

Issue 59 - March 2022 FREE of charge - please take a copy!

# InSpire



The flowers are blooming, the time of birdsong has come!

Song of  
Songs 2:12

The monthly publication for the Parish of Capel and Ockley



**Cottage Concerts & St. John's Church**  
**SATURDAY,**  
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Thank you!

**Suzanne Cole, Editor**

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



## Contents:-

- 4 Rev Liz's letter
- 5 Services & Events for March
- 6 Café Church
- 7 Prayers for Ukraine & Peace
- 8 News
- 10 News from the Pews
- 12 My Favourite Hymn
- 13 Parish Brief from the Diocese
- 14 Lent 2022
- 15 Letter from the Editor
- 16 Items for Reflection
- 18 High Days & Holy Days in March
- 20 Prayer Diary for March
- 22 Mothering Sunday
- 24 Albinism in Uganda
- 26 News from the Belfry
- 27 Allotments in Temple Lane Ad and  
60 years since Bob Dylan's first Album
- 28 The Good, the Bad & The Impossible Part 1 by Chris Cooper
- 30 Puzzles
- 31 Book Reviews
- 32 Junior InSpire
- 34 Puzzle solutions
- 35 Tea Dates inc. amendments
- 36 Traidcraft

**"God is our refuge and strength,  
an ever-present help in trouble.  
Therefore we will not fear,  
though the earth give way'.**

**Psalm 46:1, 2, NIV**

## One to make you smile ...

### Daily prayer

Lord, keep your arm around my  
shoulder and your hand over my  
mouth ...

## Don't want a paper copy ...

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This issue is kindly sponsored by  
**Irene Cole & Margaret Zandona**

In loving memory of Stan Cole  
whose birthday was 11th March

and Margaret's mother Anne  
"Thank you for walking with me every day"

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# Rev Liz writes

*Dear all,*

So this month begins on a strong note with Ash Wednesday. The day before is of course one of my most favourite days - Shrove Tuesday - or Pancake Day! Oh dear I am hoping to stick to my diet for the next six weeks before Easter and here I am already anticipating pancakes.... anyway I digress, back to Ash Wednesday!

Ashes are an ancient sign of penitence which became the custom from the middle ages as a way of marking the beginning of Lent. By way of preparation by the clergy it involves burning palm crosses from last year and mixing the ash with oil. Have you ever tried frying last year's palm crosses in a frying pan?! A rather mucky business to be honest! Luckily these days you can buy ready made ash.

This custom of 'ashing' is not something I knew about until I attended a church that practiced it but now I know it I actually rather like it! Yes it can look a bit like you haven't washed your face with a dirty grey mark on your forehead. Yet it is the sign of the cross marked in ash along with the immortal words 'Remember that you are dust, and to dust you shall return. Turn away from sin and be faithful to Christ'. It indeed acts as a symbol of our mortality and as a sign that we intend to move away from those things we know are not good for us and to begin again. Another fresh start! Something that has always rather put me off Lent is the rather austere practices that have been associated with these six weeks of preparation before Easter. I'm not good at austere! One of which is the habit a lot of people seem to have of choosing to give up chocolate or similar treat during this time. As I said I hope to use the time as a bit of personal discipline I know, but on my diet you can eat treats! I have said it before I know but I like to think of Lent as not so much giving things up, well not good things anyway, but of doing something different particularly in a giving way that I don't normally do. A sort of adding something to my life during Lent which will bring life in the fullest sense.



Later on this month we will be filling our churches with Spring flowers as we celebrate Mothering Sunday so I hope you may join us at one of our services that day. Posies of flowers are given to all and left in our porches for you to pass on to someone you know who might appreciate it. So I wish you a good Lent and please do join us on Ash Wednesday at 11 o'clock in St John the Baptist if you care to join us in a meaningful start to the season. Study wise you may like to join an online course run by St Peter's Newdigate on the subject of unanswered prayer. Each session stands alone and will cover some of life's most difficult questions. Please see details below.

As always my love and prayers,

*Revd Liz*

**Revd Liz Richardson**

[liz@hostmyserver.co.uk](mailto:liz@hostmyserver.co.uk) 01306 711260

Vicar St John the Baptist Chapel and St Margaret's Ockley

Why aren't my prayers working?  
Where is God when heaven is silent?  
How am I going to get through this?



## **St Peter's Lent Course**

*'Un-answered Prayer'*

Join us on Monday evenings during Lent 8pm-9pm

7<sup>th</sup> March, 14<sup>th</sup> March, 21<sup>st</sup> March, 28<sup>th</sup> March, 4<sup>th</sup> April

The Prayer Course II is an opportunity to process life's most painful questions. Using video followed by discussion each session is led by Pete Greig of 24/7 and stands alone

St Peter's Contact : David Newbery

Email: [newberyda@gmail.com](mailto:newberyda@gmail.com)



# CHURCH SERVICES AND EVENTS FOR THE PARISH OF CAPEL AND OCKLEY MARCH 2022

## MARCH

**WEDNESDAY 2nd**  
11.00 am  
**Ash Wednesday**  
Service of Holy Communion  
with imposition of ashes at St John the Baptist Capel



**SUNDAY 6th**  
9.30am  
10.30am  
**First Sunday of Lent**  
Matins at St Margaret's Ockley  
Family Communion at St John's Capel

**SUNDAY 13th**  
9.30am  
10.30am  
**Second Sunday of Lent**  
Holy Communion CW at St Margaret's Ockley  
Cafe Church at St John's Capel

**SATURDAY 19th**  
From  
9.00 am  
**Second Working Party** in St John's churchyard in preparation  
for the Garden of Remembrance. Do come suitably dressed  
and with trimmers/secateurs! Refreshments will be  
available!



**SUNDAY 20th**  
9.30am  
10.30am  
**Third Sunday of Lent**  
Matins at St Margaret's Ockley  
Family Communion at St John's Capel & **TRAIDCRAFT after the service!**

**SUNDAY 27th**  
9.30am  
10.30am  
3-5pm  
**Mothering Sunday and Fourth Sunday of Lent :**  
All Age Service at St Margaret's Ockley  
Morning Worship at St John's Capel  
**Teas at Capel Church**



## APRIL

**SUNDAY 3rd**  
9.30am  
10.30am  
11.30am  
3-5pm  
**Fifth Sunday of Lent**  
Matins at St Margaret's Ockley  
Family Communion at St John's Capel  
APCM at St John the Baptist Capel  
**Teas at St Margaret's Ockley**



BCP - service is from The Book of Common Prayer 1662  
CW - service is from Common Worship 2005

## COVID UPDATE

It is most likely that we will still be observing social distancing as far as it is possible inside our churches and requesting that people continue to wear face masks as well as the other important precautions we will be putting into place. Congregational singing is currently taking place but there are always arrangements for seating for those who don't wish to sing.

Services & Events on website: <https://www.capelandockleychurch.org.uk/>



### ***Spring's fresh start.***

March already? It will soon be Christmas! (Bah - Humbug!!!)

Seriously, one of the wonders of March, and springtime in general, is how things mysteriously start to appear sprouting from the ground. Where once was a muddy puddle at the end of the garden there are now snowdrops, crocuses and daffodils. It seems incredible to me (a non-gardener!) that, despite everything that the winter has thrown at them (frost, ice, snow, freezing temperatures), these plucky little plants are determined to have their day in the sun and to herald the longer days and warmer temperatures to come. It's a miracle.

Maybe there's a parallel to our existence over the past couple of years. We've been shut away, locked down, had all manner of "heavy weather" thrown at us, but the green shoots of normality seem to be breaking through. I guess we all have stories of how the pandemic has affected us personally or those that we know? At best, we may have managed to avoid the virus altogether, at worst we may have endured a difficult recovery from illness or, indeed, have lost loved ones. But we're still determined to get back to normal, to be back outside enjoying the sunshine and the welcome rise in temperatures.

For some, it may not be just the impact of the pandemic but the pressures that lie ahead as living costs start to soar. The winter may be behind us but stormy weather lies ahead as we try to juggle a fixed income/pension against the moving target of rising prices. The worry can feel all-consuming.

As this is a "church" column that I write each month you'll be expecting some sort of encouraging verse from the bible that I can trot out to make things seem better. How about, Matthew 6 v25&26: *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"*

But some of you who have bothered to read this far will be sick of the simple platitudes of the do-gooder Christian who dares to make the desperate reality of life into something that can be glossed over with a quote from a "loving God" who seems to have completely ignored your circumstances. A God that seems to have no understanding or empathy with suffering. Maybe you even blame him? But you'd be wrong. Look at Jesus, God's son. When he prayed on the Mount of Olives in Luke Ch.22 it says that his sweat "fell like drops of blood" as he contemplated his fate. And even when he was on the cross he cried out, *"My God, my God, why have you forsaken me?"*

It's a mistake that we all make in thinking that God is above our ordinary lives. He is absolutely there in the difficult times, walking alongside, knowing the fears and the uncertainty - which means that he is only a prayer away. And if you find it impossible to pray at home then maybe that's why the church is right in the centre of our village. It's open all day every day. Or give the vicar, Liz, a call. Her number is in the back of this magazine. There is hope in the darkness and something fresh and new waiting to bloom in all of our lives.

***Bob Cranham***

Café Church this month meets inside St. John's, Capel. It's a relaxed, welcoming get together for anyone and everyone. The band will play; songs will be sung; poems will be read; there will be laughter; there will be plenty to think about AND there will be refreshments!

**Sunday 13th March at 10.30am at St John's, Capel**



## PRAYER FOR UKRAINE

God of peace and justice,  
we pray for the people of the Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion to guide their  
decisions.  
Above all, we pray for all your precious children, at risk and  
in fear,  
that you would hold and protect them.  
We pray in the name of Jesus, the Prince of Peace.

Amen



### Isaiah 9.1-6

But there will be no gloom for those who were in anguish.  
In the former time he brought into contempt the land of  
Zebulun and the land of Naphtali, but in the latter time he  
will make glorious the way of the sea, the land beyond the  
Jordan, Galilee of the nations.

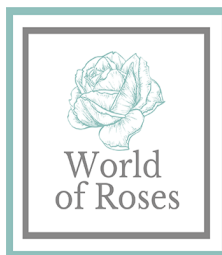
The people who walked in darkness  
have seen a great light;  
those who lived in a land of deep darkness -  
on them light has shined.  
You have multiplied the nation,  
you have increased its joy;  
they rejoice before you  
as with joy at the harvest,  
as people exult when dividing plunder  
For the yoke of their burden,  
and the bar across their shoulders,  
the rod of their oppressor,  
you have broken as on the day of Midian.  
For all the boots of the tramping warriors  
and all the garments rolled in blood  
shall be burned as fuel for the fire.  
For a child has been born for us,  
a son given to us;  
authority rests upon his shoulders;  
and he is named  
Wonderful Counsellor, Mighty God,  
Everlasting Father, Prince of Peace.

## A Prayer for Peace

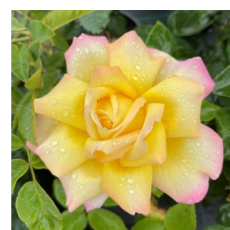
Almighty God,  
from whom all thoughts of truth and peace proceed:  
kindle, we pray, in the hearts of all, the true love of peace  
and guide with your pure and peaceable wisdom  
those who take counsel for the nations of the earth  
that in tranquility your kingdom may go forward,  
till the earth is filled with the knowledge of your love;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen

### Psalm 72. 1-7

Give the king your justice, O God,  
and your righteousness to a king's son.  
May he judge your people with righteousness,  
and your poor with justice.  
May the mountains yield prosperity for the people,  
and the hills, in righteousness.  
May he defend the cause of the poor of the people,  
give deliverance to the needy,  
and crush the oppressor.  
  
May he live while the sun endures,  
and as long as the moon, throughout all generations.  
May he be like rain that falls on the mown grass,  
like showers that water the earth.  
In his days may righteousness flourish  
and peace abound, until the moon is no more.



There are lots of different ways to help  
the people of Ukraine right now, but you  
may like to know that World of Roses are  
donating 100% of sales of the 'Peace  
Rose' (pictured below) in the month of  
March to charities  
supporting the people  
of Ukraine.



So if you like roses and you'd like to help ...  
[https://www.worldofroses.com/  
product/4830/peace-rose-potted](https://www.worldofroses.com/product/4830/peace-rose-potted)



## World Watch List for 2022 names worst 50 countries

Afghanistan is now the worst country in the world for the extreme persecution of Christians.

So says Open Doors, which has recently released the 2022 World Watch List, its annual ranking of the top 50 countries where Christians face the most extreme persecution.

For 2022, Afghanistan comes top because the Taliban are back in control. North Korea now comes second, followed by Somalia, Libya, Yemen, Eritrea, Nigeria, Pakistan, Iran, and India in the top ten.

But the problem is worldwide. "At least 360 million Christians around the world experience high levels of persecution and discrimination," says Open Doors. "That's an astonishing one in seven of the global Christian population.

"Persecution of Christians has reached the highest levels since the Open Doors World Watch List began nearly 30 years ago."

And Open Doors warns that the Taliban victory in Afghanistan has "bolstered Islamic militants in neighbouring Pakistan and may well embolden jihadist groups in other regions. The Taliban's success encourages extremists around the world."

Certainly, Christians across sub-Saharan Africa also face increasing violence from Islamic militants. In Nigeria, more Christians are killed for their faith than in the rest of the world combined. But they are also badly persecuted in Mozambique, the Democratic Republic of Congo, Central African Republic, Mali, Cameroon, and Burkina Faso.

**Meanwhile, the global Church is increasingly a refugee church, because of the more than 84 million people around the world who have been forcibly displaced and are living as refugees in another country or displaced within their own country, many are Christians fleeing persecution.**

Open Doors says, "Sadly, life on the move or in refugee camps is even more fragile, with discrimination, extortion, human trafficking and sexual violence. A displaced church is a vulnerable church."

Open Doors partners work with refugees in many countries, providing vital aid, shelter and fellowship to Christians in need. If you would like to help them, or learn more about the World Watch List, visit: <https://www.opendoorsuk.org>

## Every church region in the country signs up to become an Eco Diocese

All 42 dioceses in the Church of England have signed up to become an 'eco diocese' as part of their commitment to reach net zero carbon by 2030.

The Eco Dioceses scheme, developed by the charity A Rocha UK, sees churches and dioceses awarded bronze, silver, or gold status depending on actions taken to improve their environmental footprint.

The Church of England is seeking to reach 'net zero' carbon by 2030 to meet a target set by General Synod in 2020.

Graham Usher, the Bishop of Norwich and lead bishop for the environment, said:

"A Rocha UK's Eco Church and Diocese scheme is a great tool which enables local churches at every level of their climate justice journey to engage with environmental issues. As Christians, we must make real differences to our lives to care for God's creation and limit the impact of the climate emergency.

"The whole Church is currently looking at our proposed Routemap to Net Zero Carbon by 2030 and I would encourage everyone to read it and engage with the survey so we can make the journey to net zero carbon together."

## New 'cathedral' of digital worshippers emerges from online broadcasts

Members of a new 'cathedral' of online worshippers, formed since the first lockdown, have played a key role in the Church of England's recent 100th national online service.

The first national online service was broadcast from the crypt chapel at Lambeth Palace on Mothering Sunday 2020 as the nation went into lockdown. Since then, a service has been broadcast every Sunday – with additional services broadcast over Easter, Advent and Christmas.

The success of the online broadcasts has been described as "bit like an online cathedral - we have a solid core of worshippers and lots of visitors who stream a service occasionally."





## **UK Minority Ethnic clergy to take part in House of Bishops**

Plans to elect clergy of UK Minority Ethnic or Global Majority Heritage backgrounds to serve in the House of Bishops have been agreed in what is hoped will be a “catalyst for change” towards making the leadership of the Church of England more representative.

Under the scheme, there will be at least 10 UKME/GMH people taking part in meetings of the House – either as existing members or new ‘participant observers’ – later this Spring.

The House of Bishops is made up of the most senior bishops in the Church, including all of the diocesan bishops and some elected suffragans. At present there are just four UKME/GMH bishops in the House, out of 53 places. Under the plans, the House will ensure that at least 10 can be present, either as members as of right; as suffragan bishops appointed as participant observers, or as priests elected as participant observers.

## **Clergy wellbeing during pandemic analysed**

A new report detailing how clergy have fared in the Covid pandemic has been published, as part of the findings from the Church of England’s *Living Ministry* research programme.

*Clergy Wellbeing in a Time of Covid: Autonomy, Accountability and Support*, sets out how clergy have reported on their levels of physical, mental, spiritual, relational and financial wellbeing during the pandemic. The study also reports on respondents’ perspectives relating to autonomy, accountability and support.

Dr Liz Graveling, who oversees the research programme, said: “It will be of little surprise that the biggest impacts on wellbeing were in the areas of mental health and relationships. However, ... strong connections with other people were crucial to clergy wellbeing before as well as during the pandemic.”

The *Living Ministry* programme is a 10-year research project into the flourishing of Church of England ordained ministers. The project launched in 2017.

## **Getting ready for Lambeth**

Bishops across the Anglican Communion are taking part in a new series of Bishops’ discussions, as part of their journey to the Lambeth Conference.

‘Ministry in a Conflicted World’ began to run online in February, and will run until April, allowing the bishops to consider leadership and ministry in a complex world.

The Rt Revd Anthony Poggio, Adviser to the Archbishop of Canterbury on Anglican Communion Affairs, explains: “The world we live in today is divided. Bishops around the world are often leading and ministering in situations facing conflict, challenge or polarisation.”

The Lambeth Conference will take place at Lambeth Palace, the University of Kent and Canterbury Cathedral this July.

## **The Archbishop of Canterbury speaks on vaccines**

The Archbishop of Canterbury has shared his doubts about mandatory vaccines, while urging people to get vaccinated “to look after their neighbours”.

“I’m not personally in favour of compulsory vaccination by law,” the Most Revd Justin Welby recently told BBC’s Today programme. “But I am very much in favour of encouraging people, of incentivising people to get vaccinated.”

The leader of the Church of England made the remarks as he was asked about what he thought of individuals who refuse the Covid vaccine.

He said: “Condemning people doesn’t do much good, far from anything else. But also, it increases the general sense of anger that comes at a time of insecurity and fear and grief. I think we need to be encouraging people to look after their neighbours.”

It is understood almost 80 per cent of UK adults are fully vaccinated against Covid-19.

# NEWS from the Pews

## Prayers every Friday at 5.00 pm

Prayers are said every Friday at St John the Baptist, Capel, starting at 5.00 pm. This a lovely, calm way to start the weekend. Do join us ...

The prayers last for about 30 minutes.

Debbie von Bergen



## Please note some amendments to the Church Teas published dates ...

**Sunday 5th July** - this tea will be held at Ockley not Capel

**Sunday 24th July** at Capel - not 17th as previously published.

*For the full list including these two amendments, please see 37 of this issue.*

## FROM THE REGISTERS Capel and Ockley



### In Memoriam

We mourn the loss of

**Ellen Margaret Treanor-Smith 'Ellie'**  
18th January 2022

**Judith Charlotte Edwards 'Judy'**  
26th January 2022

**Timothy Alistair Pryke**  
12th February 2022

May they rest in peace and rise in glory  
Amen



## CHURCHYARD WORKING PARTY

### SATURDAY 19TH MARCH IN THE CHURCHYARD AT ST JOHN'S, CAPEL

There will be a second working party in Capel church yard to clear an area for a Garden of Remembrance on **Saturday March, starting at 9.00 am.**

Do come suitably dressed and with strimmers/secateurs! Your help would be most welcome!

**Coffee & Cake will be available!**

## The Pavilion Café

We are open every Wednesday morning from 9 to 12 in the Cricket Pavilion on the green in Ockley.

We serve homemade cakes and savouries and offer a range of teas and fresh coffee. On the last Wednesday of the month we also serve bacon butties which are very popular. We ask for donations and, after expenses, the money goes to charity. We like to donate to our local churches, local amenities and charities and also national ones. We have become very popular over the years and there is plenty of parking and disabled access to the building.



**IMPORTANT UPDATE:** There are plans to *resume the Post office at the Pavilion in Ockley on a Wednesday morning starting at 11.15am.* Please share this news as it will go if we don't use it! Thank you.





**We hope to get some Spring catalogues soon!**

Don't forget you can order at any time! To see what's available please see the online catalogue:

<https://www.traidcraftshop.co.uk/traidcraft-catalogue>

We will happily order for you! You can reach us on 01306 711449 or email: [traidcraft@ansford.me.uk](mailto:traidcraft@ansford.me.uk)

Thank you  
Suzanne & Stuart Cole

**DON'T FORGET 10% goes to our Parish Churches!**

**FAIRTRADE FORTNIGHT 26th February— 6th March 2022** Lots of offers at [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk)



## Church Mailing List

**Do you know of anyone who would like to be added to the Church mailing list? This would ensure they received the weekly notice sheets and readings, amongst other things.**

If so, please get in touch with Debbie von Bergen:-  
[debbievonbergen@icloud.com](mailto:debbievonbergen@icloud.com)

*We must have their permission before adding them to the list. Thank you.*

**Don't forget to recycle your**

## **STAMPS AND OLD PRINTER CARTRIDGES**

Don't forget that you can drop off your used printer cartridges in the box in the church porch at Capel. These are sent to a recycling firm who give a small amount towards our church funds.

Also, don't forget to keep bringing your used stamps to church - again a box is in the porch at Capel.

Thank you

## 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 please contact our Safeguarding Officer:

Leigh Smith 07732825908  
[leighdesouza@yahoo.com](mailto:leighdesouza@yahoo.com)

or Revd Liz Richardson 01306 711260  
[liz@hostmyserver.co.uk](mailto:liz@hostmyserver.co.uk)

***This notice will appear each month in InSpire and the contact details for our Safeguarding Officer and the Diocesan Safeguarding Advisor Jackie Broadfoot will be published in our weekly pew sheets as well as in the Church Contacts section in each issue of Inspire.***

# All My Hope On God Is Founded

By Hazel Fitz-Gibbon



It was only in Lockdown that I began to appreciate this hymn. I was brought up on Hymns Ancient and Modern and still have the copy I was given for my 7<sup>th</sup> birthday, when we used it every day in Assembly. This great hymn was not included, even in the revised version but it eventually appeared in A 100 Hymns for Today in 1969 and then in the new English Hymnal. Then the Methodists discovered it and its place was secured! In Lockdown I seemed to hear it every time I tuned into a service, be it on TV, radio or Zoom.

This is not, surprisingly, a modern hymn. It is of German origin, written by Joachim Neander as early as 1680. It was translated by Robert Bridges, Poet Laureate 1913-1930, who was also a church organist and choirmaster, in 1899. The powerful melody sung today was composed by Herbert Howells in 1930 at the suggestion of his friend, Dr. T P Fielden, who wished to include it in his Charterhouse Hymn Book. It circulated the public schools from there. Most hymn tunes have a name and this one is named poignantly after Howells' son Michael, who had died. It came to him, however, not "seated one day at the organ, weary and ill at ease" but as he himself said, at the breakfast table "between bites of bacon and sausage"!

The words of verses one and two seem to express just how I felt at the start of the pandemic. Everything we thought we could rely on, the comfort of meeting friends and family, our church services, our social life -which, for me, I realised, even included the cheerful greeting of a fellow supermarket shopper-it was all forbidden and the horrible disease marched about destroying people's lives. It was unbelievable.

All we had to turn to was God and he is "unknown" mysterious. And yet, he wants us to know him, says the hymn, even to love him. He knows the way through. Human creations and resources fail in the end but God's strength is our support.

Verses three and four are full of confidence in a God who is dynamic, ever creating and recreating, one gives us what we need and brings us joy.

Finally we are asked to praise him and thank him for what he is and what he has done in sending Jesus. This is a tough call and the word "sacrifice" is not there for nothing. Then comes the beautiful reassurance:

***"Christ doth call, one and all, (everyone is included)  
Ye who follow shall not fall"***

## ***Have you ever considered that..***

- ~ A bird in the hand is safer than two over your head.
- ~ A narrow mind and a wide mouth usually go together.
- ~ A penny saved is a ridiculous waste of time.
- ~ A stitch in time would have confused Einstein.
- ~ No woman ever shot a man while he was doing dishes.
- ~ We need to save the earth. It's the only planet with chocolate.
- ~ Some people have a way with words, others not have way.



## From the Parish Brief - Diocese of Guildford News

I was reminded recently of a Ghanaian proverb which says:

*'Even the chicken, when it drinks,  
Lifts its head to heaven to thank God for the water'*

Behind this proverb lies the observation that not only chickens, but most birds, drink by gravity. That is, they dip their beak in the water, take and hold a sip of it, and then lift their heads high in the air until the water trickles down their throat. Of course, they are not literally thanking God for the water, but they look as if they are, and Ghanaians have turned their action in to a parable.

Gratitude is certainly a godly virtue, which should characterise all the people of God. True, during their wilderness wanderings, the Israelites were continually complaining against God and against Moses. Yet in later liturgical worship of the Temple one of the commonest refrains was *'O give thanks to the LORD, for he is good'*, with the congregational response *'for his love endures for ever'* (Psalm 136).

During his public ministry, when Jesus healed ten men suffering from leprosy, he expressed astonishment that only one of them came back to give thanks. As those who have tasted the grace of God, gratitude should arise spontaneously within us. So, when Paul prayed for his Colossian friends, he included the petition that they might be *'joyfully giving thanks to the Father'* (Col 1:11-12) for their salvation and for all other blessings too.

It seems that no matter where we look there is so much around us that can so easily lead us to grumble. Let's choose to be different. Let's choose to practice gratitude.

**Archdeacon Martin**

### Chancellor's statement re: energy bills

Last Thursday the Chancellor, Rishi Sunak, announced measures to provide support for households facing increased energy bills. This included a rebate of £150 on bills to be issued in April for council taxpayers of properties in bands A to D.

The Diocese of Guildford pays council tax for just 8 properties in bands A to D which are occupied by clergy (1 vicarage and 7 properties occupied by curates). We are currently exploring options for how best to pass these savings on to stipendiary clergy occupying Diocesan housing and will provide a further update in due course.

#### Lent Parish Brief



### Lent Parish Brief

We are pleased to share the introduction to Bishop Andrew's series of Lent reflections. These will be shared in the weekly Lent Brief.

The course will comprise a video of around ten minutes, followed by a Bible study from the book of Acts, and will focus on five major themes: revelation, power, fellowship, courage and connectedness. Some churches may wish to use it to supplement their current plans, others as the basis of their Lenten reflections.

<https://www.youtube.com/watch?v=aIOuvf2DRMA>



*With Lent in mind, we offer quotes that focus on contemplation, prayer, and self-assessment.*

The need of the world is to listen to God. - *Albert Einstein*

A religion that does not begin with repentance is certain to end there – perhaps too late. - *Anon*

Time spent on the knees in prayer will do more to remedy heart strain and nerve worry than anything else. - *G D Stewart*

If Christians praised God more, the world would doubt Him less. - *C E Jefferson*

The Bible has a great deal to say about suffering and most of it is encouraging. - *A W Tozer*

Some people treat God as they do a lawyer; they go to him only when they are in trouble. - *Anon*

The self-sufficient do not pray, the self-satisfied will not pray, the self-righteous cannot pray. - *L Ravenhill*

We talk about heaven being so far away. It is within speaking distance to those who belong there. - *D L Moody*

Our prayers must mean something to us if they are to mean anything to God. - *M D Babcock*

God made man to be somebody – not just to have things. - *Anon*

The peace of the soul consists in an absolute resignation to the will of God. - *Francois Fenelon*

Christ's sheep are marked in the ear and the foot; they hear His voice, and they follow Him. - *Anon*

How is it that nobody has dreamed up any moral advances since Christ's teaching? What was there in His heredity and His environment to account for this unique teacher, and the remarkable fact that no greater has ever looked like emerging? - *Michael Green*

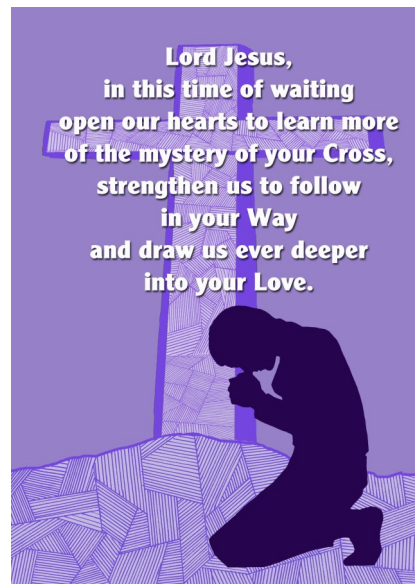
All history is incomprehensible without Christ. - *Ernest Renan*

The yearning of man's heart is homesickness for God. - *Anon*

Seek Christ, and you will find him, and with him everything else thrown in. - *CS Lewis*

## PRAYER FOR LENT

LORD JESUS, you have called us to follow you into the desert of Lent so that we might confront the powers of evil and, with your assistance, overcome them. Give us the courage to face the truth about our lives, both the blessings we have received and the failures we have experienced. May these forty days of prayerful observance strengthen us in faith, renew us in hope and fill us with love to share with our brothers and sisters, especially those most in need. Amen.



# Letter from the Editor

Dear Readers,

Welcome to the March issue. I'm sorry it's a little later than planned, but several of you know that my Mum is currently in hospital following open heart surgery last week. Let's just say it's currently a rocky road and she's not out of the High Dependency Unit yet, but it is pretty remarkable that anyone comes through such major surgery. What the human body will endure and also what skill the surgeons and intensive care nurses and doctors have! The surgeon held my mother's heart in his hand! He certainly saved her life due to a complication during surgery. But fortunately, he and his team had made the decision to do open heart surgery rather than keyhole beforehand. This decision certainly saved her life for which I am immensely grateful. So as I write this issue for Lent and Mothering Sunday, I am mighty grateful to still have my Mum here for Mothering Sunday 2022! I am so grateful for everyone's prayers and good wishes, as is my Mum.

We begin Lent this week and my apologies that copies of InSpire won't be out before Ash Wednesday. The Lent course being offered by St Peter's, Newdigate sounds an interesting course and details can be found at the foot of Rev Liz's letter on page 4. As you can see opposite, there are resources you can sign up for from the Church of England. They offer 'Daily Reflections' to your inbox during Lent. The Rev Jo White offers a reflection on the '**Ashing service**' on Ash Wednesday on page 16. There is also a wonderful story on page 17 about a modern day 'Prodigal son' story! Moving and inspiring in equal measures. As the writer says "*If parents can love their wayward children like that, how much greater is the love of God! Truly, we are loved with everlasting love.*"

There are special prayers for peace in the world and the current invasion of Ukraine on page 7. It truly is a desperate situation unfolding in front of us. Yet another humanitarian crisis, coming just months after so many people fled Afghanistan.

Other pages include News items (pages 8 & 9) including '**World Watch List for 2022 names worst 50 countries**' and Archbishop Welby's thoughts on the Covid vaccines, together with '**Every church region in the country signs up to become an Eco Diocese**'.

As we celebrate 'Mothering Sunday' on Sunday 27th March, there is an interesting article called '**Mothering Sunday & Mother Church**' on page 19. It explains **that** the Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). This and other Holy Days this month are featured on pages 18, 19 and 29. Do see the article '**Why God made Mums**' on page 22 where there are some lovely answers from seven year old children!

I would like to thank our joint sponsors this month, my mother-in-law Irene Cole and Margaret Zandona who are both remembering loved ones. We are now printing more copies each month which is wonderful! However, it does increase the printing costs and if more people can share a month's sponsorship, it will keep costs down for everyone. If you feel you might like to join someone in sponsorship this year, please do get in touch with Debbie von Bergen or myself. Some people like to sponsor a certain month for a special occasion or mark a loved one's passing or birthday. Some just like to sponsor! We want to be able to keep offering InSpire free of charge to both parishioners and visitors to our two churches as an outreach. My thanks to those who have helped this happen over the last five years!

With my best wishes,

*Suzanne*

editor@capelandockleychurch.org.uk

Motherhood takes...  
the strength of Samson,  
the wisdom of Solomon,  
the patience of Job,  
the faith of Abraham,  
the insight of Daniel  
and the courage of David!





# Items for Reflection

**Editor:** *Paul Hardingham continues a year-long series on the very foundations of our Christian faith.*

## Christian Basics No 3: Why the Cross?

*The cross is a picture of violence, yet the key to peace;  
a picture of suffering, yet the key to healing;  
a picture of death, yet the key to life;  
a picture of utter weakness, yet the key to power;  
a picture of capital punishment, yet the key to mercy and forgiveness;  
a picture of vicious hatred, yet the key to love;  
a picture of supreme shame, yet the Christian's supreme boast.*

The cross really is the key to everything! Although a horrifying instrument of torture and death, it is also a symbol of love and peace. On the cross Jesus died to deal with the problem of our sin and defeat the powers of death and evil. He identified with our sufferings and set us an example of self-sacrificial love.

As Peter writes, *'He Himself bore our sins in His body on the tree, so that we might die to sins and live for righteousness; by His wounds you have been healed ... Christ died for sins once for all, the righteous for the unrighteous, to bring you to God'* (1 Peter 2:24, 3:18). Jesus died in our place on the cross and took away our guilt, to pay the full penalty for our sin. Access to God's presence is now open to all, symbolised by the Temple curtain being torn in two from top to bottom. The barrier between us and God was torn down in order *'to bring us to God'*.

Jesus is the bridge providing access between us and God. *'If Jesus Christ is to be our Saviour then He must be able to place a hand upon a pardoning God and another hand on a penitent sinner and draw them together in an act of reconciliation'* (Bishop Handley Moule).

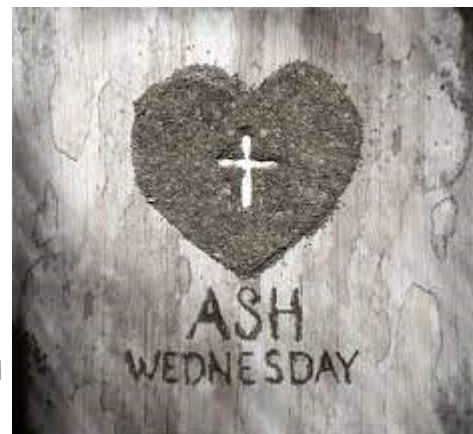
**Editor:** *The Revd Dr Jo White continues her series on aspects of Christianity.*

## Reflected Faith Series: the Ashing Service

Such a strange name for a church service! Why would anyone be attracted to attend such a thing?

This year Ash Wednesday is close to the start of March; on the Second of the month. As the first day of Lent the service is used to physically place a sign of the cross on each person's forehead using ashes made from the previous year's palm crosses.

The use of ashes has a long history in Jewish and Christian worship; the Old Testament referring to sackcloth and ashes over twenty times.



There is clearly a visual link with the blackness of evil and sin but also the 'dirtiness' that spreads everywhere from it. We all know how a small amount of mud on the shoes walked into the house will soon go everywhere and take a much harder and longer clean-up operation than if it was wiped off before entering.

In Christian records, ashes are used for penitents by the sixth century, but it is not until the beginning of the eleventh century that the faithful took part in a ceremony on the Wednesday before Lent that included the imposition of ashes. Still later this came to be called Ash Wednesday.

Over the centuries the emphasis of meaning for the imposed ashes has changed, from a preparation for baptism, a renewal of baptismal vows, to an understanding of a community's preparation for the event of the Paschal mystery of rebirth at Easter. It reminds of what is past and what is to come, and it encourages us to think again of how we can change that journey should we wish to do so.

## ***This month***

The Imposition of Ashes is a powerful nonverbal and experiential way of participating in the call to repentance and reconciliation. It is 'felt' in the heart and soul – as well as on the skin.

And can be one of the most profound experiences of humility as we enter together as a Christian community across the globe our journey towards the Cross and the Resurrection.

As the priest says the traditional words over you, *"Remember that you are but dust, and to dust you will return. Turn away from sin and be faithful to Christ. Amen."* what will you be focusing upon?

***Editor: Dr Herbert McGonigle, former Senior Lecturer in Historical Theology & Church History, Nazarene Theological College, Manchester, continues his series of true-life stories.***

## **The story of the yellow ribbons**

We are loved with everlasting love! One of the greatest and most comforting doctrines taught in the Bible is the love of God for His people. In the Law and in the Prophets; in the poetical and historical books; in Gospels and Letters – all agree to tell us what God said to His people through Jeremiah. "I have loved you with an everlasting love" (Jeremiah 31:3).

It was that love that moved the Father to send His Son into the world (John 3:16). Paul writes glowingly of "that great love with which He loved us" (Ephesians 2:4). John emphasises the same great truth in a magnificent creed of just three words: 'God is love' (1 John 4:8). Quite simply there is nothing in all creation more reassuring, more comforting, more encouraging, more uplifting than to know that God loves us. And we can go further and put it in personal terms as Paul did. 'He loved me and gave Himself for me' (Galatians 2:21).

How can we illustrate the illimitable love of God? One such illustration was told by the Rev John Wilbur Chapman of Indiana, an ordained Presbyterian minister who in 1893 went into full-time evangelistic ministry.

One evening Chapman was travelling by train in a rural part of Kansas. The other passenger in the carriage was a young man who kept glancing out the window and then covering his face with his hands. Chapman asked if he could help.

The young man confessed that many years before he had run away from home and 'sown his wild oats.' He had not written to his parents at all, until a few weeks before, telling them that he would be travelling on this train. At a certain point it passed very close to his home. In the letter he had begged his parents' forgiveness and asked if they wanted him to come home. If so, they were to tie a yellow ribbon on the old apple tree that grew right beside the railway lines.

"Sir," he said to Chapman, "the train will soon pass my home but I'm afraid to look. If there's a yellow ribbon on the tree, I'll get off at the next station and go home. If there's no ribbon, I'll just travel on. But I'm too afraid to look out for the tree." So Chapman offered to look for him.

"You can open your eyes now," he said a few minutes later. The returning prodigal looked at Chapman with tears and quivering lips. 'All is well,' said the evangelist. 'There is a yellow ribbon on the apple tree. In fact, there's far more than one. Every branch is hanging with yellow ribbons, scores and scores of them. Your parents love you that much, they want you to come home.'

If parents can love their wayward children like that, how much greater is the love of God! Truly, we are loved with everlasting love.

# HIGH DAYS & HOLY DAYS IN MARCH

## 2nd March: Ash Wednesday

### **Mourning our sins**

Lent begins with Ash Wednesday. But why 'Ash' Wednesday? The reason has to do with getting things right between you and God, and the tradition goes right back to the Old Testament.

In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw them, they could do nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes. For the Israelites, putting ashes on your head, and even rending your clothes, was an outward sign of their heart-felt repentance and acknowledgement of sin. (See Genesis 18:27; 2 Samuel 13:19; Job 2:8, 30:19; Isaiah 58:5; Jeremiah 6:26; Jonah 3:6)

In the very early Christian Church, the yearly 'class' of penitents had ashes sprinkled over them at the beginning of Lent. They were turning to God for the first time, and mourning their sins. But soon many other Christians wanted to take part in the custom, and to do so at the very start of Lent. They heeded Joel's call to 'rend your hearts and not your garments' (Joel 2:12-19). Ash Wednesday became known as either the 'beginning of the fast' or 'the day of the ashes'.

The collect for today goes back to the Prayer Book, and stresses the penitential character of the day. It encourages us with the reminder of the readiness of God to forgive us and to renew us.

The Bible readings for today are often Joel 2:1-2, 12-18, Matthew 6: 1-6, 16-21 and Paul's moving catalogue of suffering, "as having nothing and yet possessing everything." (2 Corinthians 5:20b - 6:10)

The actual custom of 'ashing' was abolished at the Reformation, though the old name for the day remained. Today, throughout the Church of England, receiving the mark of ashes on one's forehead is optional. Certainly the mark of ashes on the forehead reminds people of their mortality: "Remember that you are dust and to dust you will return..." (Genesis 3:19) The late medieval custom was to burn the branches used on Palm Sunday in the previous year in order to create the ashes for today.

### **The Collect for Ash Wednesday is:**

*Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: Create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.*

### **A good time to admit you are sorry**

Have you done something which haunts you? Which makes you feel restless and defensive, every time you think of it? Why not deal with it this month, and put it behind you? Whatever your mistake has been, consider what the Bible has to say to you:

'I have not come to call the virtuous but sinners to repentance' (said Jesus). (Luke 5:32)

'Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon. (Isaiah 55:7)

'Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.' (Joel 2:12-13)

God is inviting you to come to Him this Ash Wednesday. What a wonderful offer! Make the most of it and remember how the prodigal son was welcomed back by his compassionate father.



## **27<sup>th</sup> March: Mothering Sunday & Mother Church**

The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.

## **NEW\* 31<sup>st</sup> March: John Donne, the metaphysical poet**

John Donne (1572 – 1631) was an English poet, scholar, soldier, secretary and finally Dean of St Pauls Cathedral in London. But he is most remembered for his poetry, for he is seen as the greatest of the 17<sup>th</sup>-century 'metaphysical' poets.

Donne was born in 1572 into a Roman Catholic family in London at a time when the Church of England was the dominant faith, and those who remained Roman Catholic were considered second class citizens. Although Donne studied at both Oxford and Cambridge, because of his Roman Catholicism, he was denied a degree. So, in 1592 Donne went to London to study law at Lincoln's Inn.

In 1594 Donne decided to convert to the Church of England, and this opened up a whole new life for him. In 1596 he joined the naval expedition led by the Earl of Essex against Cadiz in Spain. When he returned in 1598, he was appointed private secretary to Sir Thomas Egerton, Lord Keeper of the Seal. All was going well, but then he fell in love with Egerton's 16-year-old niece, Anne More, and in 1601 he secretly married her. Egerton was furious, and Donne lost his job, and even ended up in prison for a short time.

For several years after that Donne worked as a lawyer. Then in 1610 he wrote a book encouraging Roman Catholics to take the Oath of Allegiance to the king. The book caught the eye of James 1, who may have suggested that Donne go into the Church. Certainly, Donne was appointed as a royal chaplain only a few months after his ordination in 1615.

In 1617 Donne's beloved wife, Anne, died. In 1621 he was appointed the Dean of St Paul's Cathedral, and proved to be a much loved and inspiring preacher.

Throughout his working life, Donne continued to write poetry, though most of it remained unpublished until 1633. It was then mostly forgotten after his death, until early last century. Then, in the 1920s, both Ezra Pound and TS Eliot openly acknowledged their literary debt to him.

Donne's place as one of the greatest of the 17<sup>th</sup>-century 'metaphysical' poets is now assured. He wrote both sacred and secular poetry, with his main theme being that of human love and divine love.

# PRAYER DIARY

## MARCH 2022

Compiled by Belinda Kerry

*'But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream.'*

*Jeremiah 17:7-8*

### PETS AND ANIMALS

#### TUESDAY 1st

We thank You, Lord Jesus, for vets, medicines, and natural means to restore our pets to good health when they are sick or injured. Grant us wisdom and compassion as we care for them as Your stewards.

#### WEDNESDAY 2nd

Dearest God, Heavenly Father maker of all living creatures, we ask You to bless our pets, who bring so much joy into our lives. May we always praise You for all Your beauty in creation.

#### THURSDAY 3rd

Almighty God, we pray for all animals, especially for those who are suffering. We pray for any who are hunted, lost, deserted, frightened or hungry. We pray for those who deal with them that they may have a heart of compassion, gentle hands and kind words.

#### FRIDAY 4th

Heavenly Father, make us all to be a true friend to all animals. We pray for animals that are underfed, unloved, overworked and cruelly treated. May they be treated with the care and respect deserving of all Your creation.

#### SATURDAY 5th

Father God, grow within us the sense of fellowship with all living things, for our brothers and sisters, the beasts of the land, the water and the air, to whom You gave the earth as their home in common with us.

#### SUNDAY 6th

Gracious Lord, how great the variety of living things You have created! Bless the animals in our care. May they live well. May we give praise and thanks to You forever as Creator of all living things.

### LENT

*'Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.'*

*Romans 8:1-2*

#### MONDAY 7th

Lord, help us to see this Holy season of Lent as a time of spiritual renewal rather than a time of deprivation. Motivate us, we pray, to repent of our sins, and to reach a new level of experiencing Your grace through our prayers, through Bible study and quiet contemplation.

#### TUESDAY 8th

Loving Father, during Lent, turn our hearts to You. Strengthen our hearts to believe and trust in You and not doubt in Your loving care for us. Help us to stabilise a wavering or doubtful mind and commit ourselves wholeheartedly to You.

#### WEDNESDAY 9th

Heavenly Father, we thank You that You will help us resist temptations by showing us the situations that cause us to turn away from You. Guide us to friends who love You and who can provide comfort and support when we need it.

#### THURSDAY 10th

Lord Jesus, we are thirsty and we are weak. Lead us to Your Living Water to refresh us body and soul, for this water, we are promised, will never run dry. Help us to draw nearer to You in praise and take away all that distracts us in worship.

#### FRIDAY 11th

Almighty God, in this season of Lent, help us to strengthen our resolve to spend more time with You in prayer and contemplation. We need to recognise our need for You daily.

#### SATURDAY 12th

Heavenly Father, as Jesus resisted temptation by the devil in the wilderness, help us to reflect on His faithfulness to God, His rejection of worldly values and His humility. May we hold these thoughts through Lent and beyond.

#### SUNDAY 13th

Father, may our repentance be truthful and sincere. Thank You for the hope and renewal that You promise to this world, to our hearts and to our lives.

### SPRING AND NEW LIFE

*'See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come...'*

*Song of Songs 2:11-12*

#### MONDAY 14th

Creator God, we thank You for the promise of new life in our gardens and in the wild. We rejoice in Your creation. Holy Spirit, come now into our hearts to give us new life with You.

#### TUESDAY 15th

Lord Jesus, we see the Creator's hand in the waking of the natural world after winter; flowers and buds emerging in our gardens, new life and the lengthening of the days. May these be reminders to us that You are at work renewing the earth.

### **WEDNESDAY 16th**

Almighty God, we give You thanks that You are ever at work in our lives. May we be aware of the needed changes in our lives this Spring. Awaken us to new life and perspective in Jesus' name.

### **THURSDAY 17th**

Creator God, forgive our moments of ingratitude, the spiritual blindness that prevents us from appreciating the wonder that is this world, the endless cycle of nature, of life and death and rebirth. Forgive us for taking without giving, reaping without sowing.

### **FRIDAY 18th**

Loving Father, may we welcome Springtime as a season of optimism and hope. May we rejoice in our faith that is centred on hope. Thank you, Lord, for the hope that you bring, the renewal that you bring, both to this world and to our hearts and lives.

### **SATURDAY 19th**

God of Love, we pray earnestly to You to spring clean and refresh our souls. Help us to discard unwanted thoughts, the grip of jealousy, fear and revenge.

### **SUNDAY 20th**

'Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.'

Lamentations 3:22-23

Loving Father, thank You for Your promise to us, for Your forgiveness, Your love and Your mercy.

## **PARENTS**

*"Honour your father and mother" - which is the first commandment with a promise - so that it may go well with you and that you may enjoy long life on the earth.'* Ephesians 6:1-3

### **MONDAY 21st**

Father, we ask You to bless all parents. Bless them for their loving care and grant that, through Your grace, their children will always be their comfort and support in later life.

### **TUESDAY 22nd**

Gentle Father give all parents joy and strength, we pray. Fill them with Your strengthening presence, give them a real hunger for the Holy Spirit and Your Word and grant them health in spirit, soul and body.

### **WEDNESDAY 23rd**

Lord Jesus, we pray for those who are grieving for the loss of a parent. Help them to remember every loving moment and to be comforted that You also know the sacrifices and the love that was poured out to their children.

### **THURSDAY 24th**

Father, we pray for single parents. Give them the strength to cope each day, the courage to face those who judge, the ability to maintain a loving life at home and the knowledge in their hearts that You are with them and love them.

### **FRIDAY 25th**

Loving Father, we pray for new parents and thank You for the gift of children. Help them to manage with the mix of joys, fears, anxieties and exhaustion that they may experience in the days ahead and may they turn to You for guidance.

### **SATURDAY 26th**

Merciful Father, we pray for those who have a difficult relationship with their parents. Forgive the unkind words, the thoughtless actions and the difficulty that some may have in saying 'sorry'. If it is Your will, may there be reconciliation and renewal.

### **SUNDAY 27th Mothering Sunday**

Dear Lord, on this special day, we give You thanks for mothers everywhere. We thank You for their tenderness, patience, love and care. We ask You also to be with those who are lonely or frightened and who may find their responsibilities overwhelming.

## **HOPE**

*'Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.'* Psalm 42:5

### **MONDAY 28th**

God of Wisdom, fill us with strength and boldness according to Your promises that we might connect with each other in love and bring the message of hope to others.

### **TUESDAY 29th**

Merciful Father, You provide us with perfect love at all times and, through the Holy Spirit, have given us everything we need. Increase our faith, we pray, and help us through difficult times.

### **WEDNESDAY 30th**

God of Truth, we thank You that, in a world full of despair, You are our hope. In a world of darkness, You are our light and in a world of sorrow, You are our joy.

### **THURSDAY 31st**

God of Love, in times of stress and anxiety, we ask that You bless us with Your peace. Give us strength to face adversities and to overcome the obstacles to normal living with grace and understanding. Lord, give us hope for the future.



*Editor: With Mothering Sunday in mind....*



## **Why God made mums**

*These were the answers given by some seven- year-olds...*

### ***Why did God make mothers?***

1. She's the only one who knows all the passwords we use online.
2. Mostly to clean the house, I think.
3. To help us out of there when we were getting born.

### ***How did God make mothers?***

1. He used dirt, just like for the rest of us.
2. I've heard it was some amazing experiment on men that got out of hand.
3. God made my mum just the same like He made me. He just used bigger parts.

### ***What ingredients are mothers made of?***

1. God makes mothers out of clouds and angel hair and one part of mean.
2. They had to get their start from men's bones. Then they mostly use string, I think.
3. They have a lot more hair than dads, are softer to hug, and wear woolly jumpers.

### ***Why did God give you to your mother, and not to some other mum?***

1. We're related.
2. God knew she likes me a lot more than other kids' mums like me.
3. Other mums wouldn't understand about me being afraid in the dark.

### ***What kind of little girl was your mum?***

1. My mum has always been my mum and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

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

1. His last name.
2. She had to know his background, like has he put anything too disgusting on Facebook?
3. She needed to check out his bank account, to make sure he could buy her clothes.

### ***Why did your mum marry your dad?***

1. My dad makes the best spaghetti in the world. And my mum eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that no one will ever know.

### ***Who's the boss at your house?***

1. Dad is, because mum says so. She just helps by reminding him what to do each day.
2. Mum. You can tell by room inspection. She sees the stuff under the bed.
3. Dad was, until Mum found what he had written on Facebook about Granny.

## Why God made mums continued

### ***What's the difference between mums & dads?***

1. Mums work at work and work at home and dads just go to work at work.
2. Mums know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but they panic when the dishwasher overflows.

### ***What does your mum do in her spare time?***

1. She takes my brother to football and my sister to violin lessons.
2. To hear her tell it, it's like she pays bills all day long.
3. I think that must happen during the night, because then she just lies there and sleeps.

### ***What would it take to make your mum perfect?***

1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.
3. She would understand why the dog needs to sleep with me at night.

### ***If you could change one thing about your mum, what would it be?***

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mum smarter. Then she would know it was my sister who did it and not me.
3. She'd be more relaxed about me not doing my homework.

## ***With Mothering Sunday and friendship in mind...***

We are shaped and fashioned by what we love. -  
*J Von Goethe*

Love is the master key to a happy home. - *Anon*

Empathy is your pain in my heart. - *H E Luccock*

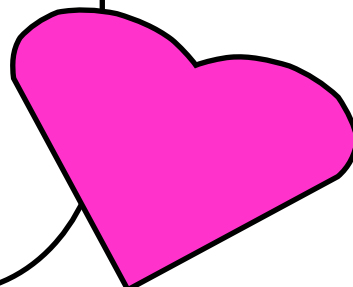
Love does not say, 'Give me', but 'Let me give you.' - *Anon*

A friend is one who comes in when the world goes out. -  
*Anon*

Children are the anchors that hold a mother to life.  
- *Sophocles*

There is an old Jewish saying:

**God could not be everywhere, and therefore He made mothers.**



**MAMA  
MZUNGU**

## Mama Mzungu: Fighting for those affected by Albinism in Uganda

Across parts of Africa, due to societal ignorance about people with Albinism, many affected experience exclusion, stigmatization and the denial of basic rights such as education and health. Broad ignorance, misbeliefs and superstitions also endanger people with Albinism's lives. In everyday life, those affected by Albinism, particularly women and children, are frequently treated less than human and are not considered capable of amounting to anything.

Through Mama Mzungu, the social enterprise initiative was born. Under the economic empowerment arm of registered NGO, Women and Children with Albinism in Uganda (WACWAU), they have so far been able to create full-time employment for 13 women affected by Albinism in Uganda, who create high-quality, natural, artisan products such as hand and body balms, baskets, bags and lip balms.



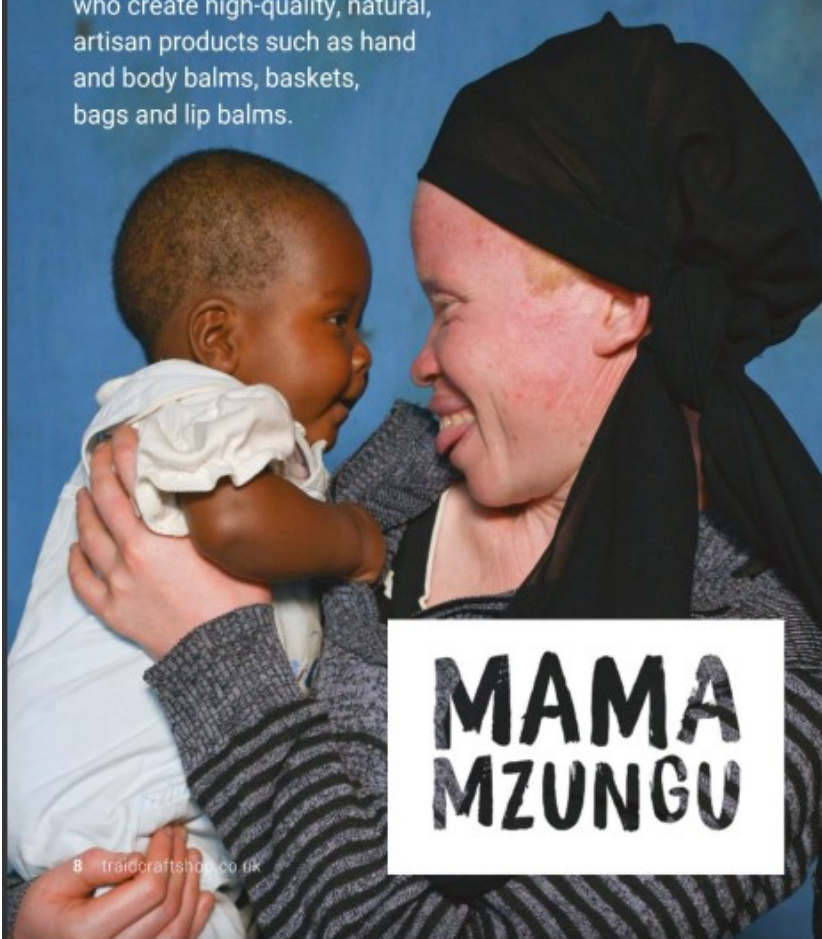
**With a hunger to show society what they are capable of, Mama Mzungu aims to:**

- ✓ Cultivate sustainable job creation
- ✓ Aid economic empowerment and self-reliance
- ✓ Change the image of those affected by Albinism so that they can achieve a level of respect and acceptance they deserve



**Mama Mzungu also:**

- ✓ Print all labels and promotional/point of sale materials on recycled paper
- ✓ Do not use any plastic packaging
- ✓ Use recyclable/reusable tins to package their products
- ✓ Minimise carbon output by using manual sewing machines
- ✓ Have a very low waste output; all soap trimmings are converted to guest soaps for the hospitality trade (where possible) or made into liquid soap for local consumption



**MAMA  
MZUNGU**





**Peppermint Lip Balm**  
10894 (10ml) £5



**Lemon Lavender Lip Balm**  
10887 (10ml) £5



**Lemon Lavender Shea Butter  
Hand and Body Balm**  
10895 (50ml) £11



**Kitenge Traditional African  
Fabric Lined Shopping Bags**  
10900 (38 x 41 x 3cm) £14.50



**Natural Raffia Palm Zipped Woven Coin Purse**  
10899 (11.5 x 16.5 x 1.5cm) Colours vary. £4.95



**Lemongrass, Tea Tree and  
Eucalyptus Shea Butter Hand  
and Body Balm**  
10896 (50ml) £11



**Geranium Orange Shea Butter  
Hand and Body Balm**  
10897 (50ml) £11



**Natural Raffia Palm Woven Basket**  
10898 (23 x 17 x 17cm) Designs vary. £31.50

**MAMA MZUNGU →**

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# NEWS FROM THE BELFRY

By Sue Dixon

## The Platinum Jubilee

A large number of events are planned this year to celebrate the Queen's Platinum Jubilee and many of these will be associated with the ringing of church bells. At St Margaret's in Ockley we rang a 'performance' on 6<sup>th</sup> February, the day of the 70<sup>th</sup> anniversary of the Queen's accession to the throne, as did hundreds of other towers. There is an organised call to ring out all the bells in the country at the same time over the Jubilee weekend in June to create a national event in celebration of this once in a millennium occasion in a quintessentially English way.

If you would like to take part in this unique experience there is enough time to learn how to ring a bell competently. It is a skill that takes commitment and dedication to acquire but it is well within the capability of most people aged ten or over. It generally takes about 20 hours of tuition, which is freely given on a one to one basis at a mutually convenient time. Look out for our banner outside the church in the weeks up to Easter.

Campanology, as bellringing is more formally known, is very rewarding, combining a physical and social activity with the mental exercise of keeping your bell in the right place. Once you are capable of handling a bell independently and able to strike it accurately you can visit almost any set of bells and become a valued member of the band.

English Bell Ringing has its origins in the reign of Henry VIII when churches began to restore bells that had been lost or destroyed during the dissolution of the monasteries. A new mechanism developed in the sixteenth century mounted bells on wheels allowing them to rotate through an entire 360 degrees to produce each sound. This revolutionary change meant that bells weighing several hundredweight could be controlled very precisely with minimal physical effort so that smaller bells could be held up for a fraction of a second to accommodate the slower rate of swing of heavier bells.

This heralded the start of change ringing; the ringing of bells in pre-defined patterns of changes called Methods. Many methods composed then are still rung today.

St Margaret's of Ockley has a fine peal, reputed to be the oldest full set of six working bells in Surrey. The bells are tuned from D to F, with a combined weight of 50cwt, or 2½tonnes; ranging from the smallest bell, 5cwt, known as the treble, to the heaviest, 13cwt, known as the tenor.

The bells were cast, in 1701, at Whitechapel Foundry by Richard Phelps, an acknowledged master craftsman of the time. The Ockley bells were his first set of bells and he went on to cast many others, including one known as 'Great Tom' still housed in St Paul's Cathedral and the American Liberty Bell was made from the cast of the Ockley tenor. There is a rich and varied history associated with bellringing, and each tower has its own claim to fame.

Practice nights at St. Margaret's, Ockley, are on Wednesdays from 7.45 to 9.15, but if these do not suit there are practices at other towers locally, on different nights

For more details call Sue on 01306 627168 or email [ockleybellringers@btinternet.com](mailto:ockleybellringers@btinternet.com)

# Allotments Available at Temple Lane, Capel Allotments

We aim to grow crops in an environmentally friendly way and become self-sufficient as far as possible.

We share plants, seeds, knowledge and experience with each other and try to preserve horticultural skills learned from previous generations, while trying new growing methods too.

New Members: We welcome new members and anyone over the age of 16 may apply for an allotment.

Management Committee: We have an active team, to take forward the official part, and organise things like projects and working parties - aiming to keep everyone informed, consulted and involved.

## Available Plots:

We do renewals from January, so now is a great time for any plots available, as you can be ahead of the main planting season.

Also, we cover empty plots: minimal weeds, easy to get started.

Plots are 12 x 5 Metres – we offer half / third / quarter plots too.

To find out more, contact:

**Viv Taylor:** [vivtaylor4@gmail.com](mailto:vivtaylor4@gmail.com) Mob: 07788 494429  
**OR Phil Partridge:** [philip\\_partridge@btinternet.com](mailto:philip_partridge@btinternet.com) / 07813 829 326

## Bob Dylan – 60 years on since his debut album

Sixty years ago, on 19<sup>th</sup> March 1962, the American folk-rock singer Bob Dylan released his debut album, *Bob Dylan*. It contained only two original songs, the other 11 being mostly folk covers and partial rewrites, but his huge talent was already apparent. He came from northern Minnesota, but no-one could have guessed where he was going.

Dylan's great inspiration was Woody Guthrie, a folk singer and spokesman for the poor who was dying in the early 60s of Huntington's Chorea. Dylan visited him in hospital, and his first album contained a tribute to him, called 'Song to Woody'.

That album did not make a huge splash, but the follow-up, *The Freewheelin' Bob Dylan*, released in May 1963 and containing all Dylan's own songs, was a huge success – the first of many. He quickly transformed himself from a first-rank folk singer to a singer-songwriter of huge versatility, outraging many of his original fans by 'going electric' at the Newport Folk Festival two years later.

A motorcycle accident in the mid-60s stopped Dylan in his tracks, and made him rethink the direction he was going – now married and starting a family. But he had a huge following, and everything he produced was snatched up. He combined imaginative, poetic lyrics with attractive melodies, and his singing, though criticised by some, was notable for its innovative but perfect timing, copied by many.

In the late 1970s and early 1980s Dylan shocked his fans by producing three explicitly Christian albums following an experience where, he said, "Jesus put His hand on me". For a while he would play nothing else, but his output became wider again after *Infidels* (1983). Though he has produced (for him) indifferent albums, he continues – especially in recent years – to come out with breath-taking masterpieces. He is 81 this year.



# The Good, the Bad and the Impossible'

by Chris Cooper

Last Summer I was working on the Bluebell railway an incident occurred which shook my world.

On this Saturday, our Covid-19 service was in operation and as luck would have it, quite a few passengers visited our line. This tale of the unexpected caused a small disruption to the day's proceedings.

Amidst all the people on the platform appeared a young woman carrying a placard with 'BAN COAL – CLOSE BLUEBELL' in black paint.

Passengers out for a fun day edged away, or exchange strange looks as if to say 'not another one!'

I tried to explain to her that coal makes our locomotives steam and without it, we could not operate. If fell on deaf ears and she kept chanting as before.

Members of the station staff joined my efforts, but in the end, we had to escort her from the premises, so as not to upset our normal visitors.

All this happened so suddenly that it took me sometime to clear my thoughts. Had we been wrong all those years ago when we operated the first preserved standard gauge line in the UK? There were many coalmines in Britain then, and climate change was for future debate. It was against the odds when we opened on 7<sup>th</sup> August 1960 that we would not last more than six months according to the critics.

Our President at the time was the late Bishop of Lewes, the Rev Geoffrey Warde who inspired us to keep going, but drew the line on running on Good Friday. Members of the 'cloth' have always expressed an interest in the railways and quite a few clergymen are amongst our members. The late Bishop of Kingston, William Galpin, was a great Bluebell supporter. Trips to our line at Sheffield Park were organised as part of the post-ordination training for curates. I was asked to be the Guard on one of these 'out of hours' specials. When we arrived at Bluebell Halt one afternoon, the British Railway staff at Horsted Keynes came along to see our special. On seeing all these gentlemen with dog collars alight from the train, Fred Miles, the Station Foreman for BR took one look at me and said "What's this Chris - a Holy Special?" I have been convinced on more than one occasion that the Lord is with us.

When we were likely to lose the line in 1967, due to a lack of cash, our then General Manager, Horace May, persuaded BR to let us pay over five years rather than stop over a million visitors travelling on our line, and the subsequent adverse publicity that would have ensued. Agreement was reached for £43,500 for the Line and the two stations, plus various cottages. Horsted Keynes is now the largest preserved station in Britain and is used in many films.

When the extension to East Grinstead was proposed, it would be six miles long and uphill all the way. Objections were received from local landowners and farmers, who cited lost of amenities and disturbance, while the local council rejected the proposals by just one vote. The outcome was a Public Enquiry over three weeks, with each side putting their arguments forward. The Inspector, Richard Marks, recommended against the railway, but almost two years later, was overruled by the Minister. I expect that the 2,000 letters of support for the extension had a lot to do with it.

Our prayers and plans had been answered, but now we had to build the line on the old track bed, clearing away mounds of rubbish, overgrown bushes and fell some trees. Our vision was to reach East Grinstead and like the navvies of old, it was pick and shovel work. We were all volunteers from the Bluebell line and working with people from all walks of life is to be recommended. When we came to Sharpthorne tunnel, that huge black hole put some off, but with the aid of two large lamps, we carried on. The tunnel was built under a hidden well and with other springs of water running down the walls, it made for a chilling atmosphere. ***"The light shines in the darkness and the darkness comprehended it not"*** - quotation from the Bible underlines the effect the sunlight has on shining down the two smoke vents. Even in the darkest depths, the light of Christ will reach you there.

Contd on page 29

I was working under the North vent when a portion of soot fell on my head. On looking up I saw the surveyor from BR descending the shaft on ropes. When he reached me, I asked him what he was about. He was checking the shaft before the tunnel, then 750 yards long, became Bluebell property. Asking how far it was to the top, I was told it was 150 feet.

A major part of our vision was reached when we arrived at the remains of West Hoathly station. Only the mounds of what had been the platform were visible. We set out and built a compound to store materials and provide a work site. Locals came down to see what we were up to and one asked when the station would be built. We had to tell them that we were not going to, because of objections by locals! "Enough said!". Spirits were high as we tackled the next problem; where do you find a three-span girder bridge? I prayed to the Lord to help us find an answer, and he duly obliged by directing us to a loading point alongside a motorway. These three steel sections would become available when the road was finished and in due course they arrived at West Hoathly. "New Coombe bridge" was erected during 1992, but not before a newly discovered spring of water held up construction. This spring of life was diverted to water in nearby fields to enable cattle to drink. With the bridge now in place, our vision pushed us forward to Kingscote, our next goal. Kingscote is a very remote station, about two miles south of East Grinstead. It had been partly demolished by various owners and only the 'up' platform remained with the station house and it's bad conversions. The 'down' platform did not exist, but the well house with it's 80 foot deep void with bucket, provided another challenge. Later, the well was boarded over and the tearoom was built on top. Members formed a team to restore the station and 'down' platform in 1984, and raised money by becoming the 'Friends of Kingscote'. They made an excellent job of it, ready for our trains to arrive in 1994.

*This article will be continued in the April issue of InSpire!*

## High Days and Holy Days in March

### **24<sup>th</sup> March: Catherine of Sweden, the good-natured carer**

Families are divided in two kinds of people: givers and takers. Blessed is the family with at least one 'giver', that someone of a cheerful, generous nature who does not panic when you ask them for help. These kindly saints are on hand when you need them, not fleeing with the cry "But I have to think of myself in all this!"

Catherine of Sweden (1331-81) should be the patron saint of all good-natured, compassionate family members. Givers usually start early in life, as did Catherine. She was the fourth of eight children of Ulf of Godmarrson and Bridget of Sweden, and she grew up caring for the needs of younger siblings.

One thing about giving – once you start, you are generally looked to for more help, and Catherine was no exception. Her parents married her to one Eggard Lydersson, an invalid, whom she proceeded to nurse devotedly. Catherine felt compassion for his helplessness and found her life in giving it for him.

In return, Eggard encouraged her to have a 14<sup>th</sup> century version of 'respite' fun at 'Spring Harvest,' for Catherine joined her mother to journey to Rome and Jerusalem for a time.

Refreshed and spiritually fortified, Catherine returned and nursed Eggard until his death. She then joined her mother's religious order, and ended as abbess of the convent of Vadstena. Her cell still survives to this day, with a window on to the church's sanctuary. Catherine was important in the history of the Brigittine Order, as she won papal approval for it in 1376.



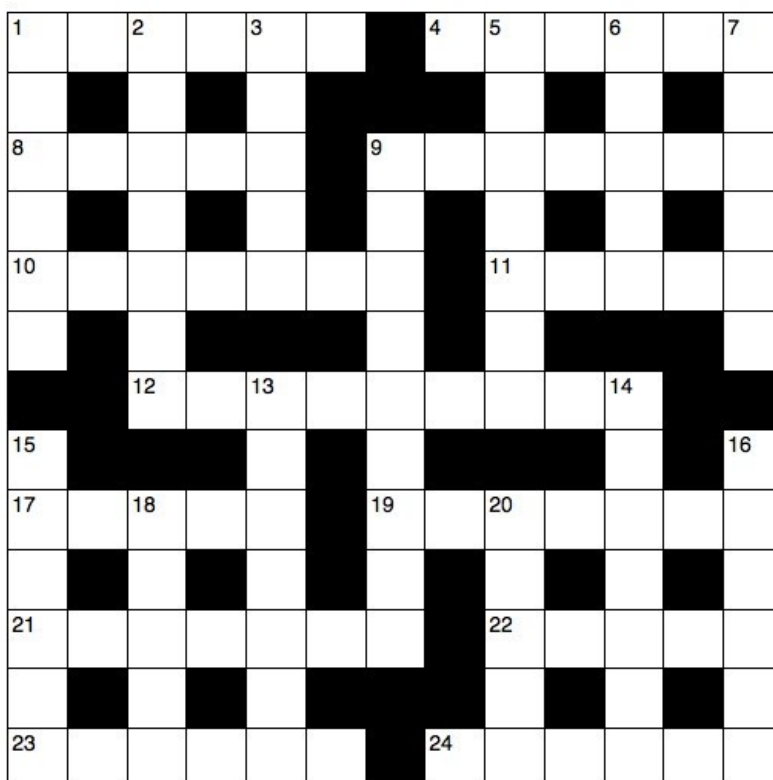
## Crossword Clues

### Across

- 1 Arouse (Song of Songs 2:7) (6)
- 4 Extinguish (Isaiah 1:31) (6)
- 8 "“They — —,” you will say, “but I’m not hurt!”” (Proverbs 23:35) (3,2)
- 9 Unhappiness (Nehemiah 2:2) (7)
- 10 Jewish (7)
- 11 Dirge (anag.) (5)
- 12 ‘A truthful witness gives honest — , but a false witness tells lies’ (Proverbs 12:17) (9)
- 17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)
- 19 ‘Do not use your freedom to — the sinful nature’ (Galatians 5:13) (7)
- 21 ‘As you can see, he has done nothing to — death’ (Luke 23:15) (7)
- 22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)
- 23 ‘All the people — — one man, saying, “None of us will go home”’ (Judges 20:8) (4,2)
- 24 Lazarus, who was carried by angels to Abraham’s side when he died, was one (Luke 16:20) (6)

### Down

- 1 Appalled (Job 26:11) (6)
- 2 ‘In an — to escape from the ship, the sailors let the lifeboat down into the sea’ (Acts 27:30) (7)
- 3 Expel (Acts 18:16) (5)
- 5 ‘But I have a baptism to — , and how distressed I am until it is completed!’ (Luke 12:50) (7)
- 6 ‘Of the increase of his government and peace there will be — — ’ (Isaiah 9:7) (2,3)
- 7 Hurry (Psalm 119:60) (6)
- 9 ‘For I desire mercy, not — , and acknowledgement of God rather than burnt offerings’ (Hosea 6:6) (9)
- 13 One of its towns was Sychar, where Jesus met a woman at Jacob’s well (John 4:5) (7)
- 14 Shouting (Acts 7:57) (7)
- 15 Arachnid (Isaiah 59:5) (6)
- 16 One of Paul’s first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)
- 18 Donkeys (5)
- 20 Raked (anag.) (5)



**Puzzle  
Solutions  
on page 34**

# Book Reviews

## Victorian Stained Glass

by Trevor Yorke, Shire Publications, £8.99

This beautifully illustrated guide will introduce you to the world of Victorian stained glass.

Victorian stained glass is often magnificent, and can still be found in countless British churches, municipal buildings and homes. It is often glowing with colour, with designs influenced by the Gothic Revival, the Arts and Crafts Movement, and even the Art Nouveau, as a new century dawned. Its famous designers include A.W.N. Pugin, and Pre-Raphaelites William Morris and Edward Burne-Jones.

Trevor Yorke, a historian, tells how Victorian craftsmen re-learned the lost medieval art of colouring, painting, and assembling stained glass windows. But also, as this was an age of industry of how windows became templated, and mass produced.



## I'm Praying for You - 40 Days of praying the Bible for someone who is suffering

By Nancy Guthrie, 10Publishing, £6.99

Through 40 carefully chosen scripture passages, Nancy Guthrie opens the wealth of Scripture that teaches us how to pray for those who are hurting. She shows us how the Bible provides us with a vocabulary for prayer that enables us to ask God to achieve what He intends in and through suffering.

## Incomparable: Explorations in the Character of God

By Andrew Wilson, 10Publishing, £9.99

This book explores 60 names and descriptions of our Creator. Each chapter includes biblical insights and revelations that will enrich your faith. *Selah* moments allow for a time of reflection and worship. Practical applications with help connect each truth with your daily life.

## Daily Treasure: 366 Daily Readings from The Treasury of David

by C. H. Spurgeon, edited by James Renihan, 10Publishing, two for £25

This devotional abridgement of Spurgeon's commentary on the Psalms, The Treasury of David, is split into 366 concise and cohesive daily readings that will guide the reader through the whole Psalter.

"We unburden ourselves  
Upon the Lord because He  
Tells us He is both our  
Father and our Friend."

Matthew 6:9-15; 11:28, 29



...I haven't the heart to tell her the bishop went home 20minutes ago!



# Junior InSpire

## Bible Bite

It can be read in the Bible in  
Luke 15:11-32

A short story from the Bible

Jesus told stories about a lost sheep and a lost coin, then one about a man with two sons. The younger son said to his father...

I want my share of what I'll inherit from you now!



So the father divided his property between his sons.

The younger son took his money and went to another country.

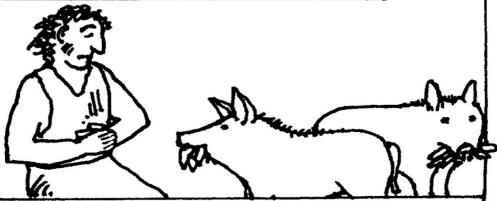


Then his money ran out and there was a famine.



The only job he could get was feeding pigs.

He was so hungry he would have eaten their food.



Then he came to his senses -

I'll go to my father, say sorry, and ask him for a job as a workman!



He set off for home.

His father saw him coming, ran to him and hugged him.



Father, I am so sorry. I am not good enough to be your son..



But his father sent servants to get clothes for his son and prepare a feast to celebrate his return.

The older son came back from work and heard the noise.



Your brother has returned and your father is having a feast

The older son was so angry he wouldn't go into the house..



so his father came out to see him.

For years I've slaved for you and you've given me nothing. He returns after wasting your money and you give him a feast!



My son, all I have is yours, but we should celebrate because he was lost and now he has been found.



# Junior InSpire Wordsearch

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

inherit	clothes	hugged
feeding	money	feast
sorry	younger	house
celebrate	found	nothing
hungry	senses	father
workman	angry	slaved
property	country	pigs
son	older	lost

Easy Level Soduku

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

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**Puzzle  
Solutions  
on page 34**

Medium Level Soduku

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

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# Puzzle Solutions

## CROSSWORD on page 28

**ACROSS:** 1, Awaken. 4, Quench. 8, Hit me. 9, Sadness. 10, Semitic. 11, Ridge. 12, Testimony. 17, Psalm. 19, Indulge. 21, Deserve. 22, Ariel. 23, Rose as. 24, Beggar.

**DOWN:** 1, Aghast. 2, Attempt. 3, Eject. 5, Undergo. 6, No end. 7, Hasten. 9, Sacrifice. 13, Samaria. 14, Yelling. 15, Spider. 16, Dealer. 18, Asses. 20, Drake.

### Easy Soduko solution

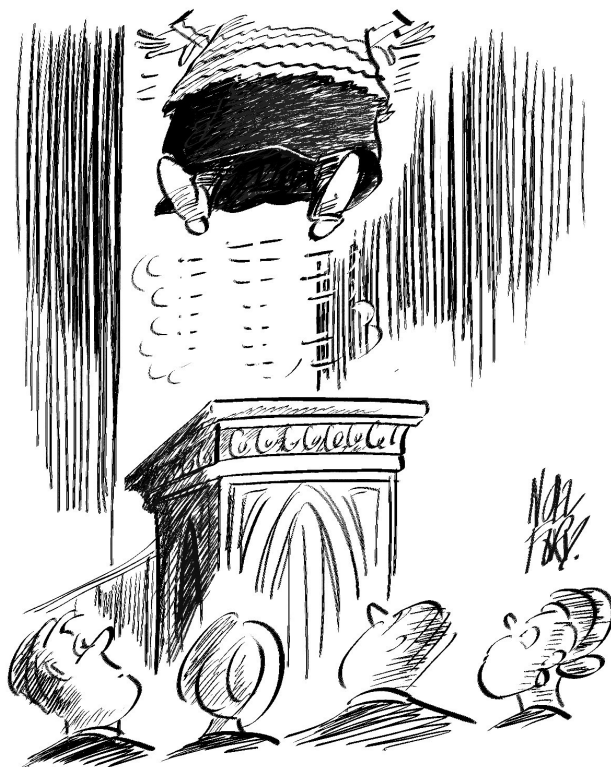
3	8	2	5	6	7	1	9	4
5	4	6	8	9	1	2	3	7
1	9	7	4	2	3	5	8	6
2	3	8	1	5	6	4	7	9
4	5	9	3	7	2	8	6	1
6	7	1	9	4	8	3	5	2
8	2	3	7	1	9	6	4	5
7	1	4	6	3	5	9	2	8
9	6	5	2	8	4	7	1	3

### Medium Soduko solution

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

### Crossword solution

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



The fan-heater under the cassock idea proved not to be such a good one



# CHURCH TEAS FOR 2022

All 3.00—5.00 pm unless marked otherwise

*Please note two alterations below which alter from the previously published dates!*



## CAPEL

27th March	Mothering Sunday
15th April	Good Friday 4.00–5.00 pm
17th April	Easter Day
18th April	Easter Monday
2nd May	Monday May Day holiday
15th May	Sunday
2nd June	Thursday - Jubilee (Provisional)
6th June	Monday - Jubilee (Provisional)
19th June	Father's Day
5th July	<i>This one is at Ockley</i>
24th July	<i>Sunday (not 17th as previously published)</i>
31st July	Sunday
14th August	Sunday
28th August	Sunday
29th August	Monday - Late Summer Bank holiday
11th September	Sunday
25th September	Sunday (Provisional)
2nd October	Harvest Sunday
16th October	Sunday
6th November	All Souls 4.00– 5.00 pm
19th November	Saturday - Capel Christmas Fair
27th November	Sunday
11th December	Sunday

## OCKLEY CHURCH TEAS

Starting **Sunday 3rd April 2022 3-5pm**

Please also note that Ockley will be doing their church teas again and these will be on the ***first Sunday of the month***, with the first one being on 3rd April.





**TRAIDCRAFT FOR SALE  
IN CHURCH ON**

**SUNDAY 20TH MARCH 2022**

**AFTER THE 10.30AM SERVICE,  
CAPEL**

**EASTER GIFTS WILL BE  
AVAILABLE!**

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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