



Inspirations

and all the mountains! Praise Him, cedars and all the fruit trees, hills and all the mountains! Praise Him, cedars and all the fruit trees.

Issue 43
October 2020
Psalms 148:9

Free of charge - please take a copy!

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

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

This issue is sponsored by

David Silliman

Thank you to David for all his hard work on project managing the recent lighting Works in St John the Baptist, Capel.

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It is only with gratitude that life becomes rich.

Dietrich Bonhoeffer
 For this and other quotes, see page 27

***Don't forget if you need help during the Coronavirus pandemic, help is at hand ... see page 34 for details.**

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

Dear all,

My favourite month is here - October! I love the colours of Autumn, the mellowness of the season and it happens to be my birthday month - what's not to like? Plus, at last I will receive my state pension!! I can definitely say I'm a pensioner now and that feels strange... How things have thankfully changed since I was a child and now no one acts and feels like the traditional 'pensioner' - or perhaps they never did? However, back to now and we continue living through the pandemic with the new rule of six. How this will work out with regards to Christmas remains to be seen but I am hopeful that most of our church seasonal activities will go ahead albeit with some different seating arrangements but more of that in the next month or two. It is hard to plan too far ahead at the moment but there may be an exciting new idea for December afoot!

This month we celebrate Harvest and to be able to accommodate safely our two church communities we are going to hopefully gather outside in the Crown pub garden and worship Café Church style. If you don't know what this is, Bob and the band will lead us with some usual harvest favourite traditional and contemporary hymns while we enjoy coffee and croissants sitting in groups of no more than six and socially distanced of course. Vanda and her team at the Crown have been doing a sterling job of keeping us all safe during these last months and continue to do so. There will even be a harvest lunch on offer after the service which will need to be individually pre booked so please let Vanda know if you would like to come along. In the afternoon we are inviting those who would like to come and see our new lighting system going through its paces. We will be doing short demos throughout the afternoon and hope to be able to serve you Capel teas again at tables, pews, benches, in groups of no more than six(!) in the meanwhile. We will be taking all necessary precautions to keep everyone safe. Oh and by the way, Joy, Betty and their flower arranging team will have decorated the church for harvest so there will be plenty to enjoy.



We will be holding our APCM this month, all churches having had to delay their meetings since the Spring and there will be a report on that next month. In the meantime though, please do join us after the morning service at St John's on Sunday 18th October to hear about our activities in the last year and future plans for our parish. Like many other organisations, groups and business' the last few months have had a devastating effect on our finances as a parish so October is going to be very much about how we can transform our generosity further in our regular giving. Please note that the regular giving we often talk about is for the costs of ministry in our parish; i.e. having a full time minister and associated costs. This is entirely separate to the generosity of the Friends of Capel Church, who are able to support our building maintenance and for which we are very grateful indeed.

As November approaches we will have an opportunity once again to remember those we have loved who have died in our annual service of remembrance for the bereaved. This will be especially poignant this year as we remember those whose lives were shortened by Covid 19. We will be holding two such services - one in each church so that we will be able to light candles and hear our loved one's name once more. For the national service of remembrance a week later we will also be holding a service in both churches so please see the calendar for details. So that we can be socially distanced places in Capel Church may be limited inside but we hope to accommodate all who wish to come by a ticketed system and of course everyone will be able to join us at the part of the service which takes place around the war memorial outside at about 3.45pm. Please look out for local notices how to prebook tickets!

Continued on page 4

So we continue through this year with something like an air of uncertainty as nationally the rate of infection with this pandemic seems to be rising once more. However take heart, don't lose your nerve, take all necessary precautions and above all do not be afraid! God promises to be with us all whenever and whatever we have to face in life. Please do use the prayer board in church for any prayer requests or let me or someone else know your needs. We are here to support everyone in our wonderful communities in any way we can. In the meantime enjoy the colours and shades of Autumn and keep safe!

With my love and prayers

Revd Liz

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

UPDATE ON THE ROYAL BRITISH LEGION POPPY APPEAL 2020



**EVERY
POPPY COUNTS**

Those of you that have received your Capel Magazine for October will have noticed a short article from me saying that poppies this year will only be available from the major supermarkets and that door to door collections would not take place this year. Since I wrote that, the Legions policy has changed, and I am now able to supply poppies to businesses. I therefore expect to have collecting boxes in the normal shops in the district including; *Carter's, Carter's Car Care, The Crown, Capel News and Village Greens.*

The Royal British Legion was founded by veterans after the First World War. A century later they are still supporting today's armed forces community in almost every aspect of daily life. They also champion Remembrance, safeguarding the memory of those who have given their lives through Remembrance education and events. The Poppy Appeal is the Legion's main fundraising campaign. Every penny donated makes a difference to the lives of the people that they support. If you get the chance, please collect a poppy from one of the shops and give generously to this cause. If you are not able to donate in person there are other ways:

BY PHONE - Call the fundraising support team on 0845 845 1945 to make a donation by phone.

BY TEXT - To donate £3, text POPPY to 70020. Cost £3 plus standard network charges (typically £2.97 goes to the Royal British Legion).

INTERNET BANKING - Bank Account Name: RBL Poppy Appeal; Sort Code: 30-11-75; Bank Account No: 01937121; Reference: SEC04.

POPPY SHOP - There is a large selection of merchandise on sale at <https://www.poppymshop.org.uk/>

Thank you

Stuart Cole
01306 711449

<https://www.britishlegion.org.uk/get-involved/poppy-appeal>

These special edition VE75 commemorative lapel pins will be available in the local shops.



Suggested donation is
£2.99

VE Day 75 Lapel Pin
£2.99

Please note that the format of the services may change from week to week.

SUNDAY	4TH	TRINITY 17 (World Animal Day) 9.30 am Morning Worship at St Margaret's Ockley 10.30 am Morning Worship with Holy Communion at St John the Baptist Capel
SUNDAY	11TH	TRINITY 18 (<u>Joint Churches Harvest Festival</u>) 10.30 am Harvest Cafe Church at The Crown Public House Capel - <i>To be held in the garden weather permitting, otherwise in the church.</i> <i>Harvest gifts of dried and preserved foodstuff will be given to Dorking Foodbank and a monetary collection donated to charity</i> <i>Harvest Lunch served at The Crown - please pre order</i> From 12.00 pm Harvest Lunch served at The Crown - please pre order From 2.00 pm Teas inside and outside at church with demonstrations of the new lighting system at St John's. Please note all events will be following latest government guidelines concerning groups of 6 and/or relevant updates.
SUNDAY	18TH	TRINITY 19 9.30 am Morning Worship at St Margaret's Ockley 10.30 am Service of Holy Communion at St John the Baptist Capel
SUNDAY	25TH	LAST SUNDAY AFTER TRINITY 9.30 am Service of Holy Communion at St Margaret's Ockley 10.30 am Morning Worship at St John the Baptist Capel
<u>NOVEMBER</u>		
SUNDAY	1st	All Saints and All Souls 9.30 am Morning Worship at St Margaret's Ockley 10.30 am Service of Holy Communion at St John's Capel 3.00 pm Service of remembrance for the bereaved at St John's 5.30pm Service of remembrance for the bereaved at St Margaret's

Guidelines for Parish Sunday Services

We are following a more basic pattern of services at the current time and we would request that you note the following guidelines below so that we fulfil government guidelines for your safety:-

- Only 2 people to sit in each pew that is open (or one household and room for a single person)
Every other pew will be cordoned off
- Hand sanitiser which will be by the door to be used when you enter and leave.
- Masks must be worn in church (unless exempt), 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.
- No refreshments are currently served but do feel free to bring a water bottle with you.
- We are advised to ask you not to spend too long in the church building after the service as it has to be cleaned and sanitised.
- At Capel the toilet will be open and disinfectant available for you to wipe all surfaces after usage.
- We cannot sing as a congregation but there is music from our organists, choir, musicians, a small group of singers and/or recorded music as appropriate.
- The service will be printed on a sheet given to you as you enter the church along with the weekly newsheet. Please take both home with you.
- No collection will be taken but we ask that you leave your donation 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. Thank you.
- Holy Communion is given in one kind (wafer) and all necessary hygiene precautions are taken.

Please also note that St John's is open during the week and at weekends but St Margaret's is only open at weekends.
For all the latest information and updates please visit our parish website www.capelandockleychurch.org.uk



Harvest Festival 2020

Café church 11 October 10.30am. Harvest Festival will be celebrated as a café church this year. The Crown in Capel has kindly agreed to host us again and will be serving the usual coffee and croissants before the service. Vanda has kindly offered a special lunch at £8.50 per head for later. Please book for the lunch by phone 01306 713250 or email gladys@thecrowncapel.co.uk.

Church teas 2-5pm. To continue our harvest Festival celebrations the church at Capel will be decorated and open to visitors to see the new lighting. There will be waitress served socially distanced church teas. All are most welcome.

Notices & News of forthcoming events & Services

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We thank Wendy for her lovely pew ends in church made to restrict visitors and to keep social distancing measures. They are beautiful and have different words such as 'peace', 'joy', 'love' on them. Thank you Wendy!

Harvest Collections - money collected will go to the Sepsis charity, nominated by the Scouting and Guiding organisations.

Food donations can be left in church for **Harvest and beyond for Dorking Foodbank**. We would like to invite people to come into church to view the decorations and leave something by the altar for the Foodbank.

Wall repairs—Shaun is down again at the moment and working on the wall. It is coming along well. You are welcome to come and see the works taking place and catch up with Shaun!

All Souls Services will be held at BOTH churches this year—see the list of services and events on page 5.

Remembrance Service - this will be at Capel in the afternoon and will be a ticketed event. There will be a gun firing again this time, albeit a 'smaller' one we understand! *Ticketing arrangements for this service will be confirmed in due course.*

Please see Stuart Cole's update on local poppy collections on page 4. *This is an UPDATE since the October issue of the local village magazine was published.*

St Margaret's at Ockley is now open again at weekends only for visitors.

The heating works have been completed.



Weekly Sheets Editor

Would you like to do the weekly newsheets? I have now been doing them for nearly four years and would like to concentrate on producing InSpire each month.

Currently, Debbie von Bergen and I do alternate weeks. I will be finishing them at the end of October and hope that someone would like to take over!

Any more info, please either speak to Rev Liz, myself or Debbie von Bergen.

Suzanne Cole
01306 711449

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 Leigh Smith 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 Ms Jane Huttly will be published in our weekly pew sheets as well as in the Church Contacts on page 2 of each issue of InSpire.

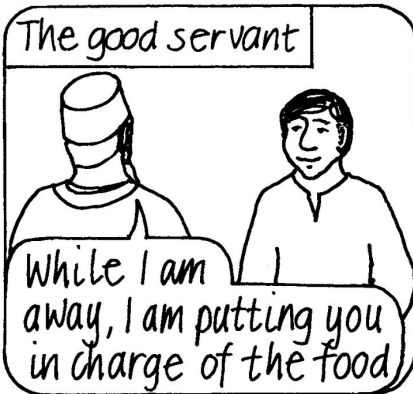
Bible Bite

A short story from the Bible

It can be read in the Bible in
Matthew 24:44-51, Luke 12:40-46

Jesus warned his disciples to be always ready for his return at the end of time by telling the story of two servants

The good servant



While I am away, I am putting you in charge of the food


My master could be away a long time; I will work as if he was here.



When the servants came for their food, he had it ready



He made sure everyone got their full amount every day



Then his master came back



Well done!

I am putting you in charge of everything I have



The bad servant



While I am away, I am putting you in charge of the food

My master could be away a long time; I can do what I want!



When the servants came for their food, he chased them away!



He had friends come round, and they ate and drank as much as they liked.

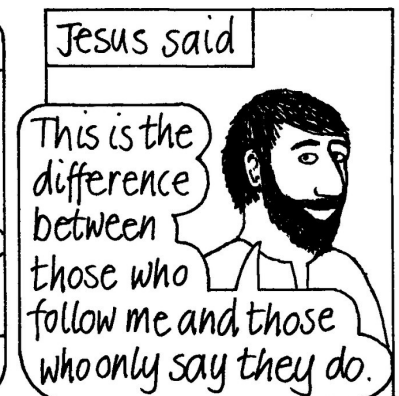


Then his master came back



and punished him.

Jesus said



This is the difference between those who follow me and those who only say they do.



a	j	e	s	u	s	z	y	y	x	e	l
m	t	v	f	o	l	l	o	w	l	j	w
o	s	e	r	v	a	n	t	i	t	t	e
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'Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful and so worship God acceptably with reverence and awe, for our God is a consuming fire.' Hebrews 12; 28-29

CHURCH LEADERS *continued from September*

'Therefore my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord because you know that your labour in the Lord is not in vain.' 1 Corinthians 15:58

THURSDAY 1st

Dear Lord Jesus, You care for all our churches and want them to reach their greatest potential. Bless our leaders, we pray, and the group of believers with whom we worship. May we be Your vehicle for changing the world.

FRIDAY 2nd

Heavenly Father, please cause Clare to be steadfast, immovable, and always abounding in Your work. Help her to know that her toil is not in vain.

SATURDAY 3rd

Lord, protect the sense of confidence of all leaders in You. May they not misplace any confidence in their own accomplishments or the abilities of other people. Direct them to draw near to Your throne of grace with confidence for their every need.

PEACE

'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.' Philippians 4:7

MONDAY 5th

Dear Lord, whenever we feel stress, anxiety or fear, help us to come to You. Help us to rest and relax while we pray and to let go of all thoughts that cause us distress.

TUESDAY 6th

Almighty God, kindle in our hearts the true love of peace. Guide those who make decisions for the nations of the earth, that in tranquillity, Your kingdom may go forward until the earth is filled with the knowledge of Your love.

WEDNESDAY 7th

Father God, we pray for a united world of tolerance and understanding among all people. We pray for an end to war and the alleviation of all suffering.

THURSDAY 8th

Gracious and Merciful God, we pray for those who grieve the loss of their loved ones through violent acts. May they know Your love in the midst of hatred and come to find the peace that passes all understanding.

FRIDAY 9th

Lord Jesus Christ, please bring Your comfort to those involved in domestic arguments or disagreements. Protect those who live in fear in their own homes where there should be peace, trust, respect, safety and love.

SATURDAY 10th

Father God, we want to live a life of obedience to You. Make us an instrument of Your peace. Teach us to love our enemies and to surrender our stubborn will to You and choose peace.

SUNDAY 11th

God of Hope, we thank You that You are always there in the hands of those who offer help and sustenance, bringing peace and love where there is conflict and sorrow.

JUDGEMENT

'Teach me knowledge and good judgement for I trust your commands.' Psalm 119:66

MONDAY 12th

Loving Father, help us to remember to be welcoming to those we see throughout the day. Help us to loosen the grip of judgement so that we may feel free and open to the limitless love around us.

TUESDAY 13th

Father, help us to avoid negative judgement of others. Cleanse us of all selfishness, resentment and critical feelings for our fellow human beings. By Your love, may we be bathed in generosity, appreciation and love for others.

WEDNESDAY 14th

Almighty God, we pray for the justice system in our country. We pray for Your kingdom to be seen in every part of it and Your truth to be declared in the courts.

THURSDAY 15th

Loving Father, forgive us when we are quick to judge others. Grant us the ability to accept and encourage and to let You do all the judging as only Your judgement matters.

FRIDAY 16th

Father, You are a shield around us. You bring love, hope and truth to all who trust and believe in You. We need fear no evil, for You watch over us and protect us from harm and wrong-doing. We thank You Lord.

SATURDAY 17th

Father God, please open the hearts of many so that we may see people the way You see people -- that we may love people the way You love people. Help us to acknowledge wrongs, give us clear minds and hearts to decipher the truth behind injustice. May we look at every circumstance through Your lens Lord, a lens of truth, love, grace, and mercy.

SUNDAY 18th

We praise You for creating humankind with a wonderful variety of bodies that have a staggering array of abilities. Forgive us for taking our own abilities for granted and forgive us when we judge those who do not have the same abilities.

DISCRIMINATION

'We have different gifts according to the grace given to each of us.' Romans 12:6

MONDAY 19th

Holy Spirit, teach us. Help us to remember that the body is made up of many parts, each one unique and every one necessary. Teach us to embrace the discomfort that comes from our diversity and to celebrate the fact that we are unified, not through our sameness, but through the blood of our Lord and Saviour, Jesus Christ.

TUESDAY 20th

Dear Lord, forgive us for building a wall between ourselves and those who experience mental illnesses. Grant us more wisdom and understanding, and give us the grace to include all people in Your kingdom.

WEDNESDAY 21st

Loving Father, just as You welcome us into Your kingdom, help us to love each other deeply, offer hospitality to one another without grumbling, and encourage each to use the gifts we have received to serve others, so that every one of us will be a faithful steward of Your grace in its various forms.

THURSDAY 22nd

Father God, You tell us to defend the cause of the orphan and the widow, to love the foreigner residing among us, to provide for the hungry and thirsty and to love our enemy. May Your Spirit fill us with hope and remind us that we are good enough for You, so that in all things, we will follow Your will.

FRIDAY 23rd

God, our Father, we thank You for Your presence in our lives. Lord, we ask that You teach us to love our neighbour so that we may obey Your commands. We ask that You teach us to have compassion for our neighbours who may be different from us, so that we truly understand what it is to love.

SATURDAY 24th

Lord, we pray for an end to discrimination in all its forms. We pray that each person will be valued and respected as a child of God. We pray that each of us will be cleansed of any feeling of racism or discrimination.

SUNDAY 25th

Lord God, we pray for all those in our world who are suffering from injustice: For those who are discriminated against because of their race, colour or religion. We pray for those who are deprived of reasonable health and education and for those suffering from hunger and famine. Show us how we can serve Your children.

KNOWING GOD'S WILL

'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.' Jeremiah 29:11

MONDAY 26th

Faithful God, we thank You for Your love and faithfulness. Help us to be aware that You are more willing to guide us than we are to be guided. In humility of heart we admit that we can do nothing by ourselves, but only as You give us Your sufficient grace, Your wisdom and Your strength.

TUESDAY 27th

Heavenly Father, You know us better than we know ourselves. You know our fears and our desires. Do not let our desires blind us to Your will.

WEDNESDAY 28th

Dear Lord, help us follow Your will. Give us peace about whatever is to come. We desire to do Your will and pray that we may serve You in the manner that You require.

THURSDAY 29th

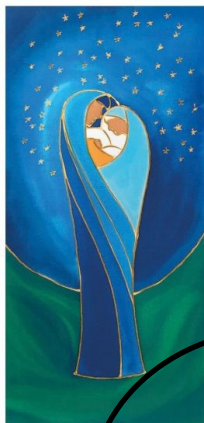
Father, help us to lay aside our own personal preferences and learn to say, "Thy will be done." Equip us to recognise Your gentle promptings and the wise counsel that is hidden in Your Word, and keep us from being swayed by our own inclinations.

FRIDAY 30th

Lord, give us patience to wait for Your time, wisdom to know what to do and humility to seek only Your will. Into Your hands we commit our future and thank You for the promise that You will guide us every step of the way.

SATURDAY 31st

Heavenly Father, we pray for Your will to be done in our lives and in this world, for Your way to rule here on earth as it does in heaven. Help us to submit to Your will and trust and obey You with an eager and joyful heart.



Holy Trinity Christmas cards
pack of 10 for £4.50

Christmas 2020 at Traidcraft

Just some examples from
Traidcraft's new
Autumn/Winter 2020
brochure!



The Real Advent Calendar (85g)



As low as

£3.99



Felt Handmade Mini Snowmen
Decorations - Set of Six

£11.95



Traidcraft Milk Chocolate Christmas
Tree Biscuits (200g)



As low as

£2.95

Christmas has arrived at Traidcraft! We have just obtained some more brochures which will be in both churches shortly. Alternatively, you can log on to the Traidcraft website: traidcraftshop.co.uk and we can then order for you if you would like us to. ***If we order as our church representatives, the churches benefit from 10% of all sales at the end of the financial year.***

Don't forget we are happy to deliver locally and will always follow current Government guidelines regarding Covid-19 to both you and us as safe as possible! Payment can be by cheque, cash or online transfer ... whichever is more convenient for you.

Suzanne & Stuart Cole

email: traidcraft@ansford.me.uk

or phone 01306 711449

Thank you!

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
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



Just some of our current stock!

Dear Readers,

I hope this issue finds you well. I have just returned from a week's holiday in Pembrokeshire (St Bride's) and feel very blessed to have had some time away with my family. With local lockdowns increasing in Wales, we were exceptionally lucky to be booked in a cottage in an area that wasn't in lockdown. Spending time with our grown up sons is very much a blessing these days and how I love their company! We spent the week mainly walking around the coast paths there which are glorious, although not on the first day of Storm Alex where even with my hefty weight, I feared I may get blown over the clifftop onto the rocks below and join some of the unfortunate shipwrecks!



I have been doing a physical challenge over the last three weeks to try and help raise money for the Motor Neurone Disease Association. I've walked 100 miles in 3 weeks which did prove to be a challenge, even for someone who normally walks once each day. I walked at every opportunity I got and often ran on the treadmill at our gym. Not a pretty sight I can assure you! But it focussed my mind to get those miles in at EVERY opportunity. Thinking of the MND sufferers around the UK who do not have the luxury of fit legs to carry them, spurred me on, even when my knee threatened to give up on me in the final week! I believe very much that charity is part of our duty and our pleasure as Christians. When my knee got painful, I had only to remind myself of those less fortunate, whether it be those with MND or other debilitating conditions and that was enough to keep me going. I'm not a great one for accepting challenges as I'm quite happy with the status quo (ie I'm a coward!) and I admit that I'm nervous of failure, but I am so glad to have taken part in this and it would encourage me to do something similar again.

Whilst on the subject of charities, I think that amongst all the bad news around us at the moment on the media and constant uncertainty of when this pandemic will end, it's heartwarming to read about some of the marvellous work that charities and their volunteers are doing, together with volunteer groups in communities such as the local Community Fridge in Dorking. Out of adversity comes hope ...

October's InSpire is packed with articles again which will hopefully engage you and enlighten you including news of a new Saint's Day in October honouring the remarkable Edith Cavell (page 18), another interesting article from Stuart Cole on the 'Moving of Easter' and why it falls on different dates each year ... so confusing! On page 26 there is an article entitled 'When Oxford accepted women' - A century ago, on 7th October 1920, Oxford University allowed women to become full members and study for full degrees for the first time, and the first 100 women were admitted. Interesting to note that Cambridge University did not give women equal status until 1947. We also have some lighter reads including a humorous Lockdown diary (page 24) done in July by Andrew Forsyth and a look at 'The Language of Church Going' on page 19.

I hope you enjoy this issue and I would very much welcome any contributions you may have? Please don't think 'it won't be relevant' ... I'm sure it would be! *I'd love more 'Lockdown diaries' from you all ... have you discovered any new hobbies or pastimes? Have you taken up something again that you haven't done for years? Have you found a lovely local walk that you could share with us or a favourite recipe? Please do share it with us!*

Enjoy October & Happy Birthday to our Rev Liz and any of you who also have birthdays this month!

With best wishes,

Suzanne



Two wonderful quotes sent in by our friend Zofia Golebiowska

"Life may be unpredictable and sometimes filled with painful separations, but we can take heart that everything takes a place under God's gaze. We can enjoy life and treasure the moments - the good and the bad - for our loving God is with us." **(Poh Fang Chia)**

"Whether we're enduring the unpredictable storms in life or enjoying the stillness after the rains have passed, the peace of God's constant presence lights our way through the darkness. Our living God will always be our strength, our refuge, our sustainer and our deliverer." **(Xochitl Dixon)**

The moving of Easter

by Stuart Cole

About ten or so years ago Surrey County Council held a consultation regarding school terms. They maintained that the timing of Easter moved, and this caused confusion, and that it would be simpler to move to a fixed length of school terms. As any choirboy, who has sat through a boring sermon, will tell you, Easter can be calculated according to a procedure in the Book of Common Prayer. This has been published since the Calendar (New Style) Act of 1750 changed the UK from the Julian to the Gregorian calendar. The Act says *“Easter-Day is always the first Sunday after the first full moon which happens next after the one and twentieth day of March, and if the full moon happens upon a Sunday Easter-Day is the Sunday after, which rule was made in conformity to the decree of the said general Council of Nice for the celebration of the said feast of Easter”*.

Easter Day occurred the third day after Passover, and this was on the 14th day of the first month of spring which was a new moon. However, whilst the Jews (and Islam) used the moon as a calendar, we follow the Egyptian’s calendar based on the phases of the sun. In the early Church the Pope proclaimed the date for Easter, but by the third century the Church, for ease of communications, wanted a way of calculating Easter Day independently and consistently. There was also a desire for Easter not to be linked to a Jewish celebration and to be celebrated on a Sunday. The First Council of Arles (314) decided that the same date should be used everywhere and the First Council of Nicaea (325) formalised the move away from the Passover – but which date? There were at least three different ways of calculating Easter. The Ionian church used a 84 year cycle and this was used by the Celts whilst the rest of the British Isles used the Roman calculation which had originally been an eight year cycle but to make it more accurate had been changed to one that repeated every 19 years. There was even one that ran on a 532 year cycle, but all had serious errors, and one erroneously calculated two days for Easter in the same year. The cause of these inaccuracies was marrying up a lunar year of 354 days 8 hours, 52 minutes and 48 seconds to the solar calendar of 365 days, 5 hours, 4 minutes and 12 seconds.

The Synod of Whitby (664) decided that the British Isles should follow the Roman calculation. However, the Ionian church did not initially change, but rather retreated from Northumberland and back into their island homeland. In 725 the Venerable Bede wrote down the method of calculating Easter which was used across the world until the Julian calendar gave way to the Gregorian one between 1583 and 1845. The Orthodox church still uses Bede’s original calculations although the Assyrian church has a different date roughly once per 100 years. We use Bede’s calculation modified to account for the Gregorian calendar. To make things even more complicated the first full moon after the twentieth day of March can occur at different times of the solar day. Therefore, at the Nicaean council they decided to use an approximation of the actual full moon and this is called the Pascal full moon.

Bede’s calculation to say the least is complicated. He calculated the corrections necessary in the lunar and solar years to calculate the Pascal full moon, the weekday of the first day of the year and taking account of leap years the days between the Pascal full moon and Easter day itself. It is a fantastic calculation which I doubt many could do today even given the instructions. It uses a series of what is known as ‘clock’ or modular arithmetic to calculate the errors that are built up over the years and calculate how these are affected by leap years and where the Sundays fall. The calculation was simplified through several tables and was a key part of the Book of Common Prayer of 1662. My copy of the BCP printed in the 1960s has the tables that enable you to calculate Easter Day from first principles until the year 8999. Even then it suggests that the pattern could be followed for subsequent years! In those days they certainly planned for the future.

Most copies of the BCP also give a shortened version where you first find the Golden Number by taking the number of

the year, adding 1, and then divide the sum by 19. The remainder, if any, is the Golden Number. If nothing remains, then 19 is the Golden Number. The next problem is to find the date of the first Sunday in the year by adding to the year its fourth part, omitting fractions; and also the number 6, Then divide the sum by 7 and if there is no remainder, then A is the Sunday Letter. If there is a remainder then the Sunday Letter is for 6 - B down to for 1 – G. Then look up both in the table on the right. The Alternative Service Book of the 1980s took a much shorter view, and simply printed a page of Easter Days until 2025 and this was perpetuated with the 1990s with Common Worship where the dates finish with 2030. I think it is shame that in the 1300 years since Bede wrote down the calculation for Easter we have simplified it to a list of dates for the next 10 years and there is nothing for a choirboy to read during a sermon.

ANOTHER TABLE TO FIND EASTER
till the year 2199 inclusive

Sunday Letters							
Golden Number	A	B	C	D	E	F	G
I	April 16	April 17	April 18	April 19	April 20	April 21	April 15
II	April 9	April 10	April 4	April 5	April 6	April 7	April 8
III	March 26	March 27	March 28	March 29	March 30	March 24	March 25
IV	April 16	April 17	April 18	April 12	April 13	April 14	April 15
V	April 2	April 3	April 4	April 5	April 6	April 7	April 1
VI	April 23	April 24	April 25	April 19	April 20	April 21	April 22
VII	April 9	April 10	April 11	April 12	April 13	April 14	April 15
VIII	April 2	April 3	April 4	March 29	March 30	March 31	April 1
IX	April 23	April 17	April 18	April 19	April 20	April 21	April 22
X	April 9	April 10	April 11	April 12	April 6	April 7	April 8
XI	March 26	March 27	March 28	March 29	March 30	March 31	April 1
XII	April 16	April 17	April 18	April 19	April 20	April 14	April 15
XIII	April 9	April 3	April 4	April 5	April 6	April 7	April 8
XIV	March 26	March 27	March 28	March 29	March 30	March 31	March 25
XV	April 16	April 17	April 11	April 12	April 13	April 14	April 15
XVI	April 2	April 3	April 4	April 5	April 6	March 31	April 1
XVII	April 23	April 24	April 18	April 19	April 20	April 21	April 22
XVIII	April 9	April 10	April 11	April 12	April 13	April 14	April 8
XIX	April 2	April 3	March 28	March 29	March 30	March 31	April 1

<https://www.churchofengland.org/more/media-centre/new-freshers-resources>

Students beginning university this Autumn will have come through extraordinary circumstances in order to get there. Many will start their experience learning remotely, perhaps at home, feeling as though they are missing out on unique student experiences.

Together with [Student Linkup](#), the Church of England has brought together prayers and resources to help young people prepare for University and find a church they can call home. There are also resources for the families of students and churches wanting to welcome young people at this challenging time.

For students:

- 1 Are you planning to start university in the autumn?
 - 2 It can be hard to know how to prepare with so many unknowns and uncertainties. Going to uni is the adventure of a lifetime. It's worth preparing well for an adventure.
 - 3 Join with other young people to journey together through [preparation for university](#) online.
- Download the [Student Linkup](#) app to connect with student workers and find a church that you can call home.

Leaving behind things that are familiar and setting out into the unknown is unsettling. During lockdown, we have perhaps all had a bit too much of home and familiar things, but that does not make the wider world any less threatening; in some ways it makes it more so. Listen to this reflection (<https://www.churchofengland.org/more/media-centre/new-freshers-resources>) Scroll down to 'Episode 8 Starting something new' on starting something new, created especially for those starting university or college, and have a go at some of the habits suggested by the author, Professor Chris Cook.

A prayer for students going to college or university

Lord, be with the Freshers of 2020.
Guide them, fill them with hope and compassion
and give them a thirst for learning.
Though things might be different than planned,
let each of them grow in faith,
experience your call in their lives,
and know that even in the uncertainty,
you are with them.
In Jesus' name,
Amen



Find resources that help you through your university experience and help you share your faith with others.

For families:

Families up and down the country are preparing to wave children or grandchildren off to university. Are they ready for university?

The Student Linkup box contains resources to help prepare for university. This resource is designed to help a young person lay the very best foundation for their time at university. You can buy one for £10 on this link for someone you know who is starting university/college: <https://www.fusionmovement.org/box>

A prayer for families as loved ones begin college or university

Dear Lord,
thank you for the blessing of our child,
who has now grown into a young adult.
Thank you for the gifts that you have given over the years, and the opportunities still to come
as this new chapter begins.
We entrust our child to your loving arms
and ask that you would keep them safe.
May they grow in the knowledge and love of Jesus, in whose name we pray. Amen.

In case you've not been in Beare Green Village Hall, recently it was refurbished in 2016, repainted very recently, has a modern digital projector and large screen and good sound system.

We spread the chairs out so the audience can distance themselves from one another.

Saturday 10th October	7.30pm	'Emma'
Saturday 14th November	7.30pm	'The Personal History of David Copperfield'
Saturday 12th December	7.30pm	'Military Wives'

Alan Smallwood



Some good advice!

Don't 'go it alone' If you are helping others at this time, remember to still leave space and time for yourself. Going the extra mile for other people all the time will only ensure one thing; your collapse. Work in teams. Even the Good Samaritan did not attempt to help the injured man all on his own; he brought in the innkeeper. By sharing the problem, they solved it!

Capel Christmas Fair Saturday 14th November 2020 - CANCELLED

It is with great sadness that Debbie and I have decided to cancel the first Capel Christmas Fair 2020 in aid of our Parish churches in Capel & Ockley and the Motor Neurone Disease Association (MNDA).

It was due to take place on Saturday 14th November in Capel and we have now advised our stallholders and charities.

We are aiming for **Saturday 13th November 2021** in both Capel's Memorial & Parish halls as before and have re-invited the same stalls and food providers. We very much hope that Covid-19 will be more under control by then and we can proceed.

Suzanne Cole & Debbie von Bergen



Coronavirus has left low-income families struggling with a significant deterioration in living standards and high stress levels. So warns a new report from Child Poverty Action Group and the Church of England.

The report, *Poverty in the pandemic: The impact of coronavirus on low-income families and children*, is based on a survey of families with children who are eligible for free school meals.

It found around eight in 10 respondents reported being in a worse financial position than before the pandemic, and half were much worse off because their income had fallen while costs have risen.

Nearly nine in 10 respondents reported spending substantially more than before on food, electricity, and other essentials – usually because they have been at home much more. Many families also said that the cost of food had gone up significantly during the early part of lockdown.

The Bishop of Durham, Paul Butler, who speaks for the Church of England on matters relating to children and families, said: "In these unprecedented times, we all need to ask ourselves urgently how we can help our neighbour. It is also imperative that the Government does all that it can to protect families and children."

Alison Garnham, Chief Executive of Child Poverty Action Group, said: "Low-income parents have been living under a cloud of anxiety in lockdown - trying to find money for family basics as their costs have been rising. That's taken a very heavy toll."

Church of England and RSCM await next steps following study into singing safety

The Church of England and Royal School of Church Music (RSCM) have been awaiting updated guidance on singing in places of worship after findings of a Government-backed study were published.

The research project, known as 'PERFORM', recently published its findings on measuring aerosol production from humans. It measured singing, speaking and breathing in a zero-background environment.

Researchers reported a steep rise in aerosol mass with increase in the loudness of the singing and speaking, rising by as much as a factor of 20-30. However, it was also found that singing does not produce substantially more aerosol than speaking at a similar volume.

The RSCM's Director, Hugh Morris said: "We welcome this news. Singing is of such importance in worship, and this is a really encouraging step towards its safe resumption.

"It is of course vital that all choirs and singing groups follow the relevant government advice, and so we look forward to receiving the latest guidance in this important area." The Church of England and RSCM both regularly update their advice following the publication of Government guidance.

Our teenagers are the least happy in Europe

So says the Children's Society in its recent Good Childhood Report, an annual consideration of childhood in the UK.

The Church of England charity found that 15-year olds in the UK score lower levels of life satisfaction than those in 24 other European countries. Levels of poverty, a lack of close friendships and pressure in school have all been found to contribute to the problem.

Chief executive of the Children's Society, Mark Russell, said: "Modern life has been chipping away at our children's happiness during the last decade. We need action and for the Government to provide long-term investment to stop this toxic trend."

***NEW 12th October:** **Edith Cavell, nurse**

Edith Cavell is a good saint for NHS workers this year: she cared for the sick despite the danger to her own safety.

Edith was a vicar's daughter from Swardeston in Norfolk, where she was born in 1865. She became a governess, but her heart was for nursing, so she went on to train at the London Hospital, before nursing in various hospitals such as St Pancras and Manchester.

When Edith was 42, she decided to go abroad, and was appointed matron of a large training centre for nurses in Brussels. She was still there seven years later, when the First World War broke out and German troops invaded Belgium on their way to Paris and the Channel Ports.

Edith's nursing school became a Red Cross hospital, and she turned down the opportunity to return to the safety of England. Instead, her nurses tended wounded soldiers from both German and Allied armies.



Sadly, in 1915, when the Germans began their occupation of Brussels, they took a dim view of Edith's work. But they would have been even more unhappy had they known she was helping to smuggle 200 British soldiers across the border into the Netherlands!



Finally, the Germans arrested Edith in August 1915, and put her into solitary confinement. They tricked her into confessing to a charge which carried the death penalty. But Edith refused to show either regret at what she had done, or any fear or bitterness towards her captors.

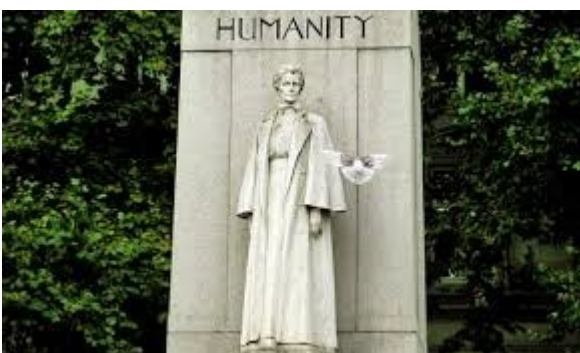
On 11th October 1915, the night before her execution, Edith was visited by the Anglican chaplain to Brussels, the Revd Stirling Gahan. Together they said the words of *Abide with Me*, and Edith received her last Holy Communion.

She told Gahan: "I am thankful to have had these ten weeks of quiet to get ready. Now I have had them and have been kindly treated here. I expected my sentence and I believe it was just. Standing, as I do, in view of God and eternity, I realise that patriotism is not enough. I must have no hatred or bitterness to anyone."

Edith was shot by a firing squad next day, on 12th October 1915.

After the war her body was exhumed and buried in Norwich Cathedral. Her memorial service in Westminster Abbey attracted thousands. A commemorative statue of her stands near Trafalgar Square.

Editor's note: If you would like to know more about this remarkable woman, you can go to:-
<https://edithcavell.org.uk/>



Standing as I do in view of God and eternity,
I realise that patriotism is not enough.
I must have no hatred or bitterness towards
anyone.

Edith Louisa Cavell, October 11th 1915

Editor: Canon Paul Hardingham considers a much-loved Psalm.

Psalm 90

'War simply aggravates the permanent human situation so that we can no longer ignore it. Human life has always been lived on the edge of a precipice.' (CS Lewis on World War II). Coronavirus powerfully illustrates this, and Psalm 90 demonstrates a right response to the crisis: *'Teach us to number our days, that we may gain a heart of wisdom.'* (12).

The Shortness of Life

We live as though life will go on forever, but in reality our time on earth is short: *'A thousand years in your sight are like a day that has just gone by'* (4). By contrast God, who inhabits eternity, sees the whole of history in a single moment. How can we see our lives in the light of God, who is *'from everlasting to everlasting'* (2). True wisdom is making sure that we don't waste the time we are given in this life!

The Fragility of Life

Living to 80 years old is definitely an achievement! We know how we wear out in life until we are dust again: *'You turn people back to dust, saying, 'Return to dust, you mortals.'*(3). This is the result of turning from God to sin: *'You have set our iniquities before you'* (8). True wisdom warns us not to trust in our own abilities or seek satisfaction in the things of this world.

The Love of God

During the pandemic, many have lost loved ones, yet if we allow God's love to take hold of our lives, even death can bring us closer to God: *'Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.'* (14). True wisdom is able to ask: *'May the favour of the Lord our God rest on us'* (17).

Things to make you smile

The language of church-going

BULLETIN:	Your receipt for attending the service.
HOLY WATER:	A liquid whose chemical formula is H2OLY.
HYMN:	A song of praise usually sung in a key three octaves higher than that of the congregation's range.
INCENSE:	Holy Smoke!
JUSTICE:	When your children have children of their own.
KYRIE ELEISON:	The only Greek words that most Catholics and Anglicans can recognise besides gyros and baklava (it means 'Lord have mercy')
PEW:	A medieval torture device still found in many Anglican and Catholic churches.
PROCESSION:	The ceremonial formation at the beginning of the service, consisting of altar servers, the celebrant, and late parishioners looking for seats.
RECESSIONAL:	The ceremonial procession at the conclusion of the service - led by parishioners trying to beat the crowd to the carpark.
RELICS:	People who have been going to church for so long that they actually know when to sit, kneel, and stand.
TEN COMMANDMENTS:	The most important – and oldest - Top Ten list.
USHERS:	The only people in the church who don't know the seating capacity of a pew.

Pandemic response is too centralised, say Welby and Mullally

by Ed Thornton
16 September 2020

TOO much central control is hampering the Government's response to the pandemic, the Archbishop of Canterbury and the Bishop of London, the Rt Revd Sarah Mullally, have said — and the same is true of the Church. In an [article](#) published in *The Daily Telegraph* on Wednesday, they write that the Government's response to the pandemic has largely been driven from the centre. This has included “shutting shops and pubs, closing schools and barring places of [worship](#). . . Few of us have experienced the sheer power of government like that in our lifetimes.”

They continue: “But with a vaccine still far from certain, infection rates rising and winter on the horizon, the new normal of living with [Covid-19](#) will only be sustainable — or even endurable — if we challenge our addiction to centralisation and go back to an age-old principle: only do centrally what must be done centrally. . .

“When it comes to Covid-19, the importance of local networks and communities becomes even greater. Scotland and Wales have shown that local public health is the best qualified to deal with local outbreaks. Local government, schools and voluntary agencies — including churches — can communicate well, act swiftly and measure risk and consequences on the ground. Giving them generous funding would be a good investment.”

They cite examples of churches responding to the pandemic at the parish level, including those “offering summer holiday experiences for families, or Hackney Church in east London, which has supplied over 100,000 meals since lockdown began”.

They acknowledge that the C of E is “not immune to the temptation to pull more decisions into the centre, to feel that ‘something is being done’. But it is a temptation that should be resisted. Often that ‘something’ might not be as effective as what could be done locally.”

They continue: “It's a challenge for government, and it's one we also accept in the Church of England. Where some have felt we have made too many decisions from the centre, we recommit to empowering clergy and parishes, which are and have always been the foundation of the Church.”

The *Telegraph* quoted “a source close to the Archbishop” as saying that he was “deeply concerned about Christmas and the impact of the ‘rule of six’ on the vulnerable, the needy, the poor and the elderly

The source continued: “He is concerned about families being kept apart and the knock-on effect that has, particularly on people who are on their own. The heart of the Christian faith is to love thy neighbour, which is increasingly difficult when strict rules are imposed by the centre.”

On Monday, the law was changed to address a rise in coronavirus cases, reducing the maximum number of people who can gather from 30 to six. It does not apply to places of worship (News, 11 September), where there is no prescribed limit to the number who can attend; or to Covid-secure weddings, funerals, and other “life-cycle” services, where no more than 30 people attend.

Government guidance on places of worship, updated on Monday, says: “Whilst engaging in an activity in the place of worship or surrounding grounds, all parties should adhere to social distancing guidelines. 2 metres or 1 metre with actions taken to reduce the risk of transmission (where 2 metres is not viable) between households are acceptable. For example, use of face coverings.”



Picture by Richard Watt
Archbishop Welby at Lambeth Palace
in 2018

Since 8 August, it has been mandatory for worshippers to wear face coverings (News, 7 August), although the guidance says that “those who are leading services or events in a place of worship, and those who assist them (for instance by reading, preaching, or leading prayer) do not always need to wear a face covering”.

The guidance goes on to state that, once a worship service has ended, “participants should be encouraged to move on promptly, to minimise the risk of contact and spread of infection. . .

“Worshippers should limit their interactions with anyone they are not attending your Place of Worship with, i.e. if they are attending a communal service with one other household, wherever possible they should try not to engage in conversation with anyone outside of this group.”

From our archive: Sky pilots and the Battle of Britain

15 September 2020

Battle of Britain Day is commemorated today (15th September 2020). In this article, first published in the *Church Times* in 2010, Andrew Wakeham-Dawson and Eleanor Rance look at the part played by RAF chaplains

A Spitfire and an Avro Lancaster bomber take part in a Battle of Britain memorial flight during the Battle of Britain Air Show at the Imperial War Museum in Duxford, Cambridgeshire, in September 2018

The Battle of Britain, fought entirely in the air between 10 July and 31 October 1940, reached its greatest intensity by mid-September.

The exploits of Fighter Command — the “few”, as Winston Churchill named them — in defending Britain in the air have become the stuff of legend and history. But, given the attendant loss and distress, who was there to pick up the pieces on the ground?

This was the task of Royal Air Force chaplains, such as the Revd Guy Mayfield, who was attached to RAF Duxford in February 1940, and was to serve there throughout the Battle of Britain. His diary reflects a life immersed in the ways of the station and its personnel.



As well as the tasks one might expect — prayers on the parade square, evening “surgeries”, Sunday services, and occasional offices — Mr Mayfield practised a ministry of presence. He went flying with the aircrew, spent evenings standing with the flare-path crews watching as night flying took place, attended dances and parties, and participated fully in the social life of the unit.

The Royal Air Force Chaplaincy was formed by the Revd H. D. L. Viener, a Royal Navy chaplain of 17 years’ service, shortly after the formation of the Royal Air Force on 1 April 1918, and towards the end of the First World War. It sought to bring the compassion and hope of the Christian gospel to the newly formed Air Force. Initially, there were 21 Church of England chaplains, and 14 chaplains who represented the Roman Catholic and Methodist Churches, and the Church of Scotland. These commissioned chaplains were supported by officiating chaplains, recruited from among clergy who lived near to the air stations.

By mid-1930, RAF chaplaincies had also been established in Egypt, Aden, Palestine, Transjordan, Iraq, India, and Singapore.

Continued on page 22

When the chaplaincy was founded, its structure reflected that of the Churches that provided clergy for the RAF; so the chaplaincy was organised strictly on denominational terms — very different from the cross-denominational approach of today.

Over the course of the Second World War, a total of 1000 clergymen served as RAF chaplains, at home and away; several became prisoners of war in Europe or the Far East, and a small but significant number lost their lives during active service.

RAF chaplains provided constant pastoral support for air-force personnel and their families during the Battle of Britain and the rest of the war. Among these was Padre Martin who, while based at Oakington, in Cambridgeshire, received a daily postbag of requests for news from relatives of downed aircrew, such as this one, from a young woman on his station.

Dear Sir, I wonder if you can give me advice. My husband has wrote [sic] to me, he is now a POW. Well I have been writing to his crew's next of kin. We promised each other we would write as soon as we get news. Well, Frank says the other 'boys' were killed. I don't feel as if I can write and tell them. What shall I do, if I write and say I've heard from my husband they will want to know about thier [sic] loved ones. Please let me know what you think I ought to do.

Mr Martin's experience was replicated across the country as chaplains took on the task of writing to bereaved relatives, recovering bodies from the wreckage of aircraft, or burying the dead.

At Duxford, Mr Mayfield's days were busy and long, and on many occasions he records that, just as he was about to go to bed, someone would seek him out to talk about a friend who had died, or about challenging questions faced by those living on the front line.

An early reflection from his diary — on the evening of a dance after the funeral of a pilot killed during night-flying training during the Battle of Britain — sums up the balance many RAF chaplains struggled to find:

I didn't dance, but talked to anyone who wanted to and propped up the bar. (Lots came, for beer heightens the theological instincts of the English. I had not felt like going to the dance. I had been shaken a bit by the crash, by writing to the next of kin, and by the funeral. When I got to my quarters I wondered whether this was how an RAF chaplain should work. I didn't know but it seemed to be the alternative to shutting oneself away both from the spilled blood and guts and from the human beings. I went on trying to follow that way. The chaplain was the one person who must not be shaken. He must not drown his sorrows. He should not be heavy, whatever his feelings were. He should be there. The policy seemed to work well, for almost always after a dance or a party, I would get people coming to see me to be taught, or to ask for help).

The chaplains' willingness to "be there" for their men inevitably took its toll. At the end of that year, Mr Mayfield reflects:

New Year's Eve party in the Sergeants' Mess. I only stayed an hour. I could not bear it any longer. There is nothing to sing about this year. I crept back here to sleep and to try not to think about the thunder and lightning which is threatened to come upon us very soon. I hadn't the heart to sing Auld Lang Syne in the bloody world as it now is. This is no time for 'old acquaintance'. Who'll be left to remember? If it is remembered next year, how much of it without bitterness and sadness, how much of it will be remembrance of times lost, of things left unsaid and unshared? I can't sing when we are on the edge of an abyss once again and about to be robbed of comrades and friends as we were last summer. The summer was one of brilliant sunshine, heat, shim-mer-ing landscape; I remember walking to the Mess every day with the impression that the sky was black and heavy as lead. . .

The Battle of Britain evidently gained its cachet quickly. As early as 1942, it was being used as a sermon illustration by RAF chaplains. "Whatever else the war has done, it has reminded us of the greatness of ordinary people," the Revd Leslie S. R. Badham, an RAF chaplain, said in his address "These Greatest Things".

"The blitzkrieg has thundered and flamed over cities and villages, and ordinary people have attained a new distinction. They have become heroic in a night. . . The Battle of Britain is a story of desperate odds fearlessly faced and overcome. Men with Wings, how was flesh and blood able to take those deadly chances 'grappling in the central blue'?"

Battle of Britain Day is now commemorated annually on 15 September, and Battle of Britain Sunday on the following Sunday.

The first official Battle of Britain service was held in 1943, in St Paul's Cathedral, to remember those who had lost their lives. The service now takes place every year, but is currently held in Westminster Abbey. The annual tradition is upheld widely elsewhere, too; services are held at cathedrals and churches throughout the country, and at RAF air stations at home and abroad.

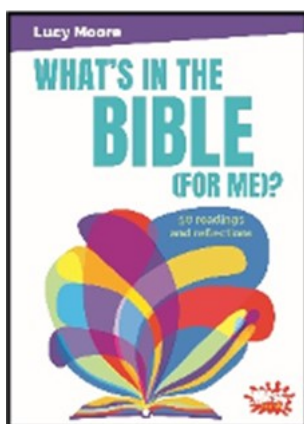
The Revd Dr Andrew Wakeham-Dawson is a Staff Chaplain at HQ Chaplaincy Services (RAF). The Revd Eleanor Rance has recently retired from the RAF Chaplaincy.

What's in the Bible (for me)? - 50 readings and reflections

By Lucy Moore, BRF, £4.99

Lucy Moore's pocket-sized guide to the Bible takes readers on an epic journey through 4,000 years of history. Spanning Old and New Testaments from Genesis to Revelation in 50 bite-sized readings, the founder and leader of Messy Church writes for families and individuals who are new to the Bible: its riches, puzzles and complexities.

Taking a single theme, she explores 'the big journey' of God's people in order to help the reader to better understand their own journey. She explains the different kinds of writing within the Bible and the different perspectives of the writers.

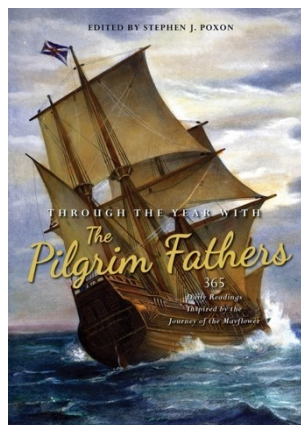


For anyone who wonders where to start reading the Bible, this is the perfect introduction and companion. It will, writes Lucy, 'fit in your bag or pocket, so it can go with you to the place where you have time to read it - on the bus or train, in the cafe or playground or on your lunch break. Scribble on it; wave it at your local minister or

Christian friend and make them answer your questions or listen to your theories. Safe travels!'

Through the Year with the Pilgrim Fathers - 365 daily readings

By Stephen Poxon, Lion Hudson, £12.99



The year 2020 witnesses the 400th anniversary of the voyage made by the Pilgrim Fathers, who sailed from England to America on board the Mayflower.

This epic excursion signalled one of the most significant episodes in Christian history, making as it did an enormous impact on the trajectory of Christianity in the USA.

Through the Year with the Pilgrim Fathers is a commemorative edition featuring excerpts relating to that event. It is a story of faith, adventure and courage. Each excerpt is married to a verse of Scripture and a prayer, providing 365 daily readings telling the story of great exploits in God's service.

Though I run through the Valley

By Pamela Johnson, Authentic, £9.99

At a time of ethnic cleansing and military dictatorship, being a Christian in predominantly Buddhist Myanmar brought huge risks and danger. Yet despite persecution, one family chose to use the weapon of love to combat evil.



'Though I Run Through the Valley' tells the incredible story of three generations of Karen Christians living out their love for God and each other by rescuing over 1000 children who have been orphaned, abandoned or made destitute by their country's upheaval. Theirs is not a story of merely evading the enemy and surviving, but instead one of seeking out the vulnerable and teaching them how to thrive.

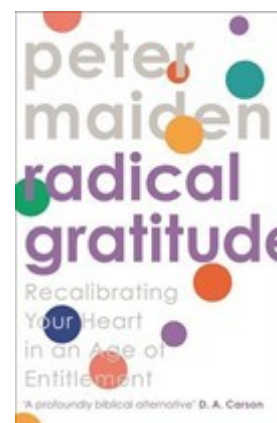
Daring to trust God against all the odds, this is the powerful story of one family's sacrifice over many years to protect and show the love of Christ to many lost children in Myanmar.

**

Radical Gratitude - recalibrating your heart in an age of entitlement

By Peter Maiden, 10ofthose, £7.99

As Christians we should be the most grateful people alive. After all, doesn't the Bible encourage thankfulness and condemn grumbling? Peter Maiden traces the theme of thanksgiving in Scripture, and shows how we can genuinely live counter-cultural lives even in an age of rampant entitlement. He explains how gratitude is the key to joyful, consistent Christian living, discipleship and mission involvement.



He considers how we can develop the habit of thanksgiving, the benefits of gratitude, and how we can be grateful, even in hard times. As he was writing this book, the author learned that he was suffering from incurable cancer. Far from derailing his message, this unwelcome news energised his efforts as he poured out his vision on the page with his now-limited resources. This is authenticity at its best. This book will be the author's last.

I have been asked to Inspire on “what I did during the lockdown?” Every year I do a Christmas letter to all those in the far flung reaches of the universe, so as I have already part done a diary of thoughts and events, I base it on this - generally quite chatty!

Just come back from Mauritius – planned in October 2019 when all was right with the World – who would have thought. What an island – been before and always hot and welcoming – now leaving them to survive Corona whilst they watch their livelihoods disappear in front of them – so sad and no social security there – tourism is / was a huge business – but no more. Fortunately got a flight back – full! - 22/03/20 (a date to remember!). Landed Gatwick 6.30am - Passport control empty - bag collection easy – taxi waiting - roads carless – got from aircraft to home in 35 minutes – but can do without this record!



Today is 26/03/20 – Happy Birthday Me - what a day – what a time – what a world!! WHAT A MESS! There’s a new word in the dictionary – CORONAVIRUS.

This is going to be a very long wait so the mind needs to be well occupied - try Lego Technic – look it up on line! This should be available on the NHS as therapy! I am currently doing the Land Rover Defender - 5000 parts - 2 books of instructions each of 500 pages! All very consuming and satisfying when all the square pegs go into square holes and vice versa. Now where to display such an iconic piece of construction!

It’s Easter Monday – Good Friday and Easter Sunday came and went! I watched an Easter Service from Kings College Cambridge – obviously recorded some year(s) ago – wonderful interior – beautiful music. I wonder what it would have been like if no congregation and the choir were all 2 metres apart – probably just as moving. I went there many years ago to listen to Rachmaninov’s Vespers - sung in Russian – word perfect (I think!) – all from memory - Gorbachov was there – memorable.

Today it’s bitterly cold (may have to put the heating back on if I can remember the code), so I am doing a bit of “artistic!” painting to add to the gallery in the bathroom. Back in February we had the radiators replaced with heated towel rails before the furore so we ended up painting bathrooms - could have left mine and just painted round each masterpiece which occupy most area!

Having got over the initial shock of this virus, (although to me it still feels surreal every morning when I wake up!) we are now already having the aftermath recriminations of what the Government should or should not have done – hindsight! – easy for those who don’t have to make the decisions – rather them and not me.

The world has seen Corona devastate globally – nobody could have predicted or imagined this in the way it has developed – no one is safe though some think otherwise! Lockdown is the new “in word”. So the question now is When will we start to recover? How will it happen? Will we try to move back to “before” or on to a “brave new world”

It’s the weekend after Easter– another 3 weeks of lockdown has just been announced – minimum! So to celebrate(!) I watched The Imitation Game – a favourite film - about Alan Turing breaking the Enigma Code. Marvellous what you can get through modern technology – and what you can spend with Amazon – frightening!

It’s 8th May – 75th anniversary of VE day. I am listening to Richard Strauss – 4 Last Songs – very soulful and somewhat ironic if not iconic! The comparison of 75 years ago with today is uncanny except today there are no crowds and little noise. The Second World War lasted 6 years – today we have only endured 6 weeks! Reminiscing from 75 years ago is almost uplifting when you see what was endured then. All united, contributed and everything was so well organised. The celebrations for this were a welcome distraction and Mortimer Road entered into them with full spirit and many other beverages at a safe distance. Roll on the opening of pubs so we can all stop drinking more!

Fortunately the weather has been very accommodating. We have worked in the garden – cut the grass / trimmed the borders / dug the veg patch / cut the grass / planted the Runners/French(!)/ Broad Beans / spinach and other useful fodder – and cut the grass

Now finally back on the golf course – only 2 ball format (golfing term!) – only members – only 9 holes – only twice a week – but if you haven't played for 6 months then that's enough for starters – and it was!

So is this the beginning of the end – the end of the beginning - or just another day!

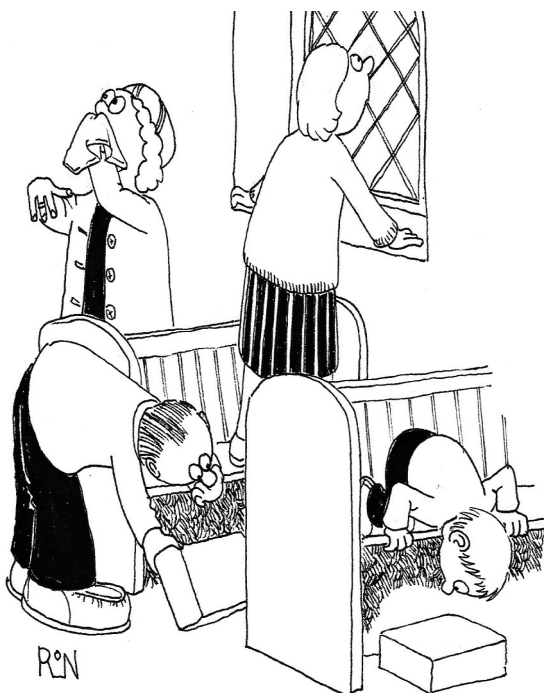
Warmer climes now – 27c – so everything is planted – if in doubt plant and see what happens – just needs watering – never a dull moment but at least it keeps body and soul active – who would have thought!

Flaming May has passed and we are now into chilly June but society heats up with the continuing virus

The debate continues over Corona – it's a bit like the yoki-coki (spellcheck – not there!!) – back to school / not back to school and as for pubs / shops et al, who knows if “in : out :in : out” - but don't shake it all about!

In spite of this situation and looking round our neighbourhood, we must accept that we are the lucky ones. All over the world there are those very much less fortunate. We all look forward to coming out of this so in the meantime we need to keep safe and sane.

Andrew Forsyth – July 2020



They knew it was left over from the Harvest Festival, but not what it was, or where...

COVID-19 Privacy Notice
Online List of Clergy, Staff and Visitors to
Church buildings

Capel and Ockley PCC currently have to 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. We have been publishing the full notice in the last two editions of InSpire 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](#).

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.

The full Privacy Notice is available in both parish churches and on the parish website.

It was:

500 years ago, on 21st Oct 1520 that Portuguese explorer Ferdinand Magellan's Spanish expedition to the East Indies discovered the Strait of Magellan at the southern tip of Chile.

175 years ago, on 12th Oct 1845 that Elizabeth Fry, died. This prison reformer and philanthropist was depicted on the British £5 note between 2001 and 2016.

100 years ago, on 7th Oct 1920 that Oxford University allowed women to become full members and study for full degrees for the first time, and the first 100 women were admitted.

90 years ago, on 22nd Oct 1930 that the BBC Symphony Orchestra gave its first concert.

80 years ago, on 9th Oct 1940 that during the Blitz, a German bomb destroyed the high altar of St Paul's Cathedral in London. Later that same month on 31st Oct, the Battle of Britain ended.

70 years ago, on 7th Oct 1950 that Mother Teresa founded what would become the Missionaries of Charity, in Kolkata, India.

40 years ago, on 3rd Oct 1980 that the Housing Act came into effect in Britain, giving more than five million council tenants the right to buy their homes.

Also 40 years ago, on 10th Oct 1980 that Margaret Thatcher gave a memorable and defiant speech defending her policies to combat inflation and economic recession. She told the Conservative Party conference in Brighton: "The lady's not for turning!"

30 years ago, on 8th Oct 1990 that East and West Germany reunited as the Federal Republic of Germany.

20 years ago, on 17th Oct 2000 that the Hatfield rail crash took place. Four people were killed when a high-speed passenger train derailed because of a cracked rail.

15 years ago, from 18th to 26th Oct that Hurricane Wilma, the most intense Atlantic hurricane ever recorded, caused massive damage worth \$29 billion across the Caribbean, Central America and the eastern USA. 63 people were killed.

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Editor: A significant cultural milestone was passed 100 years ago this month. By Tim Lenton.

When Oxford accepted women

A century ago, on 7th October 1920, Oxford University allowed women to become full members and study for full degrees for the first time, and the first 100 women were admitted.

Women had been attending lectures, taking examinations and gaining honours since the 1870s. Four women's colleges were established in those years – but no woman had been allowed to graduate and receive a degree although between 1904 and 1907 the so-called "steamboat ladies" travelled to the more liberal University of Dublin to graduate.

The 1920 decision was retrospective, and so at the first ceremony at which women were able to graduate more than 40 women did so. The first was Annie Rogers, who had achieved first class honours in Latin and Greek in 1877, and first class honours in Ancient History in 1879. She graduated on 26th October 1920.

Despite this leap forward, a quota limiting the number of female Oxford students to fewer than a quarter of the men was not removed until 1957, when the Warden of Wadham College, Sir Maurice Bowra, described it as "foolish and finicky" and declared that women were a "civilising influence".

Cambridge University did not give women equal status until 1947.

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With Harvest in mind...

Let us come before His presence with thanksgiving. - Psalm 95:2

Gratitude is the heart's memory. - French proverb

'Tis the season for kindling the fire of hospitality in the hall, the genial fire of charity in the heart. - Washington Irving

How worthy it is to remember former benefits when we come to beg for new. - Stephen Charnock

It is only with gratitude that life becomes rich. - Dietrich Bonhoeffer

Don't grumble because you don't get what you want; be grateful you don't get what you deserve. - Anon

There is nothing so stirring in the matter of moving us to pray as being thankful to God for what He has done for us and with us. - E F Hallock

With Bible Sunday ahead...

The entire Bible is a book on godliness. - Anon

Where Scripture leads, we may safely follow. - Loraine Boettner

There is no faith without God's Word. - John Calvin

Miscellaneous observations on our Christian pilgrimage

Keep the faith...but not from others! - Anon

What we take in by the Word we digest by meditation and let out by prayer. - Thomas Manton

Success can feather our nest so comfortably that we forget how to fly. - Vance Havner

To find your place and to fill it is success. - P Brooks

The Bible that is falling apart usually belongs to someone who isn't. - Vance Havner

Some miscellaneous observations on daily life and other people...

He is not only dull himself, he is the cause of dullness in others. - Samuel Johnson

He is simply a shiver looking for a spine to run up. - Paul Keating

The easiest way to find more time to do all the things you want to do is to turn off the TV. - O A Battista

Following the lines of least resistance is what makes men and river crooked. - Napoleon Hill

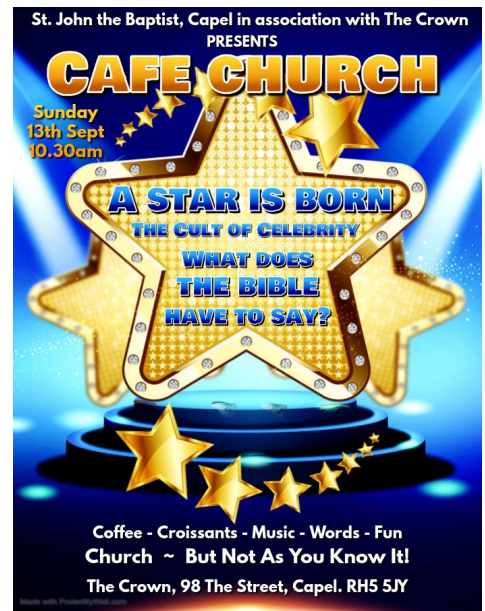
If you can hold your tongue, you can hold anything. E Stanley Jones

Simplicity - of *all* things, is the hardest to be copied. - Richard Steele

Justice is the handmaiden of truth, and when truth dies, justice is buried with it. - Ravi Zacharias

The cult of personality.

What is it that makes us so attracted to celebrities; to the rich, the successful, the famous, the infamous, the notorious? Why are so many magazines produced that focus on the private lives of the stars? Why is it that the more salacious the story, the more we feel drawn towards reading it? Why are so many column inches of our newspapers filled with coverage that seeks to build the profiles of these individuals up usually only in order to knock them down again? Why is social media obsessed with and driven by so-called celebrities? Why are our screens full of “reality” TV programmes? Think about them. I’m A Celebrity; Strictly; Celebrity Bake Off/Mastermind/Big Brother/Wrestling; and maybe the mostly aptly-named of them all, Pointless Celebrities! And you don’t even have to achieve anything of note these days to attain the status of “celebrity”. People are simply famous because they’re well-known. They’ve done nothing heroic or notable; made no contribution to the arts or society. They’ve simply agreed to appear in programmes like TOWIE or Love Island or, even more mystifying to me, they have become “influencers” and become rich and famous by telling their thousands of disciples that one shampoo is better than another or that Botox can give you the facial features of goddess! Is it just me, or has the world become so obsessed with fame that it’s completely lost the plot? We even have a situation now where the leader of the free world is a manufactured, reality TV star who appears to run his country like it’s a soap opera and communicates in sound bites via social media. And I’m not sure we’re any better over here. Political parties of all persuasions appear so obsessed with the image that they create that truth and justice are often sacrificed on the altar of presentation and preservation of the party line.



Why are we so driven towards making a name for ourselves?

Don't think that you're not vulnerable to all this. We each have the “starring role” in our own lives as we play out our own, unique stories through the ego that sits behind the masks that we present to the world. It's as though the fear of becoming invisible forces us to somehow make our presence felt. We need to be needed, to be seen, to be useful, to be loved, to be busy, to be.....special.

Could things get any worse? Well, whilst researching for this morning's service I discovered that there is now such a thing as “celebrity pastor syndrome” - the situation where the preacher becomes the focus of attention and not the message that he ought to be bringing. Charles Colson even said, “this celebrity illusion has become the dominant myth of our times. And few have embraced it with more enthusiasm than the Christian community.” (Incidentally, Colson was an advisor to Richard Nixon and came to faith just before he was indicted for his role in the Watergate scandal - so he knew all about the power of celebrity and media. After his conviction he went on to found Prison Fellowship Ministries.)

What do you call that thing where you put something else first instead of God? Oh, I know – idolatry! Celebrity worship has become the golden calf of the modern age.

What about this morning? What about this service? You see, we stand in front of you every month because we obviously feel we have something to offer! We want you to like what we do. We want you to tell your friends what a great experience it is coming to a different style of church service. We want to see the congregation grow as a result of our efforts. We use our personalities and gifts through the music, the readings, the poetry, the prayers, the preaching. We want to know that you like what we do. There might even be people here this morning who have come along *because* it's the Café Church team on parade! And here lies the slippery slope of building a personality-focused event where people come in the expectation that those of us that lead the service will make it an entertaining and enjoyable experience. We are *all* susceptible to either falling into the trap of placing others on a pedestal or being lured ourselves into a sense of being “special” because of what we do. That dreaded “celebrity syndrome”.

Maybe we need to take a step back and see what the bible (our Basic Instructions Before Leaving Earth) has to say about fame and how the biggest “personality” of all coped with the fame and notoriety that surrounded him.

Let's take just a couple of examples from the New Testament this morning. You see, it doesn't matter how humble we try to be, if we find ourselves in the front line of anything then people will look up to us, make judgements about us or seek to put unrealistic expectations on us. Look at Acts. Look at Paul, Peter and the other apostles as they tried to spread the good news of Jesus. In spite of the fact that, as Paul says in 1 Corinthians 2, *"When I came to you, I did not come with eloquence or human wisdom as I proclaimed to you the testimony about God. ² For I resolved to know nothing while I was with you except Jesus Christ and him crucified. ³ I came to you in weakness with great fear and trembling."* Yet people still wanted to focus on the messenger and not the message. Earlier, in 1 Corinthians 1, we see Paul saying, *"One of you says, 'I follow Paul'; another, 'I follow Apollos'; another, 'I follow Cephas'; still another, 'I follow Christ.'" It seems that it was ever thus; people have an insatiable need for a "celebrity" to look up to.*

And what about Jesus himself? Here is the man given "the name above all names" by God the Father. His mission on earth was to be the human manifestation of God's love and saving grace. You'd think that he would want to exploit every avenue to get his name known and his message heard. But what do we see time and time again - we see Jesus avoiding any worldly adulation. In John 5 and the story of the healing at the pool, we read about Jesus healing the crippled man.

Jesus said to him, "Get up! Pick up your mat and walk."⁹ At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath,¹⁰ and so the Jewish leaders said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat."

¹¹ *But he replied, "The man who made me well said to me, 'Pick up your mat and walk.'"*

¹² *So they asked him, "Who is this fellow who told you to pick it up and walk?"*

¹³ *The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.*

In Matthew 9 there's this miracle:

Jesus Heals the Blind men

²⁷ *As Jesus went on from there, two blind men followed him, calling out, "Have mercy on us, Son of David!" ²⁸ When he had gone indoors, the blind men came to him, and he asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. ²⁹ Then he touched their eyes and said, "According to your faith let it be done to you"; ³⁰ and their sight was restored. Jesus warned them sternly, "See that no one knows about this." ³¹ But they went out and spread the news about him all over that region.*

In Mark 5 is the story of Jairus' daughter:

³⁵ *While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. "Your daughter is dead," they said. "Why bother the teacher anymore?"*

³⁶ *Overhearing what they said, Jesus told him, "Don't be afraid; just believe."*

³⁷ *He did not let anyone follow him except Peter, James and John the brother of James. ³⁸ When they came to the home of the synagogue leader, Jesus saw a commotion, with people crying and wailing loudly. ³⁹ He went in and said to them, "Why all this commotion and wailing? The child is not dead but asleep." ⁴⁰ But they laughed at him.*

After he put them all out, he took the child's father and mother and the disciples who were with him, and went in where the child was. ⁴¹ He took her by the hand and said to her, "Talitha koum!" (which means "Little girl, I say to you, get up!"). ⁴² Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. ⁴³ He gave strict orders not to let anyone know about this, and told them to give her something to eat.

Continued on page 30

In the reading from Matthew we heard earlier, Peter declares, *“You are the Messiah, the Son of the living God.”* Jesus replies, *“Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven.”* And then he orders his disciples not to tell anyone that he was the Messiah.

Even when He was on trial for His life before Pilate, Matthew 27 tells us:

Jesus stood before the governor, and the governor asked him, “Are you the king of the Jews?”

“You have said so,” Jesus replied.

¹² When he was accused by the chief priests and the elders, he gave no answer. ¹³ Then Pilate asked him, “Don’t you hear the testimony they are bringing against you?” ¹⁴ But Jesus made no reply, not even to a single charge—to the great amazement of the governor.

What’s going on? Jesus clearly has *no* interest in any “cult of personality”. He is not about “making a name for himself” but he is *all* about allowing His Father in heaven to make known the “name above all names” in His good and perfect timing. And for me, this is the key. That true sense of value and self-worth that so many seek through “making a name for themselves” can only truly be found in the quiet moments where your actions are not seen by the world but only by your heavenly Father. It’s like the passage in Matthew 6 (which relates to fasting.) ¹⁶ *“When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. ¹⁹ “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.”*

We live in a society where fame is the name of the game and if we are not “somebody” then we are “nobody”. But God is looking for those moments of humility, self-sacrifice, love and compassion when our nothingness becomes the very thing that He can turn into something really worth shouting about.

~~~~~

All the time I’ve been preparing this thought for today I’ve been struck by the irony of the situation I find myself in. As I was writing this I was in the middle of a very interesting time. One of the young artists that I work with has just released a new single. He is a “nobody” in the world of music but he suddenly found his song at No.5 on the iTunes Rock Chart and I’m now frantically putting a team together to ensure that he can build on this unexpected success and really start to make a name for himself! I know that God wanted this morning’s service to be focused on the “cult of personality” and the fatuous nature of it - and at the same time I’m doing my best to build somebody’s career as a “celebrity”. God really does have a sense of humour!

## Bob Cranham

Editor: My thanks to James Moore for sending this picture of August’s Café Church at The Crown, Capel.





Christmas Cards

The Children's Society

I have received several brochures of **The Children's Society Christmas cards for 2020** which I will put in St John the Baptist, Capel shortly. They have an order form in them and a pre-paid envelope so that you can order direct if you would like to support the society.

Traditionally I have done a coffee morning in aid of The Children's Society the last few years but am no longer the Parish representative. In fact we now no longer have a representative unless someone would like to take on the role!

Suzanne Cole

Would you like a charity or challenge that you are involved in featured in InSpire?

If so, do get in touch!



Many of you who are linked to me on social media, will know that I have just taken part in **The Motor Neurone Disease Association's 'Mission 5000'**.

I committed to walking 100 miles in a month. I have in fact finished the challenge this morning on my return from Wales! I have done 100 miles by either walking or running at the gym in three weeks which is faster than I had hoped!

I took part in this challenge in memory of my father who died of motor neurone disease (MND) in 2015 and those who have MND now. They and their families need the support of the The Motor Neurone Disease Association (MNDA). The charity stands to lose £2 million this year because of events cancelled due to Covid-19. I know from personal experience what the MNDA offers to families facing life with MND and they are truly a lifeline.



Mission 5,000 MNDA



Show your support by going to this link  
[gf.me/u/yx9mq9](https://gf.me/u/yx9mq9)

It's called **'Mission 5000'** because there are approximately 5,000 people living with MND in the UK right now. I decided to take part when we had to cancel our planned **Capel Christmas Fair** due to Covid-19. We were going to be fundraising for MNDA and our Parish and sadly we cannot do that in the current circumstances.

I hope you'll forgive me doing an appeal in this magazine, but I'm equally happy to feature other people's stories, challenges etc *so please do let me know if you're taking part in something for a cause that is dear to you and maybe we can all support you too?*

Thank you for reading this.  
Suzanne Cole



## Wordsearch Clues

### All Hallows Eve – or Holy Evening

Modern Halloween celebrations have their roots in pre-Christian times. In those long-ago days, on the last night of October, the Druid priests celebrated the Festival of Samhain, or ‘Summer’s End’. They lit great bonfires and performed magic rites to ward off the dark supernatural powers of oncoming winter. Today, Christians turn to prayer instead of charms to overcome the powers of darkness. And the deeper, true meaning of All Hallows’ Eve, should not be forgotten. As Christians, we all draw closer to Christ when we remember and give thanks for our loved ones and for others who have gone before us through the gates of death.



All  
Hallows  
Halloween  
Druid  
Priests

Supernatural  
Powers  
Winter  
Christians  
Prayer

Christ  
Thanks  
Loved  
Death  
Gone

Festival  
Samhain  
Bonfires  
Magic  
Dark

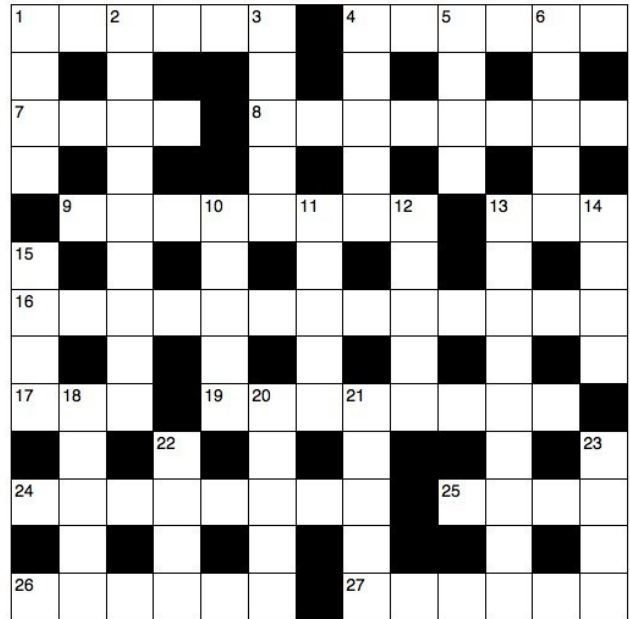
Charms  
Deeper  
True  
Eve  
Closer



# CROSSWORD

## Across

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all — before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their — end' (Psalm 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest (Luke 9:46) (8)
- 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
- 16 'He has sent me to bind up the — ' (Isaiah 61:1) (6-7)
- 17 Moved rapidly on foot (Matthew 28:8) (3)
- 19 and 8 ' — a great company of the — host appeared with the angel' (Luke 2:13) (8,8)
- 24 Hindrance (Romans 14:13) (8)
- 25 Comes between Luke and Acts (4)
- 26 Empower (Acts 4:29) (6)
- 27 'Get these out of here! How dare you turn my Father's house into a — !' (John 2:16) (6)

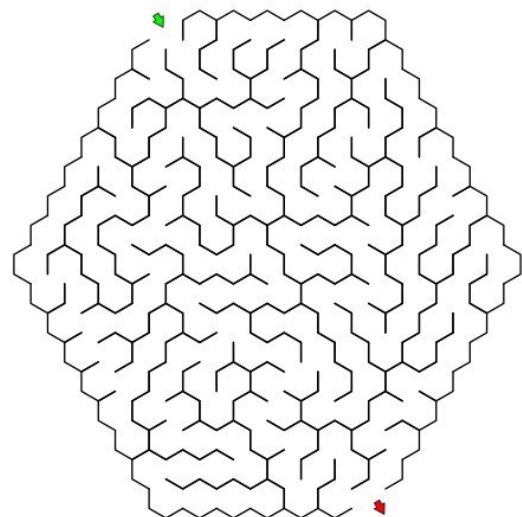


## Down

- 1 Sunrise (Psalm 119:147) (4)
- 2 The part of the day when Cornelius the Caesarean centurion had a vision of an angel of God (Acts 10:3) (9)
- 3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)
- 4 'No one can see the kingdom of God unless he is born — ' (John 3:3) (5)
- 5 Animal hunted or killed as food (Ezekiel 22:25) (4)
- 6 'He encouraged them — — remain true to the Lord' (Acts 11:23) (3,2)
- 10 Ruses (anag.) (5)
- 11 Jewish priestly vestment (Exodus 28:6) (5)
- 12 Visible sign of what had been there (Daniel 2:35) (5)
- 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)
- 14 'This is my — , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)
- 15 One of Noah's great-great-grandsons (Genesis 10:24) (4)
- 18 Traditionally the first British Christian martyr (5)
- 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)
- 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
- 22 Bats (anag.) (4)
- 23 'You strain out a — but swallow a camel' (Matthew 23:24) (4)

## Medium Level Sudoku

|   |   |   |   |   |   |   |   |  |
|---|---|---|---|---|---|---|---|--|
|   |   |   | 5 |   |   |   |   |  |
|   |   | 8 | 7 | 4 |   |   | 5 |  |
| 4 | 9 |   |   |   |   | 6 | 1 |  |
|   |   | 1 |   |   |   |   | 8 |  |
|   |   |   | 4 |   | 5 |   |   |  |
|   | 7 |   |   |   |   | 3 |   |  |
|   | 1 | 3 |   |   |   | 8 | 6 |  |
|   | 6 |   |   | 7 | 8 | 4 |   |  |
|   |   |   |   |   | 6 |   |   |  |



**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*

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

***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.**

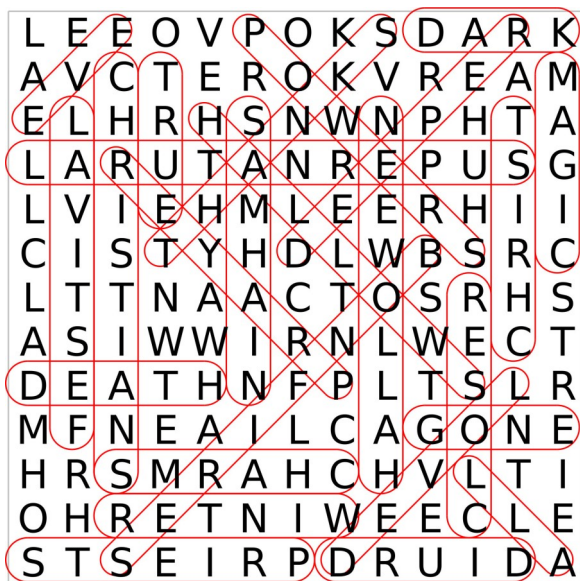
# Puzzle Solutions

## CROSSWORD ANSWERS

**ACROSS:** 1, Deacon. 4, Appear. 7, Wits. 8, Heavenly. 9, Argument. 13, Mob. 16, Broken-hearted. 17, Ran. 19, Suddenly. 24, Obstacle. 25, John. 26, Enable. 27, Market.

**DOWN:** 1, Dawn. 2, Afternoon. 3, Nehum. 4, Again. 5, Prey. 6, All to. 10, Users. 11, Ephod. 12, Trace. 13, Metalwork. 14, Body. 15, Eber. 18, Alban. 20, Uncle. 21, Dream. 22, Stab. 23, Gnat.

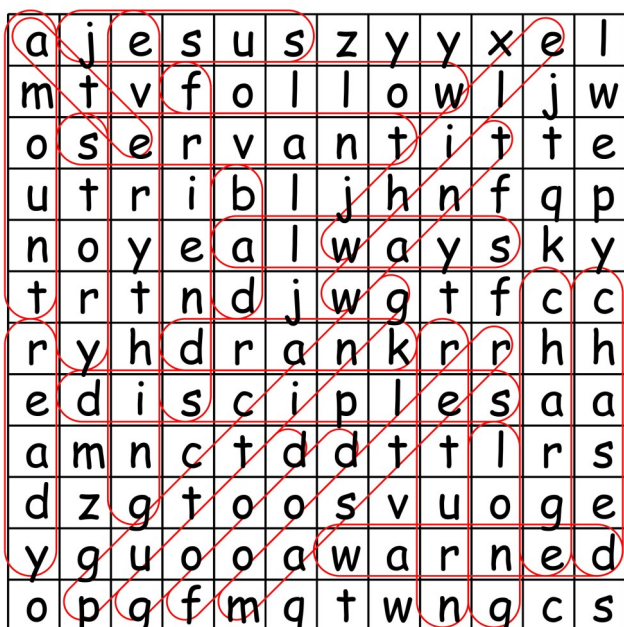
### Wordsearch solution



### Crossword solution




### Junior Wordsearch solution



### Medium Sudoku solution

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



St. John's, Capel  
invites you to

Café Church

*Remembrance*  
DAY

NOVEMBER 8th ~ 10.30am

Coffee ~ Croissants ~ Music ~ Words  
Reflection

at The Crown, 98 The Street, Capel. RH5 5JY.

Made with PosterMyWall.com

Your contributions would be most welcome and any copy for this publication should be sent to  
Suzanne Cole [editor@capelandockleychurch.org.uk](mailto:editor@capelandockleychurch.org.uk) **By 25th of each month please.**  
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