you have discovered the benefits of gardening recently – or know someone who has – the Conservation Foundation would love to hear from you as soon as possible.

Please contact :

davidshreeve@conservationfoundation.co.uk

Facebook [@gardeningagainsttheodds](https://www.facebook.com/gardeningagainsttheodds)

website <https://conservationfoundation.co.uk/projects/gardening-against-the-odds/>



Editor: Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the CofE, considers the effect of coronavirus on our lives.

Local is back!

Odd things have been happening to my world in these past weeks of lockdown.

It's got bigger. I've been speaking regularly via the web with friends in Australia and the United States. Worshippers from Canada and South Africa are taking part in our online church services. Other churches are telling the same stories, with increasing numbers of people logging on.

It's got smaller. Even with the relaxation of regulations, many people are still working from home, home-schooling and mostly exercising within walking or cycling distance from where they live.

It's got faster. Arrangements for a funeral in my family were speeded up, with registration and funeral planning carried out over the phone. A doctor's appointment by telephone significantly cut down waiting time.

It's got slower. Shopping takes longer with queues that people would have complained about before the lockdown. The shops have done a great job to keep the shelves stocked and maintain social distancing.

I've been thinking about what the long-term impact of the Covid-19 lockdown might be. One of the key outcomes is that local is back.

For decades, we've been hearing about globalization, and how the world is a much more connected place. It is, and the internet has kept many vital businesses running these past weeks.

But we've also come to value what's on our doorstep and in our local streets.

Neighbours have become more important. We're valuing local shops, pubs and restaurants, parks and open spaces. All the people working hard to keep local services going.

Christianity is now a major global religion, with billions of followers around the world. But it began local. It began with Jesus Christ, travelling by foot, preaching and healing around a small area of the middle east. From its local roots, the faith spread around the world.

Today, churches around the world are deeply rooted in their local communities and are seeking to follow Christ's example of love and caring.

Each of us is rooted into our family, into our key relationships and into where we live.

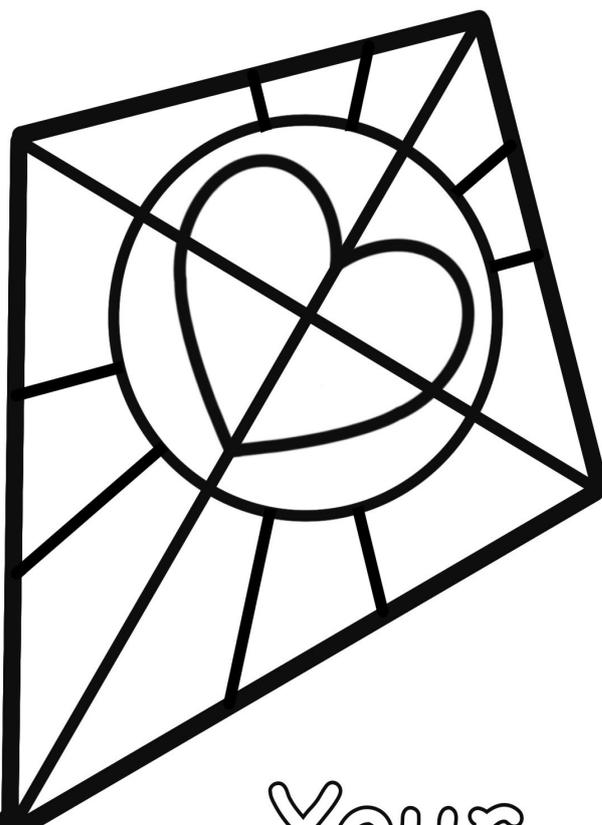
During this pandemic, each of these has grown in importance.

Peter Crumpler is a Church of England priest in St Albans, Herts, and a former communications director for the CofE.

©Parish Pump

***Don't forget our local suppliers featured ... Crumbs of Capel, Hill House Farm and Village Greens!
More details on page 28***

Lord,
Your great
LOVE
reaches to
the skies...



...Your
TRUTH
to the
clouds!

Psalm 57:10

There is no greater discovery than seeing God as the author of your destiny. - *Ravi Zacharias*

God can do wonders with a broken heart if you give Him all the pieces. - *Victor Alfsen*

Most of our comforts grow up between our crosses. - *Edward Young*

Loneliness is the first thing which God's eye nam'd not good. - *John Milton*

Prayer is not an argument with God to persuade Him to move things our way, but an exercise by which we are enabled by His spirit to move things His way. - *Anon*

During the war, the rose window in the great Rheims Cathedral was shattered into bits by an indirect hit. The parishioners lovingly got down onto their hands and knees to gather together all the tiny pieces of broken glass. When the war was over, they hired the most skilled workmen available to rebuild it, piece by piece, from the gathered fragments. Today's rose window in Rheims is more beautiful than it ever was. So God can take our broken lives and reshape them as we pray, 'Lord, please forgive my mistakes of this day.' - *Reuben Youngdahl*

More than other idols, personal success and achievement lead to a sense that we ourselves are god, that our security and value rest in our own wisdom, strength and performance.... The false sense of security comes from deifying our achievement and expecting it to keep us safe from the troubles of life in a way that only God can... Idolatry is not just a failure to obey God, it is a setting of the whole heart on something besides God.... Jesus must become more beautiful to your imagination, more attractive to your heart, than your idol. - *Timothy Keller*

We forget that we do not inherit the earth from our parents, but we borrow it from our children. This world is not ours to despoil and destroy. It is the gift of God, and through its fecundity and beauty, is one of the chief ways in which God speaks to all nations. - *Andrew Dotchin*

Lord, fill my mouth with worthwhile stuff, and nudge me when I've said enough! - *Anon*

Christianity can be condensed to four words: *admit, submit, commit, transmit.* - *Bishop Samuel Wilberforce.*

Going to church doesn't make you a Christian any more than going to McDonald's makes you a hamburger. - *Anon*

A coincidence is when God performs a miracle and decides to remain anonymous. - *Anon*

Here are two things I have learned: There is a God. And I'm not Him. - *Anon*

Your worst days are never so bad that you are beyond the reach of God's grace. And your best days are never so good that you're beyond the need of God's grace. - *Anon*

Science can add years to your life, but only Christ can add life to your years. - *Anon*

The Christian's chief occupational hazards are depression and discouragement. - *J Stott*

Until you are free to die, you are not free to live. - *Anon*

Miscellaneous thoughts on daily life

If men speak ill of you, live so that no one will believe them. - *Anon*

Life's evening will take its character from the day that has preceded it. - *Anon*

The last ten years of life are the best, because we are freest from illusions and fullest of experience. - *Benjamin Jowett*

Life is a journey that no one makes alone. The more people you touch along the way, the more meaningful and rewarding your time. - *Anon*

The deepest need of man is the need to overcome his separateness, to leave the prison of his aloneness. - *Erich Fromm*

Vulnerability is the thing we most want to see in others, but the thing we least want others to see in us. - *Brene Brown*

Life is 10% what happens to you and 90% of how you respond to it. - *Anon*

Tomorrow is often the busiest day of the week. - *Anon*

Learn from the mistakes of others. You can't live long enough to make them all yourself. - *Anon*



**Freedom From Fear – overcoming worry and anxiety
By Neil Anderson & Rich Miller, Monarch, £9.99**

If you find it hard to sleep, are anxious about tomorrow, are paralysed by fear of failure, then you are not alone. Anxiety disorders are the main mental health problem in the Western world. We are suffering a 'blues' epidemic.

Neil Anderson and Rich Miller contend that the only satisfactory long-term solution is a knowledge of God, and a right relationship with Him. The authors identify how mental strongholds of fear and anxiety develop, then reveal powerful biblical strategies for defeating them in Christ and finding home for tomorrow. This careful, well-researched book is rooted in pastoral experience over many years.

**Learning to Walk in the Dark – because God often shows up at night
By Barbara Brown Taylor, Canterbury Press, £12.99**

Barbara Brown Taylor explores 'the treasures of darkness' that the Bible speaks about. What can we learn about the ways of God when we cannot see the way ahead, are lost, alone, frightened, not in control or when the world around us seems to have descended into darkness?

Contemporary culture throws many brightly lit distractions at us to divert our attention away from the dark, but Barbara Brown Taylor combines her great grace, sensitivity and insight as a writer and priest with the deep wisdom of the biblical and Christian traditions to discover how God is more present to our vulnerable, open night-time selves than to our pre-occupied daylight selves.

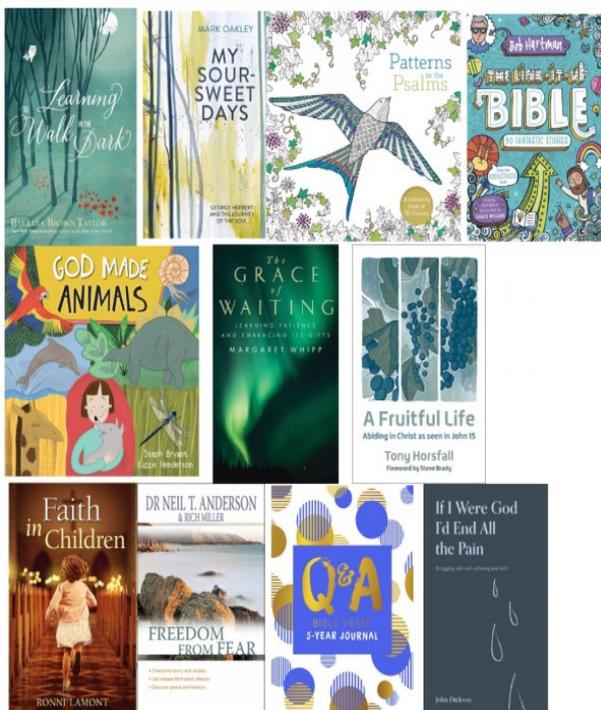
**Grace of Waiting – learning patience and embracing its gifts
By Margaret Whipp, Canterbury Press, £10.99**

This wise and beautiful book draws on the experience of unchosen waiting - in sickness, in old age, and in the struggles and frustrations of everyday life - to explore the challenges of waiting and the skills it demands.

It may help anyone who finds themselves in a time of waiting, chosen or unchosen, or accompanying others through such times, it shows how the paradoxical gifts of patience point to the God who kindly waits for us.

The book explores four vivid metaphors for life's waiting times:

- * Wilderness - the practices of surrender and struggle; the gift of sustenance
- * Winter - the practices of resilience and rootedness; the gift of renewal
- * Winepress - the practices of constancy and compassion; the gift of consolation
- * Womb - the practices of nurture and noticing; the gift of newness and naming



**If I Were God, I'd End All the Pain - struggling with evil, suffering and faith
By John Dickson, www.10ofThose.com, £5.99**

Can we still believe in God in the face of all the suffering and pain in the world?

John Dickson looks honestly at the question and provides some compelling answers. He looks briefly at the alternative explanations for suffering provided by Hinduism, Buddhism, Islam and Atheism, before turning to what the Bible itself says about God, justice and suffering.

“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@learnandleisure.com before 4.30pm each day and we will deliver to your door within 24 hours.”

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

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

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

Best wishes
Ian Jones

Winner of Surrey Hills Enterprises' Gold Trade Mark Award 2020

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

T: 01306 264000

M: 0747 030 9797

E: ian.jones@learnandleisure.co.uk

Keep up to date with Hill House Farm

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

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

<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 from Crumbs of Capel!

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



Lo, I am with you always

Wide fields of corn along the valleys spread;
 The rain and dew mature the swelling vine;
 I see the Lord in multiplying bread;
 I see Him turning water into wine;
 I see Him working all the works divine
 He wrought when Salem-ward His steps were led;
 The self-same miracles around Him shine;
 He feeds the famished; He revives the dead;
 He pours the flood of light on darkened eyes;
 He chases tears, diseases, fiends away;
 His throne is raised upon these orient skies;
 His footstool is the pave whereon we pray....

From a poem by John Charles Earle (1749 – 1818)

Good to know

The little word of love,
 the right time and place
 Will be blessed by God above,
 and watered by His grace.

Author unknown

I am only one

I am only one, but I am one.
 I cannot do everything, but I can do something.
 What I can do, I ought to do,
 And what I ought to do, by the grace of God I will do.
Anon

©Parish Pump

Things to make you smile!

Why did God make mothers?

Here are some of the answers seven-year-olds gave to the following questions...

Why did God give you your mother and not some other mum?

God knew she likes me a lot more than other kids' mums like me.

What kind of little girl was your mum?

I don't know because I wasn't there, but my guess would be pretty bossy.

What did your mum need to know about your dad before she married him?

His last name.

Why did your mum marry your dad?

She got too old to do anything else with him.

What's the difference between mums & dads?

Mum knows how to talk to teachers without scaring them.

What would it take to make your mum perfect?

On the inside she's already perfect. Outside, I think some kind of plastic surgery.

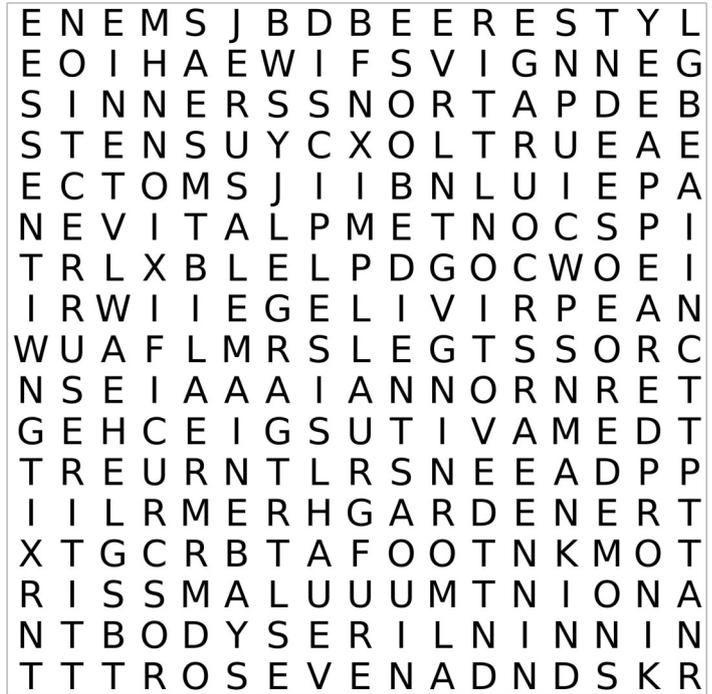
Wordsearch Clues

St Mary Magdalene, the woman with a past

It is easy to understand the popularity of Mary Magdalene over the centuries: she is the patron saint both of repentant sinners and of the contemplative life. Jesus drove seven demons from Mary, who came from near Tiberius in Galilee. Mary has also sometimes been identified with the woman who anointed Christ's feet in the house of Simon.

She became His follower to the bitter end. She followed Him to Jerusalem and was present during the crucifixion, standing heart-broken at the foot of the cross. Her love for Jesus did not end there, for she went to the tomb to anoint His body on the Sunday morning. Such faithful, humble devotion was richly repaid; it gave her a unique privilege among all mankind: she was the first person to whom the Risen Lord appeared on Easter Sunday morning. She thought He was the gardener at first.

Jesus told Mary to go to His disciples and tell them about His return to Heaven. She was obedient and became the first emissary of the resurrection. In those days, the witness of a woman was worthless. Despite ridicule, Mary had the courage to speak about Jesus in a place of great disbelief.



Mary
patron
repentant
sinners
contemplative

life
seven
demons
Tiberius
galilee

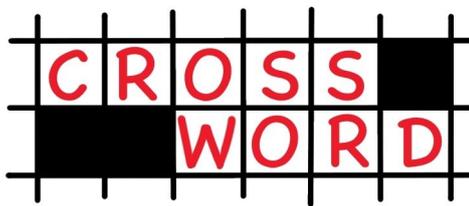
anoint
feet
follower
end
Jerusalem

Crucifixion
foot
cross
tomb
body

morning
faithful
humble
devotion
privilege

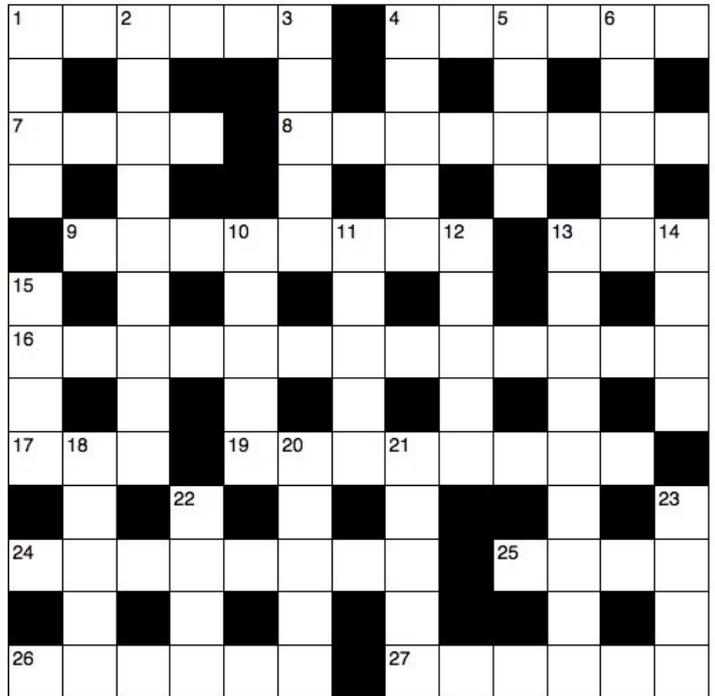
mankind
risen
appeared
easter
gardener

disciples
return
obedient
resurrection
witness
courage



Across

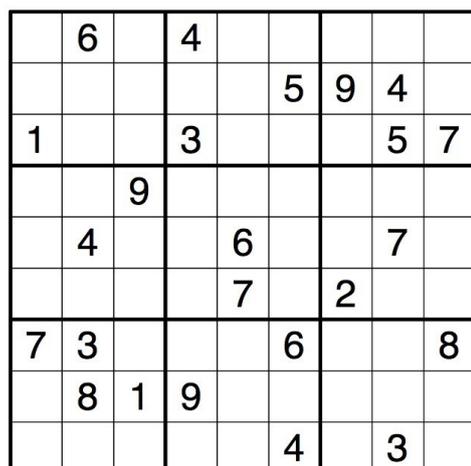
- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)
- 7 'Praise the Lord, O my — ' (Psalm 103:1) (4)
- 8 See 5 Down
- 9 Laws (1 Kings 11:33) (8)
- 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
- 16 Artistry (Exodus 31:5) (13)
- 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
- 19 How David described his Lord (Psalm 19:14) (8)
- 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
- 26 Intended destination of arrows (Lamentations 3:12) (6)
- 27 Eve hit (anag.) (6)



Down

- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)
- 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)
- 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)
- 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
- 10 Trout (anag.) (5)
- 11 Easily frightened (1 Thessalonians 5:14) (5)
- 12 The ability to perceive (Ecclesiastes 10:3) (5)
- 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)
- 15 Resound (Zephaniah 2:14) (4)
- 18 Traditional seat of the Dalai Lama (5)
- 20 Precise (John 4:53) (5)
- 21 Build (Ezekiel 4:2) (5)
- 22 Beat harshly (Acts 22:25) (4)
- 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

Medium Level Sudoku





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.



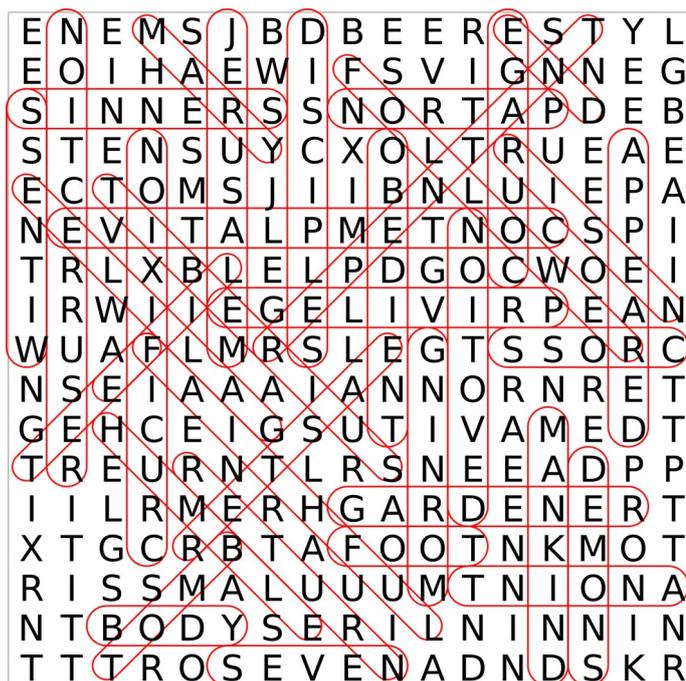
Puzzle Solutions

CROSSWORD ANSWERS

ACROSS: 1, Riches. 4, Abner's. 7, Soul. 8, Damascus. 9, Statutes. 13, Add. 16, Craftsmanship. 17, Old. 19, Redeemer. 24, Walls are. 25, Wise. 26, Target. 27, Thieve.

DOWN: 1, Rest. 2, Courtyard. 3, Sadhu. 4, Arm he. 5, Nose. 6, Round. 10, Tutor. 11, Timid. 12, Sense. 13, Ashbelite. 14, Dips. 15, Echo. 18, Lhasa. 20, Exact. 21, Erect. 22, Flog. 23, Mede.

Wordsearch solution

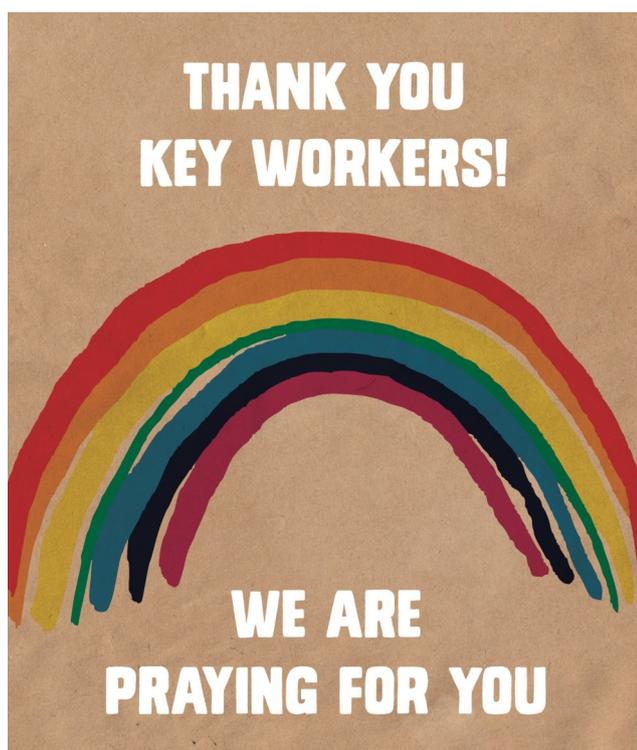


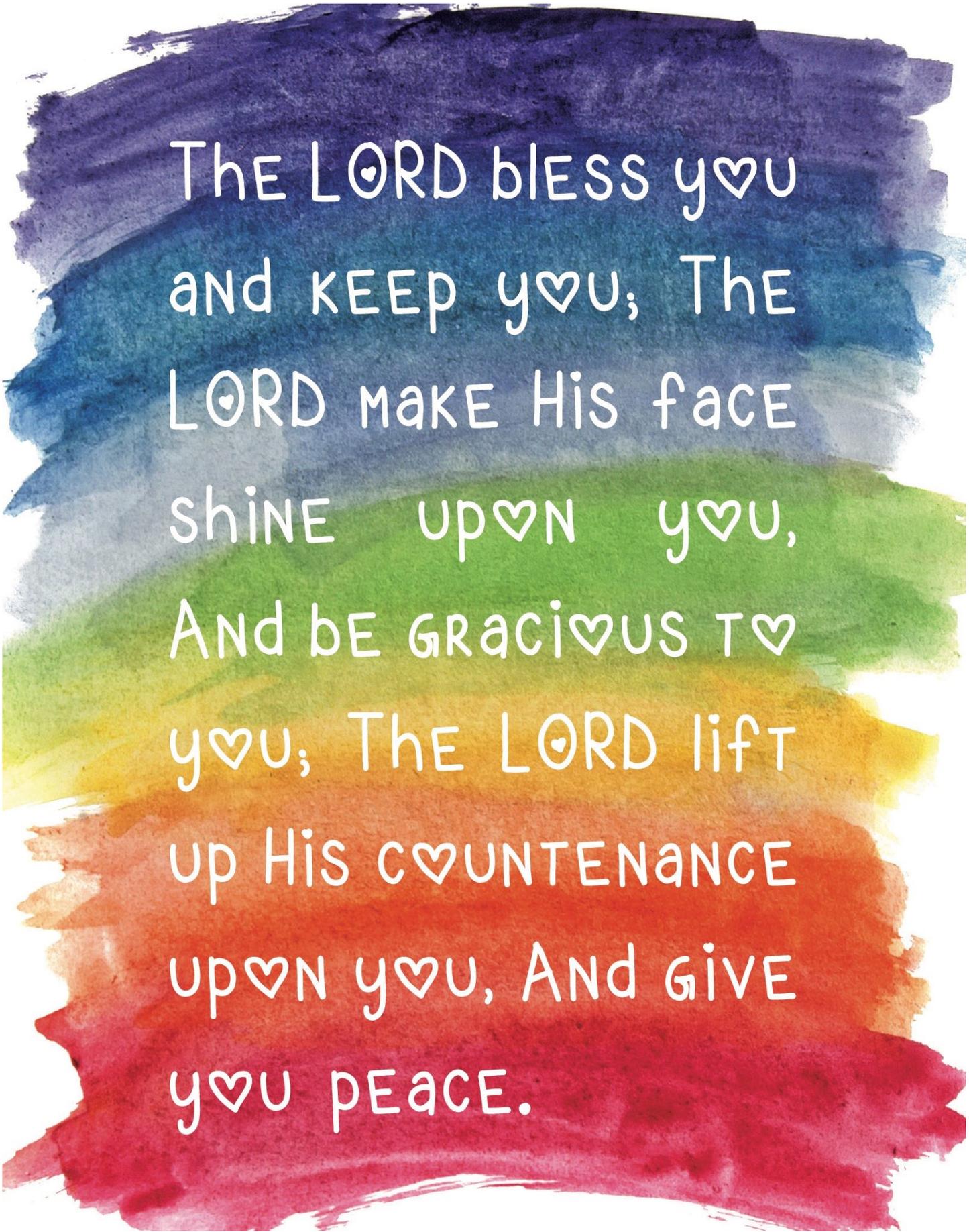
Crossword solution

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

Medium Sudoku solution

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





THE LORD BLESS YOU
AND KEEP YOU; THE
LORD MAKE HIS FACE
SHINE UPON YOU,
AND BE GRACIOUS TO
YOU; THE LORD LIFT
UP HIS COUNTENANCE
UPON YOU, AND GIVE
YOU PEACE.

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:-