



Inspire

Issue 41 August 2020

Free of charge - please take a copy!

Faithful Lord
grant us the grace to trust you
and to receive the gifts
of your love
new every morning

The monthly publication for the Parish of Capel & Ockley

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***Don't forget if you need help during the Coronavirus pandemic, help is at hand ... see page 36 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
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Inspire is available to download from the church website:-
www.capelandockleychurch.org.uk/inspire-magazine/

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

This issue is kindly sponsored by

Debbie & Hugh von Bergen

to celebrate their Grandson's
6th Birthday!

HAPPY BIRTHDAY THOMAS JACOB!



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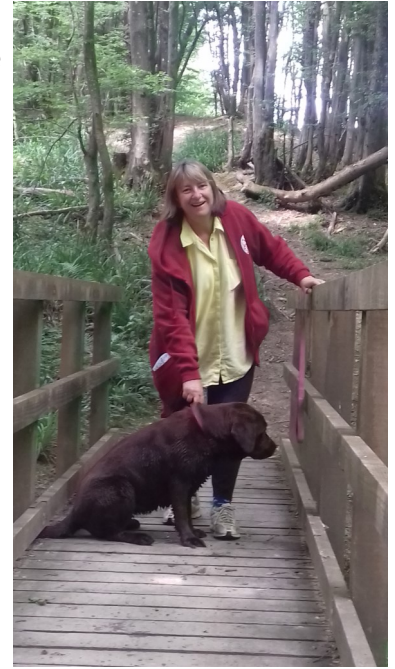
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Dear all,

To mask or not to mask? That is the question. With apologies to Shakespeare this in fact might not be something we decide for ourselves when you read this letter because by then it will be mandatory for us all to wear masks in enclosed spaces like shops etc. We are waiting to see if that will become mandatory for us in church services as well. Many are already doing so in any case. The wearing of masks is yet another huge change in the way we live our lives at the moment. There are certainly a variety of different masks to choose from with an array of the weird and wonderful to the simple disposable attire favoured by others. Like many I suspect I am learning how to wear a mask without my glasses steaming up and who knew just how much hot air comes out of our airways?! As one of my parishioners who will remain unnamed quipped when I suggested he might wish to move back a pew or two from my projected droplets he felt it was quite safe to remain where he was as hot air rises!! (At the moment I am not masked until I distribute communion wafers).



We are delighted to be able to not only get back into our church buildings but also to be able to hold church services once again. As you will no doubt gather services are somewhat different as we cannot sing as a congregation and services are simplified. We miss singing together of course but in a way it has also been good to listen to recorded music of hymns being sung or to enjoy our different musicians and soloists live in church along with the comforting music played by our organists which hold everything together. Services are by nature more reflective which I think we are appreciating as we take up our lives once more together.

It is a joy too to see children out and about in their summer holidays enjoying the countryside. What a joy it must be for our teachers and school assistants to hopefully get some time off too. I know just how hard and challenging it has been for our local schools to operate under lockdown and not only to continue teaching online but also keeping school open for children of key workers and others. Then of course there is the organisation needed to reopen schools again with all the necessary thought and preparation but of course the joy for teachers and pupils to see each other again. Even I was greeted with great joy by one class 'bubble' when dropping something off to their teacher at the school gate. I was very touched and it certainly made my day!

There is much going on structurally in both our churches this summer. At St Margaret's the much needed and long awaited heating project is going ahead with a new boiler and heating system, which will be much appreciated by us all! Thank you to those who have contributed and assisted in gathering the necessary funds through The Friends of St Margaret's so that this could happen. The Loo Project will be next!! At St John, the Friends of St John the Baptist have funded a new interior lighting system which will transform the church in several ways. It will be much cheaper to run, saving energy and creating task orientated options as part of the renewal and upgrade. It will enhance our beautiful church highlighting certain architectural features along with lighting designed for occasional visitors as they enter the church. We are grateful that The Friends have granted us funds for this as the church would not be as lovely and as well cared for if previous generations had not invested money into our church buildings at both Ockley and Capel. Coincidentally both projects though are happening at the same time which means that visitors cannot access the church interiors during the summer midweek. However they will both be open all day at weekends. I am sorry for any inconvenience this causes but the results in both churches I am sure will be more than worth it!

We are also welcoming our friend Shaun Williamson back this month as he begins work on the restoration of the north section of the boundary wall at Capel. We now have enough funding to complete this section which is marvellous and thank you to those who have donated and worked tirelessly to obtain funding from outside sources. Do go and have a chat with Shaun as he will be only too happy to show you what he is doing.

On a sadder note we said goodbye this last month to someone who has been very much part of Capel village life for a long time and that very special person was Gillian Ashwood who many of you will have known and she may even have taught you to play the piano or perhaps you sang in her church choir? Due to current restrictions around numbers allowed in church for funerals her service was a private family one and it is hoped that there will be a public memorial service later next year. We remember Gillian with much love and gratitude for all that she gave to not only St Johns but in so many ways in this local community. Our thoughts and prayers are with her husband John and their family.

Rev Liz's letter continues on page 4

So there is much to give thanks for as we enter this traditional holiday month of August and even if you are unable to go away somewhere I pray that you will find rest and relaxation whatever you are doing. Times have changed somewhat, but one thing never changes and that is God. He never changes 'Jesus Christ is the same yesterday, today and forever' (Hebrews 13.8). Therefore be encouraged and do not fear!

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

Please note that Rev Liz is away in early August and I'm sure we all wish her and Doug a refreshing break, particularly as she was unable to take her planned sabbatical due to the Covid-19 pandemic. Rev Liz will be back at work on 18th August 2020.

We look forward to welcoming Graham Everness who will be taking several of our services.

Ockley new Boiler works

The Friends of St Margaret's have done a wonderful job in raising all the money for the new boiler about to be installed in St Margaret's, Ockley. As with Capel church, works were beginning on Monday 20th July and are due to go on until September. Sadly this means that BOTH churches are closed during the weekdays for private prayer but ARE open at weekends. We look forward to worshipping at St Margaret's in much warmer surroundings this winter!

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 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



SERVICES FOR THE PARISH OF CAPEL AND OCKLEY - AUGUST 2020

SUNDAY 2ND TRINITY 8

- 9.30 am Morning Worship at St Margaret's Ockley
 10.30 am Morning Worship at St John the Baptist Capel

SUNDAY 9TH TRINITY 9

- 9.30 a Matins at St Margaret's Ockley
 10.30 am Café Church at The Crown Public House Capel (in the garden) * see note below re food available.

Please note that Vanda will be offering a Café Church special lunch option on 9th August. Tables would need to be pre-booked. On offer is a giant Yorkshire pudding filled with roast beef, roast potatoes, peas and gravy for £8. (NB: Usual menu is also available.)

SUNDAY 16TH TRINITY 10

- 9.30 am Morning Worship at St Margaret's Ockley
 10.30 am Morning Worship at St John the Baptist Capel

SUNDAY 23RD TRINITY 11

- 9.30 am Morning Worship with Holy Communion at St Margaret's Ockley
 10.30 am Morning Worship with Holy Communion at St John the Baptist Capel

SUNDAY 30TH TRINITY 12

- 9.30 am Morning Worship at St Margaret's Ockley
 10.30 am Morning Worship with Holy Communion at St John the Baptist Capel

SEPTEMBER

SUNDAY 6TH TRINITY 13

- 9.30 am Morning Worship at St Margaret's Ockley
 10.30 am Morning Worship with Holy Communion at St John the Baptist Capel

Please note that 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. *We strongly advise that face coverings should be worn by all those attending a place of worship, where there may be other people present; remembering that they are mainly intended to protect other people, not the wearer, from coronavirus COVID-19 and that they are not a replacement for physical distancing and regular hand washing.*
4. For the moment no refreshments will be served but do feel free to bring your own water bottles.
5. 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.
6. 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, OR for those who have a smart phone, an alternative way to give is to download the Givt app and use that to donate instead of cash. *Any queries on Givt - please speak to Dineke, Debbie or Helen.*

We look forward to welcoming you back into our churches!

Dear Readers,

Well another month has gone by! I do hope that many of you will manage to get away for a break over the summer now that things have calmed down a bit. As I write, a quarantine for those who have travelled to Spain has been introduced by the UK Government. Sadly, it's not a great surprise that plans will keep changing until there is a significant medical breakthrough such as a vaccine for Covid-19. I know many of you will have had to cancel holidays which is a huge disappointment. I am amongst you now as our much anticipated trip to Canada to celebrate our 30th wedding anniversary is now not happening. However, we have found that the Canadian airline and the Rocky Mountaineer train that we were due to travel on have all offered us the opportunity to carry forward our bookings for up to 24 months, which seems extremely fair to me in the circumstances. So it's not cancelled, it's just postponed for now! The good (or bad news depending on how much you enjoy InSpire!) is that there will now be an October issue this year. I had thought I wouldn't be around to do it, but I now don't have that excuse!

I do hope that Rev Liz enjoys some much deserved holiday time with Doug and her family. We can only pray that in the not too distant future, she does manage to take the sabbatical she was due to have this year. The same wish for down time applies to the many teaching staff, many of whom have worked full-time through Lockdown, as have other keyworkers. I hope they get the refreshment they need from a few weeks' holiday, before going back to a new 'normal' for schools in September.

This month, there are plenty of articles for you to enjoy and the regular puzzle pages. There is also a special four page 'Junior InSpire' for August. I know we don't have a huge junior audience, but I know many of you will be enjoying seeing your grandchildren over the summer holidays and I hope that this might give them some activities to do when they are with you! Or maybe they can help you with the adult puzzles too?! I hope to publish Chris Cooper's article on the Bluebell Railway in a future issue - my apologies that it is not in this one as promised! I simply ran out of space!

It's good to be able to publish 'Services' again, something we have always taken so much for granted until now. Please do take a note of the 'Track and Trace' guidelines regarding privacy on page 30. This applies to anyone who attends a service. Also, please do note that in the last week, the advice regarding the wearing of masks has changed and has been updated accordingly in guideline no 3 on the Services page (5) of this issue.

Don't forget to look at our stock list of Traidcraft products on page 16 and do take a look at their sale online currently which has some items up to 60% off! We can order anything for you and the church then benefits at the end of the year! It will be good when we can properly offer the products to you all in church at the end of a service and we look forward to that time.

In the meantime, stay safe, stay healthy and do enjoy any breaks that you are able to take! The UK holiday sector will never have had it so good! And that's not a bad thing as there is so much beauty and different landscapes to enjoy in our own country and British Isles! We are very blessed.

Until next month ... my best wishes,

Suzanne

Sick of preaching

Our new vicar had just been prescribed bifocals. The reading portion of the glasses improved his vision considerably, but the top portion of the glasses didn't work so well. In fact, he was experiencing dizziness every time he looked through them. He tried to explain this to the congregation on Sunday: "I hope you will excuse my continually removing my glasses. You see, when I look down, I can see fine, but when I look at you all, it makes me feel sick."

PCC News

Churchyard clearing Norman Ede and Chris Rumbold were thanked for all their work in the Capel churchyard, which looks much tidier. Norman reported that they have managed to remove the vast majority of the grave spoil which had been left in the area where we hope to build a remembrance garden. This has made the path a little muddy, this will be cleaned off after the building work for the external lighting has been finished and then Sleggs will experiment with different coatings to try and make the path less slippery.

Wall Repairs the next stage Debbie von Bergen received news recently that her application on behalf of the PCC for a grant from Gatwick Airport Community Trust (GACT) towards our wall reparation had been successful. The grant totals £1,500 and this now means that Shawn can begin work at the end of this month! Do pop by if you're passing and go and find him for a socially distanced chat and to watch him at work!

Keep your distance!

I never thought the comment, "I wouldn't touch you with a six-foot pole" would become national policy, but here we are!

Body parts

A doctor in our village surgery often plays a game with his younger patients to put them at ease, and to test their knowledge of body parts. And so it was that one day, while pointing to my young son's ear, the doctor asked him solemnly, "Is this your nose?"

Alarmed, my son glanced over to me and said softly: "Mum, I think we'd better find a new doctor!"

All in a name

I'm dyslexic, and recently attended a Zoom conference about the disorder with a friend. The speakers asked us to share a personal experience with the group. I told them stress aggravates my condition, in which I reverse words and letters when I'm tense. When I finished speaking, my friend blurted out, "Now I know why you named your daughter Hannah!"

Multiply

Noah opened up the ark and let all the animals out, telling them to "Go forth and multiply!" He began to close the great doors of the ark when he noticed that there were two snakes still sitting in a dark corner. Concerned, he said to them: "Didn't you hear me? You can go now. Go forth and multiply."

"We can't," said the snakes sadly. "We're adders."

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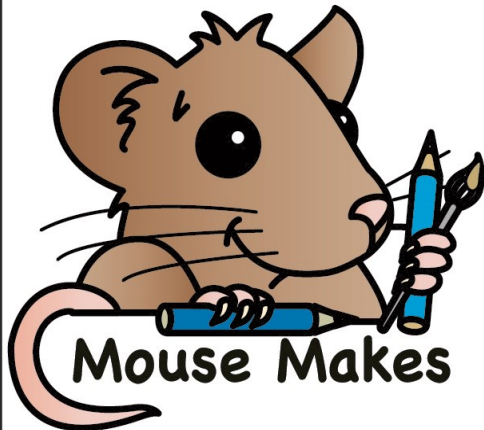
This month there are four pages of Junior Inspire! As the children are now on their summer holidays, hopefully they will have more time to spend some time reading, colouring and trying the Word Search! Happy holidays to our Junior readers!

"The world and all
that is in it belong



to the Lord, the
earth and all who
live on it are His."

Psalm 24:1



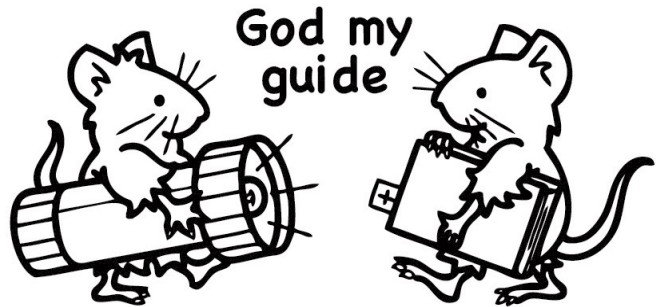
The **PSALMS** are hymns of **PRAYER** and **PRAISE** to God.
"I will proclaim your greatness, my God and king; I will thank you: I will praise you for ever and ever."
Psalm 145:1-2

Glory to God



"How clearly the sky reveals God's glory! How plainly it shows what He has done."
Psalm 19:1

Cut out and colour these cards to help you to **thank** and **praise** God.



God my guide

"Your word is a lamp to guide me and a light for my path." Psalm 119:105

God's World

"The world and all that is in it belong to the Lord: the earth and all who live on it are His."
Psalm 24:1



Praise the Lord!

"Let everything that has breath, praise the Lord."
Psalm 150:6



Give thanks!

"Your constant love is better than life itself, and so I will praise you. I will give You thanks as long as I live; I will raise my hands to you in prayer."
Psalm 63:3-4



Bible Bite

A short story from the Bible

It can be read in the Bible in Luke 7:1-10, Matthew 8:5-13

When the Romans invaded Israel, they used soldiers to keep order. For the centurion in Capernaum it was more than just a job...

The centurion had a young servant who was in great pain and dying.



When he heard that Jesus was near, he asked the town leaders to ask Jesus for help.

The Leaders told Jesus..



This man deserves your help. He loves our people.

He has even built us a meeting place!



This could have been a tricky situation, for Jews never went into the houses of non-Jews.



But Jesus said..

I will go and heal the boy.



But the centurion knew that, as a Jew, Jesus could not go into the houses of non-Jews so as Jesus got near, he sent some friends to him.



He says he isn't worthy enough for you to come to his house.

But he says he understands authority and knows you have it. You only have to say so and his servant will be healed

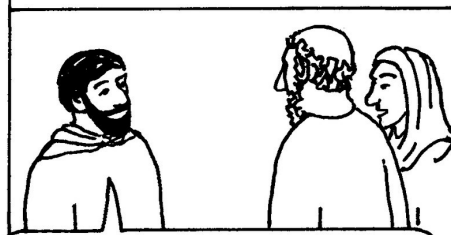


Jesus was amazed!



I have never met anyone in Israel with as much faith.

He said to the friends...



You may go now. What he has believed has happened.

When the friends got to the house they found the servant completely healed!



Junior Inspire Wordsearch

Good luck!

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

Romans

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Jesus

help

invaded

friends

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amazed

servant

tricky

faith

believed

centurion

authority

house

deserves

Capernaum

Israel

Solution on page 35

'He will yet fill your mouth with laughter and your lips with shouts of joy.' Job 8:21

'I always thank my God as I remember you in my prayers, because I hear about your love for all his holy people and your faith in the Lord Jesus.' Philemon 1:4

FRIENDS AND NEIGHBOURS cont..

SATURDAY 1st

Heavenly Father, we pray that You will help our friends and neighbours with the struggles they are going through during this difficult time. You know exactly what they need. Draw near to them and let them feel your presence. Open their eyes, ears, and hearts to You. Help them have the discernment to hear Your voice as You lead them in their next steps.

SUNDAY 2nd

Lord, we thank You for the blessing of the gift of friendship. We thank You for friends who love us and who share our sorrows and celebrations. We thank You for friends who bear our pain and need us as we need them. Bless our friends with health, life and love.

GRIEF

'Though you have made me see troubles, many and bitter, you will restore my life again;'

Psalm 71:20

MONDAY 3rd

God of Love and Mercy, embrace today those whose hearts overflow with grief, unanswered questions and a sense of loss. Grant them space to express their fears and hold them close through the coming days.

TUESDAY 4th

God of Love, we pray for families who are grieving the loss of someone they love. Lord, heal the hurting and be with the person who is alone after losing their loved one. Give them the strength to go on.

WEDNESDAY 5th

Merciful Father, we lift up to You the children who have lost a parent. Heal their broken lives and hearts and provide comfort and nurture through others.

THURSDAY 6th

God of Mercy, be with the parents who have lost a child. Help them to feel Your loving arms of comfort around them always. We pray that they would have a strong sense of Your presence in the midst of their pain.

FRIDAY 7th

Dear Lord, thank You that You are here for us. Show us how to minister to others who are grieving. May we be guided by Your love, Your compassion and Your healing comfort.

SATURDAY 8th

God, our Father, this pandemic is affecting so much of our lives including how we manage grief or the loss of a loved one. Bring to those who mourn the consolation that comes from a loving friend or family member.

SUNDAY 9th

God of Love, we call on You to comfort all those living in fear during this pandemic. Keep us in mind of Your promise; that nothing will separate us from Your love, demonstrated to us in Jesus Christ. Help us to turn our eyes, hearts and minds to You.

COURAGE AND STRENGTH

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

MONDAY 10th

Almighty God, sometimes the cares of the day seem to multiply while the blessings fade away. When our bodies and minds grow tired, gives us the strength as promised in Your Word. We know that in our weaknesses, Your strength is revealed.

TUESDAY 11th

Almighty Father, give us the strength to face the day, we pray, and to see the many blessings it contains. Guide our thoughts so that we may control our fears and put our trust in You.

WEDNESDAY 12th

Heavenly Father, help us to remember that You are a faithful God. We claim Your promises to Your people over the trials of our lives. We hand our daily battles over to You and trust that You will go before us and win the battle.

THURSDAY 13th

God of compassion, fill us with Your strength and courage to face the difficult times ahead. We allow You to work in us to strengthen our hearts, our bodies, our minds and our spirits.

FRIDAY 14th

Loving Father, You came into the world as one of us and suffered as we do. As we go through this difficult time, help us to remember that You are with us always and in all things; that we have no secrets from You and that Your loving grace enfolds us for eternity.

SATURDAY 15th

Merciful Father, we pray that You will fill our family with peace and strength. Reveal Yourself to them in marvellous ways. We pray that any barriers that separate separate us be let down, and that we would live as a team for You.

SUNDAY 16th

Heavenly Father, we come to You today giving thanks. Thank you for keeping and protecting us. Thank you for Your guidance and direction. Thank you for picking us up when we are at our lowest. We choose to live and walk with You.

REST

‘There remains then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his.’ Hebrews 4:9-10

MONDAY 17th

God of the heavens and the earth, we thank You for the promise of rest in You. We pray for daily rest from the troubles of the world and the difficulties we face and humbly put our trust in Your power to complete Your good and perfect work in us.

TUESDAY 18th

Creator God, we pray for all the teachers, assistants, carers and volunteers who teach, nurture and care for children and young adults. We pray that Your peace will be with them as they take a rest from their duties for a while.

WEDNESDAY 19th

Loving Lord, we pray for all families during this time, especially those who have been finding the lockdown period particularly difficult. Bring Your loving peace to all members and fill them with a spirit of understanding, love and respect for one another.

THURSDAY 20th

Father, we ask that You would fill us with Your joy and peace. We ask that Your perfect wisdom would guide us to the right decisions. We ask that You would help us to show others the way into Your presence

FRIDAY 21st

Lord, we pray for Your Spirit to meet us and sustain us. Rest can be hard to find as we face our daily routine, so we ask that You would help us to hand over our cares, worries and problems to You. As we trust in You so we rest.

SATURDAY 22nd

Heavenly Father, we ask You to teach us how to choose rest. Teach our minds to rest in Your truth, teach our hearts to rest in Your love, and teach our bodies to rest in Your peace.

SUNDAY 23rd

Lord of all, It’s been a long week. We need you now more than ever. We ask that you would direct our hearts and minds towards you, and fill us with your Spirit, bringing renewal, peace, and joy.

CHARITIES

MONDAY 24th

Loving Father, You taught us the importance of service through the many examples of Your precious Son, Jesus Christ. Through the Holy Spirit and by Your grace we thank You for the many people who hear Your call to help others.

TUESDAY 25th

Loving and Almighty God, we pray for all who are working to combat the food crisis: for international aid agencies and local community organisations. We pray for those in positions of power; may the leaders of the nations act with wisdom and compassion bringing relief to those who suffer now.

WEDNESDAY 26th

Thank You Lord for the many graces and blessings you have placed in our lives. We offer You our thanks for Your countless gifts each day. Help us to be aware of the needs of others and to respond to those who are poor and less fortunate with generous expressions of charity, kindness and caring.

THURSDAY 27th

Everlasting God, strengthen and sustain all those who volunteer in our churches, that with patience and understanding they may love and care for Your people and grant that together they may follow Jesus Christ, offering to You their gifts and talents.

FRIDAY 28th

Loving Father, we thank you for charities that provide for protection against sickness and disease. We pray that every daily need will be met for those who are suffering and that there would be no fear for their health now and in the future.

SATURDAY 29th

Merciful Lord, we thank you for charities that provide education for a child who would otherwise be without this important part of their lives. We pray that every child will be empowered to make their dreams for the future a reality.

SUNDAY 30th

Loving God, help us to see clearly in this time of fast-paced change, help us to respond to suffering and poverty as they unfold. Help us to see the injustices made manifest by this crisis and to discern in what ways to give, encourage and serve.

MENTAL HEALTH

‘And my God will meet all your needs according to the riches of his glory in Christ Jesus.’ Philippians 4:19

MONDAY 31st

Loving Father, have mercy on all who suffer from mental illness. Bring comfort during the darkest hours and free them from confusion and emptiness. May they come to You, Lord, when symptoms take over and may Your Holy Spirit provide comfort.

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.

[Don't forget the Diocesan Calendar of prayer each month ...
https://www.cofeguildford.org.uk/life/calendar-of-prayer](https://www.cofeguildford.org.uk/life/calendar-of-prayer)

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.



Reflected Faith Series: a Prayer Notebook

I recall when I was 14 years old going to stay on my own with my French cousins in the South of France, for three weeks during the summer holidays. It was a brilliant time which I thoroughly enjoyed. There was a sense of 'freedom' being away from close family and the ability to ride a 'moped' legally into the town and surrounding area! I wished it could have lasted much longer.

However, as the homeward flight crossed over the last of the English Channel and British land came into sight, I found myself unexpectedly crying.

I suspect that when the time comes for us to return to collective worship in our buildings that will happen for many of us.

It's not that we can put a finger on one specific aspect or another of our gatherings or buildings that we so sorely miss – but rather it's all those parts making up the whole.

One thing that helps me at the moment, is having a Prayer Notebook handy.

It sounds very grand and holy, but it is just jottings of issues, places and people who are in the news or who have asked for prayer. At the back I make a jotting of phrases or parts of a reading or prayer that resonated with me at that moment.

It helps me to be, as well as feel, a part of the body of church as I take my place in praying and it also encourages me to look out for the ways that Christ feeds me during these strangest of times.

This month: Find an unused notebook or fold a few pages together to make one. Cut the edges of the pages like an address book and mark each with: places, people in need, family, friends, issues, celebrations, words, etc. Whatever works for you - as large or as little as you like.

Make a note of news items, things people say in your conversations, comments on what you read and so on. You don't have to read or write in it every day, just when you notice something that 'grips' you. Allow God's Holy Spirit to bring you His peace through the process and enable you to pass that on to others.



Scott-Broadwood C of E Infant School

Many of you will have once again heard the sound of happy laughter coming from our playground as we welcomed children back to school on 8 June. It has been lovely to see all those happy faces again and it is impressive how quickly the children have all adapted to our new hygiene and social distancing practices. So far, we have been able to welcome back most of our Reception Year children who are together in one bubble, while our Key Worker & Vulnerable children are in the other bubble. For a small school like us the need to split our children into separate bubbles stretches our resources to the limit, but a combination of careful planning and some wonderfully creative staff have made sure that we can give the children the best possible learning and care.

For us the next challenge is reopening in September. Our ambition is that we can open to all our children and, if possible, that we can operate as a single bubble. All this, of course, depends on the latest Government guidance and, once again, a lot of careful planning is being done for the different possible scenarios to make sure we can educate and look after our children safely.

As the end of the summer term approaches, we have been busy organising a series of picnics for our children. For the Year 2 children it's a chance to say goodbye as they move on to their Year 3 schools next term. For the Reception and Year 1 children it's goodbye to this year's class teacher and hello to next year's. For next year's Reception children, it's a first chance to come and get a feel for the school, although for some it will be a short "hop over the fence" as they join us from Capel Pre-School.

The picnics also give the children to see the new faces on the staff. Year 2 will be saying goodbye to Andrew Rogers as he heads up to the Scottish Borders and Year 1 will be saying hello to Rebecca Hibbert who will be joining us as Year 2 class teacher in September. Rebecca is joining us from Park Hill School in Kingston. We shall also be saying goodbye to Amy Betchley one of our long-standing Teaching Assistants. Although she's hanging up her boots in the classroom, we're hoping to see Amy return as a volunteer to work with the children on outdoor activities.

Our new headteacher, Alex Colclough, has already been working hard behind the scenes with our staff planning for reopening the school in September. Having been recruited during lockdown, however, Alex has had little opportunity to come into the school so far, so the year group picnics are a great chance for her to come and meet the children.

Our current Executive Headteacher, Jennie Ratcliff, is finishing her secondment to Scott-Broadwood at the end of this term and is returning full-time to Surrey Hills All Saints C of E Primary School. Sadly, the current segregation rules between schools mean that Jennie isn't allowed to join the picnics, but we all thank her for her incredibly hard work in leading our school over the last year and we look forward to continuing to work with her in her new role as one of our Foundation governors next term.

Hugh von Bergen
Chair of Governors



A reminder of the bookmarks that the children of Scott-Broadwood made for our 'Bags of Hope' delivered at Pentecost.

There is a poster of them all inside the porch of St John's.

Small stock available (see table below) & orders can be placed for any Traidcraft products at any time!

PLEASE NOTE THAT TRAIDCRAFT NOW HAVE A SALE ON! Do look at their website <https://www.traidcraftshop.co.uk/sale> Some items are up to 60% off. Do contact us if you see anything you'd like to buy and we will order the items for you and the church will then get 10% of all sales at the end of the year! For any orders, see our contact details below!

Don't forget we have A STOCK of some Traidcraft items ... see table below! If you would like to purchase any of these items, do contact us.

CURRENT STOCK AVAILABLE TO BUY

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	Sold out	Dark Chocolate Chunk & Raspberry Shortbread Rounds	£ 3.95
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Kilombero White Rice from Malawi 1Kg	£ 3.75	Fair Trade Organic Penne Pasta from Bolivia 500g	£ 2.70

We have left a few Traidcraft brochures in each Church. 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!



Check out the Traidcraft summer sale online.

See link above

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.

Bob Cranham's BBC are back!

Saturday 8th August 2020

BBC

THE BRITISH BLUESCASTING CORPORATION
BOB CRANHAM - BEN KEEN - BARRY COOK - DAVE WILLIAMSON
THE FULL BAND!

DORKING BREWERY
ALDHURST FARM, TEMPLE LANE, CAPEL, DORKING RH5 5HJ
2PM ~ 5PM
BEER FROM THE BREWERY!
FOOD BY STONEBAKED PIZZA COMPANY

FREE ENTRY
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FROM THE REGISTERS

We mourn the loss of

Gillian Margaret Ashwood

3rd July 2020

May she rest in peace and
rise in glory

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.*

The Church of England has more than 16,000 churches and 42 cathedrals, almost all of which are home to memorials and monuments to individuals from a period spanning more than a thousand years.

A recent statement put out by the Church of England explains: “Monuments and memorials tell us a lot, not just about individuals, but about who and what was valued by the society that put them up.

“What we value and seek to memorialise now is not the same as it was in any other historical period. A prominent memorial in a church in some cases is a mark of the esteem in which the person was held in their community and beyond. In others, it will reflect a donation given to the church at the time by an individual or family – or a combination of the two. In addition to this there are millions of gravestones in churchyards.

“The events of the past weeks in response to the tragic death of George Floyd have brought into focus the question of monuments to individuals who have participated in systemic and targeted discrimination or exploitation based on race.”

The Church of England’s Director of Church Buildings and Cathedrals, Becky Clark, says: “Action is being taken by parishes and cathedrals across England to consider monuments which have links to slave trading or the exploitation of people. Some churches have previously acknowledged and exposed this legacy, but many are just beginning this work in response to the spotlight shone on these questions by the Black Lives Matter movement. “While it is not possible to provide a single answer, which could apply to all circumstances and which would satisfy all legitimate viewpoints, we must be as one in acknowledging the real and justified anger of those who believe monuments in churches and elsewhere must be reviewed.

“Key to determining what should be done in each context is the creation of a dialogue within communities. This must be open and honest, and acknowledge that there are monuments in our churches and cathedrals to individuals and events whose destructive impact is still being felt by people living in the UK today.

“Meaningful dialogue needs to engage with this reality, recognise that these voices have often not been listened to in the past, and make decisions that allow these unjust experiences to form a recognised part of both the history and future of our churches.

“The local and national church should play a leading role by helping to lead and facilitate the conversation, not purely as a discussion around historical monuments, but also how we, as a broad and diverse society, value and represent people of all ethnicities and backgrounds.

“As the Archbishop of Canterbury has said, we can only forgive the actions of the past when we have justice in the present, and statues and memorials need to be seen in both the context of the past and the present.

“Dialogue alone is not sufficient. It must have real outcomes. These may include re-interpretation, or in gaining permission for the alteration or removal of monuments. The outcome and possible follow-up action will be different in each case, and will depend on the particulars of the monument or memorial itself, recognising the rights of descendants as well as the artefacts as heritage assets.

“Although these decisions will be taken locally, dioceses and national bodies like the Church Buildings Council have a part to play in facilitating those conversations and we have been offering advice and support to churches as they confront the complex challenges of the past and the reality of the present.

“In doing so, we must seek to confront and understand the past whilst recognising the reality of how it impacts people living today.”

The events of recent weeks have shone a spotlight on the history and legacy of the slave trade, prompting renewed reflection by many organisations in this country and across the world.

The Church of England's history in this regard is complex: marked both with pride in the role of William Wilberforce and others who led the long fight for the abolition of the slave trade and shame in the role of many other individuals, and the Church itself, in the trade in human beings.

The bicentenary of the Act for the Abolition of the Slave Trade 1807 celebrated in 2007 provided unprecedented opportunities to acknowledge the Church's complicity. In a debate in 2006, the General Synod of the Church of England voted to issue an apology for the church's role in sustaining the trade.

The then Archbishop of Canterbury Rowan Williams, told the debate that the Church ought to acknowledge its corporate and ancestral guilt.

He said:

"To speak here of repentance and apology is not words alone; it is part of our witness to the Gospel, to a world that needs to hear that the past must be faced and healed and cannot be ignored ... by doing so we are actually discharging our responsibility to preach good news, not simply to look backwards in awkwardness and embarrassment, but to speak of the freedom we are given to face ourselves, including the unacceptable regions of ... our history."

Speakers in the debate acknowledged that while the Church had played its part in justifying slavery, Anglicans including Wilberforce or John Newton, the former slave ship captain turned minister and composer of the hymn Amazing Grace, were powerfully motivated by their Christian faith. Wilberforce brought bills before Parliament for 20 successive years until legislation to abolish the trade was passed.

The Church is mindful that slavery still exists today in other forms. The Church alongside other organisations is actively working to educate and reduce instances of slavery. In May 2019 the National Church Institutions issued a Slavery and Human Trafficking Statement in accordance with the Modern Slavery Act 2015.

This statement document considers both historic and current forms of slavery. The Church works closely with the Clewer Initiative with the aim of removing instances of human trafficking.

Recent research has highlighted other links between the wider Church and the slave trade. An article in the Daily Telegraph on June 19, 2020 highlights how a number of individual clergy received payments under 1833 Abolition of Slavery Act compensating them for slaves which they or their families 'owned'.

A spokesperson for the Church of England said:

"While we recognise the leading role clergy and active members of the Church of England played in securing the abolition of slavery, it is a source of shame that others within the Church actively perpetrated slavery and profited from it."

"In 2006 the General Synod of the Church of England issued an apology, acknowledging the part the Church itself played in historic cases of slavery."

"The Church of England is actively committed to combatting slavery in all its forms today, particularly through the work of the Clewer Initiative which works with our 42 dioceses to help support victims of modern slavery and identify the signs of exploitation in their communities."

Recent events have also prompted debate about statues, monuments or other commemorations to those linked to the slave trade in public places in the UK, including some historic churches.

The House of Bishops to proceed with 'Living in Love and Faith' resources

The House of Bishops has confirmed that it will proceed with the publication of the *Living in Love and Faith* teaching and learning resources in early November this year.

The publication of the resources, originally scheduled for July 2020, had been deferred as a result of the Covid-19 pandemic.

Commissioned by the House of Bishops and led by the Bishop of Coventry, Christopher Cocksworth, the aim of the *Living in Love and Faith* project is to help the whole Church to learn how relationships, marriage and sexuality fit within the bigger picture of a humanity created in the image of God.

Commenting on the decision to proceed in the autumn of 2020, the Archbishop of Canterbury, Justin Welby, said: "The LLF resources are about vital matters which affect the wellbeing of individuals and communities. That is why it is important for the Church to move ahead with publishing the resources as soon as possible.

"They will help the Church to live out its calling to be a people who embody the reconciliation of Christ as together we explore matters of identity, sexuality and marriage."

The House endorsed the plan to enable bishops, dioceses, deaneries and local church communities to explore the resources together from the beginning of 2021.

Reopening of church buildings for public worship

Following the recent Government announcement that church buildings were able to reopen for public worship from 4th July, the Bishop of London, Sarah Mullally, who leads the Church of England's Recovery Group, said that the months since lockdown began "have been an extraordinary time - the first period without public worship and the sacraments in England in more than 800 years."

She said also that there will have been "real joy" as people began "to come together again - if even at a physical distance - but I also know that many will be understandably cautious at this news.

"We will not be returning to normality overnight - this is the next step on a journey. We've been planning carefully, making detailed advice available for parishes to enable them to prepare to hold services when it is safe and practical to do so. It is important to say that the change in Government guidance is permissive, not prescriptive.

"I would particularly like to thank clergy and lay leaders for all they have done during the time our buildings have been closed."

Bishop Sarah warned that there will still be restrictions, "and we must all still do everything we can to limit the spread of the virus... The online services and dial-in worship offerings we have become used to will continue.

"This has been an incredibly difficult time for the whole country, especially for those who have been ill, who have suffered financial hardship, the loss of livelihoods and indeed, for many, those they love. We know that is not over and the Church has a task ahead to bring consolation and hope.

"Churches and cathedrals have risen to the recent challenges, finding new ways of meeting for worship, of serving our neighbours, and of reaching new people with the love of God. The challenge before us now is to take the next steps carefully and safely, without forgetting all that we've discovered about God and ourselves on the way."

Comment: Chaplains on the front line of the Covid-19 pandemic

22 July 2020 (The Church Times)

Martin Abrams and Jan Fraser describe how they have supported hospital staff and patients during the past months

OUR aim as chaplains is to offer pastoral, spiritual, and religious support to patients and staff appropriate to their circumstances and understanding. We do this through individual patient visits, ward visits, and being a presence at the heart of the organisation. We are proud that one of the first doors you come to from the main entrance to our hospitals is the chaplaincy and spiritual-care office.

Covid-19 has, of course, been a massive challenge to everyone. It has been a challenge to society, as offices, shops, and leisure industry have closed. A great deal of industry ground to a halt. Many individuals were shielding, and just about everyone was prevented from seeing their loved ones. Weddings were postponed, funerals went ahead but with previously unimaginable restrictions, and we have handed over control of our lives to others.

The Church has had to find new ways of working, and, like many other organisations, may never — and, some would argue, should never — be the same again.

FOR the NHS and hospital chaplaincy, the changes were fast and unprecedented: the many routine workings of the hospital were sacrificed for a total focus on supporting the seriously ill and Covid-19 patients.

Practically, for us, by mid-March, volunteers had been asked to stay away, and relatives, other than in extreme circumstances, were stopped from coming to the hospital. As we write, many of these restrictions remain in place. There were no volunteers, and some of the chaplaincy team needed to shield; so we rearranged our work accordingly, and, with the support of one honorary chaplain and one part-time “on-call” chaplain, have been supporting the staff and patient community throughout.

We have been privileged to be able to offer a “Thought for the week” for staff, which has been well-received, and have been working at every level of the hospital to offer support.

We had the unthinkable task of supporting the family of our colleague, a nurse, Josephine Peter, who died of the virus, and, on their behalf, planning and taking her funeral. The “clap past” arranged on the day of her funeral, as her cortège passed outside, was incredibly moving.

We have been trained in using masks and full PPE, and have, at times, looked more like space travellers than chaplains. This has enabled us to offer ministry in all areas of the hospital, however, including our intensive-care unit. On many occasions, we have held the hands of dying patients when their family could not be there, sometimes holding phones to help conversations happen.

There was a need for our support which we have never experienced before. It was physically and emotionally draining.

Besides supporting the hospital community, we were asked to do many funerals, on the basis that we were with patients when their families could not be. In more routine situations, we were visiting Covid and non-Covid patients, and had the privilege of being their only visitors; and, in this unique circumstance, bringing conversation, news, and support.

Southport and Ormskirk Hospital NHS Trust
The Revd Martin Abrams and the Revd Jan Fraser



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Other staff and teams have, of course, done many incredible things, among them offering the facility for patients to communicate with families by means of video calls, and delivering letters sent by email. In many cases, our staff needed to read out these messages for those who were unable to do so for themselves.

As the unpredictable virus did its worst, we saw the horrendous and the miraculous, and, from the whole hospital team, incredible acts of self-sacrifice.

In terms of theological and spiritual reflection, it is, perhaps, a bit early yet. Processing life-changing experiences must shape our faith and outlook on life, and cannot be rushed. That said, over the past months, we have had the privilege of offering a servant ministry, which is what chaplains do all the time.

It has been said many times during the Covid pandemic that “the Church has not closed; it has simply left the building”. Hospital chaplaincy and spiritual care services have been taking church beyond the church building for years.

Every day reach out in faith and hope, offering genuine, integrity-filled spiritual support in the wonder and terror of life’s experience. That has not changed over the past months, and nor can we see it changing.

Within the hospital community, we have got used to keeping one another safe by wearing masks. Looking forward, we hope that people will recognise the importance of protecting each other by the wearing of masks. It seems a small thing to ask to protect us from seeing again some of the horrors of the past months.

The Revd Martin Abrams and the Revd Jan Fraser work for the Southport and Ormskirk Hospital NHS Trust as Chaplaincy Manager and Freedom to Speak Up Guardian, and Chaplain respectively.

<https://www.churchtimes.co.uk/articles/2020/24-july/comment/opinion/comment-chaplains-on-the-front-line-of-the-covid-19-pandemic>

Comment: We lose much when the face is covered up

20 July 2020

Christians should long and pray for the day when this sadly necessary imposition will end, says *Edward Dowler*



“THE middle part of the face doesn’t change much over the years.” This was an excellent insight that a former parishioner gave me when a much-loved member of our church, Rose Hood, had recently died at an advanced age.

We were fascinated by a photograph of her which, although taken in her early twenties, was none the less unmistakably the person whom we recognised (both photos left).

This comment helped me to realise that, while other parts of us may change very much over time, the central part of our face remains pretty constant. It is our knowability: that which remains the same about us as we go through the

changes and chances of this fleeting world.

It is, therefore, a very serious matter when, as in the present circumstances, we are required to cover it up.

THE face has enormous theological resonance. In one sense, the Old Testament places a strict prohibition on seeing God’s face: we cannot presume to see the Lord in his fullness and still live (Exodus 33.20). And yet the Hebrew scriptures make frequent reference to seeking God’s face. God’s face is his presence, his knowability, and this is what differentiates the God of the Hebrew Bible from the “God of the philosophers”.

Nobody can see the face of Plato's "form of the good", or Aristotle's "prime mover"; nobody can relate to such entities. But the God of the Bible makes his face shine upon us and lifts up his countenance upon us (Numbers 6.26). He personally encounters us, and we can come to know him: "'Come', my heart says, 'seek his face!' Your face Lord, do I seek" (Psalm 27.8).

In the New Testament, this insight is extended yet further when this same God reveals his face to us in human form: "For it is the God who said, 'Let light shine out of darkness' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ" (2 Corinthians 4.6). Such knowledge in Christ prepares for, and ushers in, the time when we will no longer see God through a glass darkly, but when we will see him face to face (1 Corinthians 13.12).

The tradition of icons in Orthodox Christianity reflects this. As Andrew Louth writes, "as we gaze at the icon we enter into . . . a face to face relationship . . . the only faces depicted on icons in profile are those people to whom we are not to relate — Judas, for instance, in the icon of the Mystical Supper."

These theological insights have a vital human dimension. Just as we are to seek the face of the Lord, he encounters us in a similar way: "Behold our shield, O God: look on the face of your anointed" (Psalm 84.9).

In his book *The God of Jesus Christ* (Ignatius Press, 2018), Pope Benedict XVI reflects on the dehumanising tendencies of authoritarian dictatorships, such as the Nazi Germany of his own youth, to turn everything and everyone into statistics, and thereby to efface the face.

The Christian vision of God and the human person is the precise opposite, he writes. "The beast is a number, and it makes men numbers. But God has a name, and God calls us by our name. He is a Person, and he seeks the person. He has a face, and he seeks our face. He has a heart, and he seeks our heart. For him, we are not some function in a 'world machinery'. On the contrary, it is precisely those who have no function that are his own."

The full import of face-covering came home to me last week, when I watched on YouTube my two new episcopal colleagues being consecrated in the chapel of [Lambeth Palace](#) ([News, 17 July](#)).

Not only did the fact that everybody was wearing a face mask make the liturgy seem faintly ridiculous, but the participants were oddly dehumanised: that which makes them distinct and knowable was taken away. Only the daughter of one of the new bishops was able to break through it, communicating a particular set of responses through some unmistakable body language. God was able, on that day, to look upon the faces of his anointed, but we were unfortunately denied the opportunity.

I HAVE a beautiful face mask of my own: it was hand-made for me by a friend who also happens to be the daughter of the bishop who confirmed me.

I accept, reluctantly, that, in the heavily risk-averse culture of 21st-century society, I will need to wear it for a while, if only to give reassurance to frightened people, and, perhaps, help prevent the reimposition of far more draconian and restrictive measures. And I am sure that the Church of England will issue responsible and appropriate guidance on this matter, although I also hope that we will call for a more persuasive account of what these coverings actually achieve.

But I do believe that Christians are now called urgently to speak about the glory of the human face, which uniquely seeks and reflects God's own face; about how much we lose when it is covered up; and about how we long and pray for the day to come soon when this imposition on our faces will end.

The Venerable Dr Edward Dowler is Archdeacon of Hastings in the [diocese of Chichester](#).

Book Review

British Summer Time Begins: The school summer holidays 1930-1980

by Ysenda Maxtone Graham

17 July 2020 (The Church Times)

<https://www.churchtimes.co.uk/articles/2020/17-july/books-arts/book-reviews/british-summer-time-begins-the-school-summer-holidays-1930-1980-by-ysenda-maxtone-graham>

Lyle Dennen reviews summer recollections

YSENDA MAXTONE GRAHAM's new book, *British Summer Time Begins*, has nothing to do with clocks going forward, but is a warm, wise look back at the British summer holidays from the view of children during the mid-20th century.

She has done a vast number and range of perceptive interviews of those who were children between 1930 and 1980. They tell endearing and sometime disturbing stories of what it was like. When she asked Sir Nicholas Soames if his parents ever took him abroad, he replied, "Certainly not! No one went abroad except to fight a war."

When Maxtone Graham sensed a great spiritual and physical freedom, Dennis Skinner characteristically responded: "Don't give me 'romantic past'. It was sheer poverty."

This book would be an interesting read during any summer, to see how the British had been, how children were treated, what people's values and lifestyles were, the relationship between the sexes, how the class structure functioned, and what people's hopes and fears were. Read in the middle of the coronavirus pandemic, it has a gripping, questioning, and slightly surreal quality.

The 50-year period covered by the book should include the poverty of the Great Depression, the horrors of the Second World War and the Nazis, the end of Empire, and then the Swinging Sixties; but these only slightly touch the experience of the children.

What was central to the memories of those who had been children then was the end of school; the boredom of the long summer; other children to play with; parents; home; food; the trip to the seaside or countryside, or maybe even abroad; and then the end of summer and the return to school. The author powerfully comments: "It doesn't always matter who loves you, when you're a child, as long as someone does."

Maxtone Graham develops some important themes through the book. There is the contrast that the world, for children, was porous. Children were expected to go out and play; they were not to be seen for the day, and had to create their own games and use their imagination. There were no imprisoning devices of video games, laptops, or smartphones for children, and people were not, then, as fearful and protective of their children as we feel we must be. Then, there was a greater absence of materialism, of making do with whatever one had. This was not just the poor, but also "the upper-class taste for the threadbare".

The Ven. Dr Lyle Dennen is a former Archdeacon of Hackney.

British Summer Time Begins: The school summer holidays 1930-1980

Ysenda Maxtone Graham

Little, Brown £18.99

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A dark lake

IT IS hard to believe that we have got so far through a crisis without drawing on Charles Dickens. Here, Esther Summerson, in *Bleak House*, recounts her slow recovery from smallpox, contracted while she nursed her maid Charley:

I LAY ill through several weeks, and the usual tenor of my life became like an old remembrance. But this was not the effect of time so much as of the change in all my habits made by the helplessness and inaction of a sick-room.

Before I had been confined to it many days, everything else seemed to have retired into a remote distance where there was little or no separation between the various stages of my life which had been really divided by years. In falling ill, I seemed to have crossed a dark lake and to have left all my experiences, mingled together by the great distance, on the healthy shore. . .

While I was very ill, the way in which . . . divisions of time became confused with one another distressed my mind exceedingly. At once a child, an elder girl, and the little woman I had been so happy as, I was not only oppressed by cares and difficulties adapted to each station, but by the great perplexity of endlessly trying to reconcile them. I suppose that few who have not been in such a condition can quite understand what I mean or what painful unrest arose from this source.

For the same reason I am almost afraid



Esther Summerson, illustration for *Bleak House* by "Phiz"

intelligible I shall be. I do not recall them to make others unhappy or because I am now the least unhappy in remembering them. It may be that if we knew more of such strange afflictions we might be the better able to alleviate their intensity. The repose that succeeded, the long delicious sleep, the blissful rest, when in my weakness I was too calm to have any care for myself and could have heard (or so I think now) that I was dying, with no other emotion than with a pitying love for those I left behind — this

state can be perhaps more widely understood. . . .

I had heard my Ada crying at the door, day and night; I had heard her calling to me that I was cruel and did not love her; I had heard her praying and imploring to be let in to nurse and comfort me and to leave my bedside no more; but I had only said, when I could speak, "Never, my sweet girl, never!" . . .

By and by my strength began to be restored. Instead of lying, with so strange a calmness, watching what was done for me, as if it were done for some one else whom I was quietly sorry for, I helped it a little, and so on to a little more and much more, until I became useful to myself, and interested, and attached to life again.

to hint at that time in my disorder — it seemed one long night, but I believe there were both nights and days in it — when I laboured up colossal staircases, ever striving to reach the top, and ever turned, as I have seen a worm in a garden path, by some obstruction, and labouring again. I knew perfectly at intervals, and I think vaguely at most times, that I was in my bed; and I talked with Charley, and felt her touch, and knew her very well; yet I would find myself complaining, "Oh, more of these never-ending stairs, Charley — more and more — piled up to the sky, I think!" and labouring on again. . .

Perhaps the less I say of these sick experiences, the less tedious and the more

Editor's note: The above article is taken from The Church Times 'Lift up your Hearts' which CT has been producing during the Coronavirus crisis. A few copies of this leaflet from 17th July are available in church, or you can logon to the Church Times website: <https://www.churchtimes.co.uk/media/5670447/lift-up-your-hearts-a4.pdf>

Good Morning

Anonymous

Take time to laugh, it is the music of the soul,
 Take time to think, it is the source of power,
 Take time to play, it is the source of perpetual youth,
 Take time to read, it is the fountain of wisdom,
 Take time to pray, it is the greatest power on earth,
 Take time to love and to be loved, it is a God-given privilege,
 Take time to be friendly, it is the road to happiness,
 Take time to give, it is too short a day to be selfish,
 Take time to work, it is the price of success.

Taken from Grace magazine Spring 2009 edition

What has happened to church gardens and therapeutic gardening?

This year's *Green Health Awards* were just one of the many positive activities to be cancelled because of the current situation. Whilst churches have been closed their gardens have continued to grow, and many of these will have been used for therapeutic gardening.

But have these been growing wild or have enthusiasts found ways round the rules and regulations to tend and care for them? Have some special plants been given new homes where they have been encouraged to thrive in these unusual times before they can be returned to more holy ground? We would like to find stories of how therapeutic gardening may have been underway despite lockdown.

We have already discovered some – the group of gardeners from St Pancras Hospital who volunteer at St Paul's Woodland Garden in Camden have been missing their weekly visits during lockdown. The garden was the overall winner of the *Green Health Awards* organised in 2018 by Church Times, The Conservation Foundation and Guild of Health and St Raphael, in association with the Church of England.

Green City Projects' Ben Ledden and Catherine Tidnam, who run the garden, arranged for seeds, baby plants and compost to be delivered to them by the hospital's activity worker, Tom Parnell. "Our patients struggle with severe mental health issues and it has been great for us to continue to feel part of St Paul's during this time", Tom explained. A WhatsApp video call with Ben and Catherine helps keep them in touch with their hospital garden growing and tomatoes, squash, peas, courgettes, cucumber, basil and sunflowers are coming along. Said one patient, "It felt like we were off the ward and at St Paul's Garden again".

The organiser of Burials in Bloom – a community project in a Walthamstow churchyard which involves therapeutic gardening is reporting a huge increase in volunteers glad to be getting close to nature during lockdown.

Meanwhile our friends up on the roof of Manchester Cathedral report they have been kept busy. "We are still in lockdown, but the Volition bees carry on as usual; no lockdown for them. Neither are they thinking about social distancing as they overcrowd their hives getting ready to swarm. Weekly inspections are going ahead in line with Defra guidelines on livestock. All hives at Manchester Cathedral are as they should be for the time of year."

The Bishop of Carlisle is a great supporter of using church space for therapeutic gardening projects, and as lead bishop for health chairs the church's *Green Health* initiative. As he says "Almost everyone agrees that the coronavirus pandemic has had a significant effect on people's mental health and wellbeing across the country. That's why it is more important than ever that we use the green spaces around church buildings for therapeutic gardening as part of our co-ordinated effort to tackle mental health issues."

If you have some good news from your garden do let David Shreeve know at david.shreeve@churchofengland.org.





HYMN: The story behind ... JUST AS I AM

The hymn 'Just As I Am' must be one of the most famous in the world. It has been sung by tens of millions of Christians at Billy Graham Crusades the world over, just for starters! Yet it was not written by a professional who was 'aiming' at a specific market, as many songs seem to be written today. Instead, it was written by an artist in Victorian times.

Her name was Charlotte Elliott, and she was born in Clapham in 1789. She grew up in a well to do home, and became a portrait artist and also a writer of humorous verse. All was well until Charlotte fell ill in her early 30s, and slid into a black depression. A minister, Dr Caesar Malan of Switzerland, came to visit her. Instead of sympathising, he asked her an unexpected question: did she have peace with God? Charlotte deeply resented the question and told him to mind his own business.

But after he left, his question haunted her. *Did* she have peace with God? She knew that she did not, that she had done some very wrong things. So, she invited Dr Malan to return. She told him that she would like to become a Christian, but would have to sort out her life first.

Dr Malan again said the unexpected: "Come just as you are." The words were a revelation to Charlotte. She had assumed that she would have to put her life in order before she could hope to be accepted by God. Instead, she realised that Jesus wanted her just as she was - and He would take care of the sin. Charlotte became a Christian that day.

14 years later, in 1836, Charlotte wrote some verses that summed up how it had been between her and Jesus that day. They ran:

***Just as I am, without one plea,
But that thy blood was shed for me,
And that thou bids't me come to Thee
O Lamb of God, I come! I come!***

***Just as I am, tho tossed about
With many a conflict, many a doubt
Fightings within, and fears without,
O Lamb of God, I come! I come!***

Charlotte could not have dreamed that 150 years into the future, her verses would be sung by millions of people all over the world, as they responded to the Gospel presented at many great Billy Graham crusades, and made their way forward to do just as the hymn describes - to come to Jesus Christ, despite sin and fear and doubts, to come 'just as I am.'

Just as I Am
Charlotte Elliott (Words) L. M. W. B. (Music) William K. Bradbury

1. Just as I am, with - out one plea, But that Thy blood was shed for me,
2. Just as I am, and wait - ing still To rid my soul of ev'ry dark blot,
3. Just as I am, though tossed a - bout With ev - ery sin - ner's lot, many a doubt,
4. Just as I am - Thou wilt re - ceive, With wel - come, par - don, cleanse, re - store;
5. Just as I am - My love un - known hath led - den ev - 'ry lar - get down;

And that Thou bid'st me come to Thee, O Lamb of God, I come! I come!
To Thee whose blood can cleanse each spot, O Lamb of God, I come! I come!
Fight - ings with - in, and fears with - out, O Lamb of God, I come! I come!
Be - cause Thy promise I be - lieve, O Lamb of God, I come! I come!
Now, to be Thine, yes, Thine a - lone, O Lamb of God, I come! I come!

Patronal Saint feature
St Margaret, July 20th



Editor: My thanks to Gill Christie for giving me this article a while ago and my apologies for not getting it into the July issue which would have been more appropriate.



Nobody is sure nowadays when this saint lived, nor even if she ever existed. But in the Middle Ages, people believed in her implicitly, and it may well be that some maiden named Margaret did once live and die for her faith. St Joan of Arc believed in her, and St Margaret of Antioch, to give her her full title, was one of the saints, who Joan thought, appeared to her in visions and advised her in the work she undertook.

The story told about St. Margaret says that she was the daughter of a pagan priest, who was brought up by her nurse to be a Christian. When her father discovered her belief he was very angry, and, since she would not renounce it, he turned her out of his house. Having nowhere else to go, she went to her nurse, who by this time was living far away in a peasant hut. The nurse gladly took her in, and Margaret found employment in looking after a flock of sheep.

She grew up into a lovely girl, and a Roman prefect, named Olybius, happening to see her, was so entranced by her beauty that he determined if she were a slave to buy her, or if she were free-born to marry her. He stopped as she was driving sheep out to graze, and demanded to know whether she was bond or free.

'I am free-born,' Margaret told him, 'but of my own will I have become the servant of the Lord Jesus Christ'. And she would have nothing more to do with the Roman.

Olybius was indignant at her rejection of his advances and he had her arrested and put in prison, hoping that it would make her change her mind. Her old nurse came to the prison window and fed her through the bars, and later the old woman told a wonderful tale of how she had seen the devil come into the prison in the form of a dragon, which had attempted to swallow the poor girl. But Margaret had a cross in her hand which stuck in the dragon's throat, so that he was forced to cough her up unharmed and flee away in a hurry.

In spite of all that Olybius could do, Margaret remained firm in her faith, and at last she was beheaded. Sometime during the ninth century she was numbered among the martyrs.



Some miscellaneous observations on modern life...

Fools rush in where fools have been before.

It's called 'take home' pay because you can't afford to go anywhere else with it.

Success is relative - the greater the success, the more relatives.

If at first you succeed, try to hide your astonishment.

You must have learned from others' mistakes. You haven't had time to think all those up yourself.

People like criticism - just keep it positive and flattering.

It's okay to let your mind go blank, but please turn off the sound.

Worry kills more people than work because more people worry than work.

Middle age is when broadness of the mind and narrowness of the waist change places.

Misers aren't much fun to live with, but they make great ancestors.

Opportunities always look bigger going than coming.

The real reason you can't take it with you is that it goes before you do.

Junk is something you throw away about three weeks before you need it.

Hospitality is making your guests feel at home, even if you wish they were.

Some people are like blisters. They don't show up until the work is done.

A babysitter is a teenager acting like an adult while the adults are out acting like teen-agers.

Going to church doesn't make you a Christian any more than going to a garage makes you a mechanic.

Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.

©Parish Pump

COVID-19 Privacy Notice

Online List of Clergy, Staff and Visitors to Church buildings

This notice explains how information about you will be used temporarily by the Capel and Ockley PCC during the Covid-19 pandemic crisis so we can take your booking and at the same time put in place a list of clergy, staff and visitors to the church building/s, as requested by the Government in support of NHS Test and Trace.

1. Who we are

Capel and Ockley PCC are the data controller (contact details in section 7. below). This means we decide how your personal data is used and why.

2. The information we collect about you and why we need it

We collect your data when visiting St John the Baptist, Capel or St Margaret's, Ockley for the purpose of supporting NHS Test and Trace, as requested by the Government.

Although we may have your contact details already the Covid-19 pandemic has created a unique situation and additional reasons for us to collect the name and contact telephone number of all clergy, staff and visitors who use/visit our church building/s in order to support NHS Test and Trace.

This is specifically in relation to contact tracing, which is the process of identifying, assessing, and managing people who have been exposed to a disease to prevent onward transmission and the investigation of local outbreaks.

In summary, Test and Trace:

provides testing for anyone who has symptoms of coronavirus to find out if they have the virus;
gets in touch with anyone who has had a positive test result to help them share information about any close recent contacts they have had; and
alerts those contacts, where necessary, and notifies them they need to self-isolate to help stop the spread of the virus.

This is voluntary, and you can opt out of letting us share your details with NHS Test and Trace. We will still accept your booking.

3. Lawful basis

We will use your information lawfully, as explained below:

Consent – We need your consent in order to collect your name and contact details to process your booking, and to share this with NHS Test and Trace if requested. You will give us your consent by providing your details by completing the on-line booking.

Explicit consent – We need your explicit consent to collect your data on the basis that you may have revealed a religious belief by using/visiting our church building/s. You will give us your explicit consent by completing the on-line booking and opting in/indicating “Yes” where requested, or “No” if you do not want us to share your data with Test and Trace.

You can withdraw your consent at any time after giving your details by letting us know you no longer want us to keep or share your personal data for the purpose of Test and Trace, however, once we have given your details to Test and Trace we will no longer be able to prevent processing. To contact us, please see our contact details at 7. below. We will continue to process your booking data, unless told otherwise.

4. Sharing your data

Personal data that is collected will be used only to share with NHS Test and Trace if requested. It will not be used for other purposes outside of those specified in this Privacy Notice.

5. Data Retention

We will keep your name and contact details for 3 weeks and will dispose of it after this period.

6. Your Legal Rights

Unless subject to an exemption under the GDPR or DPA 2018, you have the following rights with respect to your personal data: -

The right to be informed about any data we hold about you;

The right to request a copy of your personal data which we hold about you;

The right to withdraw your consent at any time, while the church body still has your data;

The right to request that we correct any personal data if it is found to be inaccurate or out of date;

The right to request your personal data is erased where it is no longer necessary for us to retain such data;

The right, where there is a dispute in relation to the accuracy or processing of your personal data, to request a restriction is placed on further processing;

The right to obtain and reuse your personal data to move, copy or transfer it from one IT system to another. [*only applicable for data held online*]

7. Complaints and queries

If you have any questions about this privacy notice, including any requests to exercise your legal rights, please contact us using the details set out below.

vicar@capelandockleychurch.org.uk

If you do not feel that your complaint has been dealt with appropriately, please contact Maureen Chaffe at processmatters2@gmail.com.

You also have the right to lodge a complaint with the Information Commissioners Office. You can contact the Information Commissioners Office on 0303 123 1113 or online: <https://ico.org.uk/make-a-complaint/your-personal-information-concerns/> or <https://ico.org.uk/global/contact-us/>

The above information will be available as posters in our churches and on our Parish website.

The people who know their God shall be strong
and do great things.
Daniel 11:32
The Lord will guide you continually, and satisfy
you with all good things.
Isaiah 58:11

Sit quietly.
Breathe deeply.
Hope steadily.
God is working on your behalf
this very moment.

Wordsearch Clues

The Transfiguration

August is a quiet month as far as the Church calendar is concerned, except that during the 11th century, some church fathers slipped in an important day - the Transfiguration of Jesus, when His disciples were given just a glimpse of His future glory (Matthew 17, Mark 9, Luke 9).

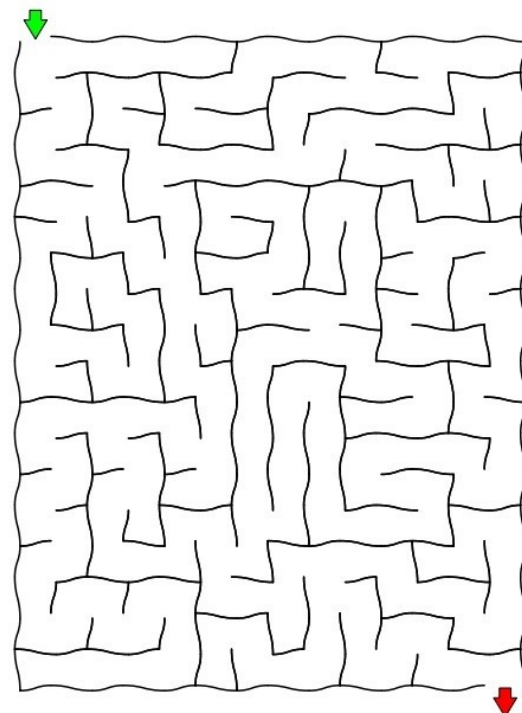
Jesus took Peter, James and John, his closest disciples, up a high mountain. This is often identified as either Mount Tabor (there is a great church up there today), or one of the three spurs of Mount Hermon, which overlook Caesarea Philippi. High up on the mountain, Jesus was suddenly transfigured before His disciples. His face began to shine as the sun, His garments became white and dazzling. Elijah and Moses, of all people, suddenly appeared, and talked with Him. A bright cloud overshadowed the disciples, and a divine Voice spoke out of the cloud, saying that Jesus was His beloved son, whom the disciples should 'hear'. God's dwelling with mankind depends upon our *listening* to Jesus.

Then, just as suddenly, it is all over. What did it mean? *Why Moses and Elijah?* Well, these two men represent the Law and the Prophets of the Old Covenant, or Old Testament. But now they are handing on the baton, if you like: for both the Law and the Prophets found their true and final fulfilment in Jesus, the Messiah.

That day made a lifelong impact on the disciples. Peter mentions it in his second letter, 2 Peter 1:16 - 19 - invariably the reading for this day.

Transfiguration	Philippi
Jesus	High
Mountain	Shine
Tabor	Face
Hermon	Cloud
Caesarea	Transformed

White	Law
Dazzling	Prophets
Elijah	Peter
Moses	James
Dwelling	John
Mankind	Fear
	Glory





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, John. 3, And James. 8, Near. 9, Omission. 11, Theocratic. 14, Asleep. 15, By-path. 17, Stalingrad. 20, Backbone. 21, Baca. 22, Whose eye. 23, Seth.

DOWN: 1, Jonathan. 2, Heavenly. 4, No meat. 5, Justifying. 6, Maid. 7, Sins. 10, Acceptable. 12, Marriage. 13, Shadrach. 16, Plenty. 18, A bow. 19, ECHO.

Wordsearch solution

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

Crossword solution

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

Junior Wordsearch solution

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

Medium Sudoku solution

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

DEUTERONOMY 31

BE STRONG &
FOR THE LORD YOUR GOD
COURAGEOUS.
GOES WITH YOU;
DO NOT
HE WILL NEVER
BE AFRAID
LEAVE YOU
OR TERRIFIED
NOR FORSAKE YOU



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.**
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