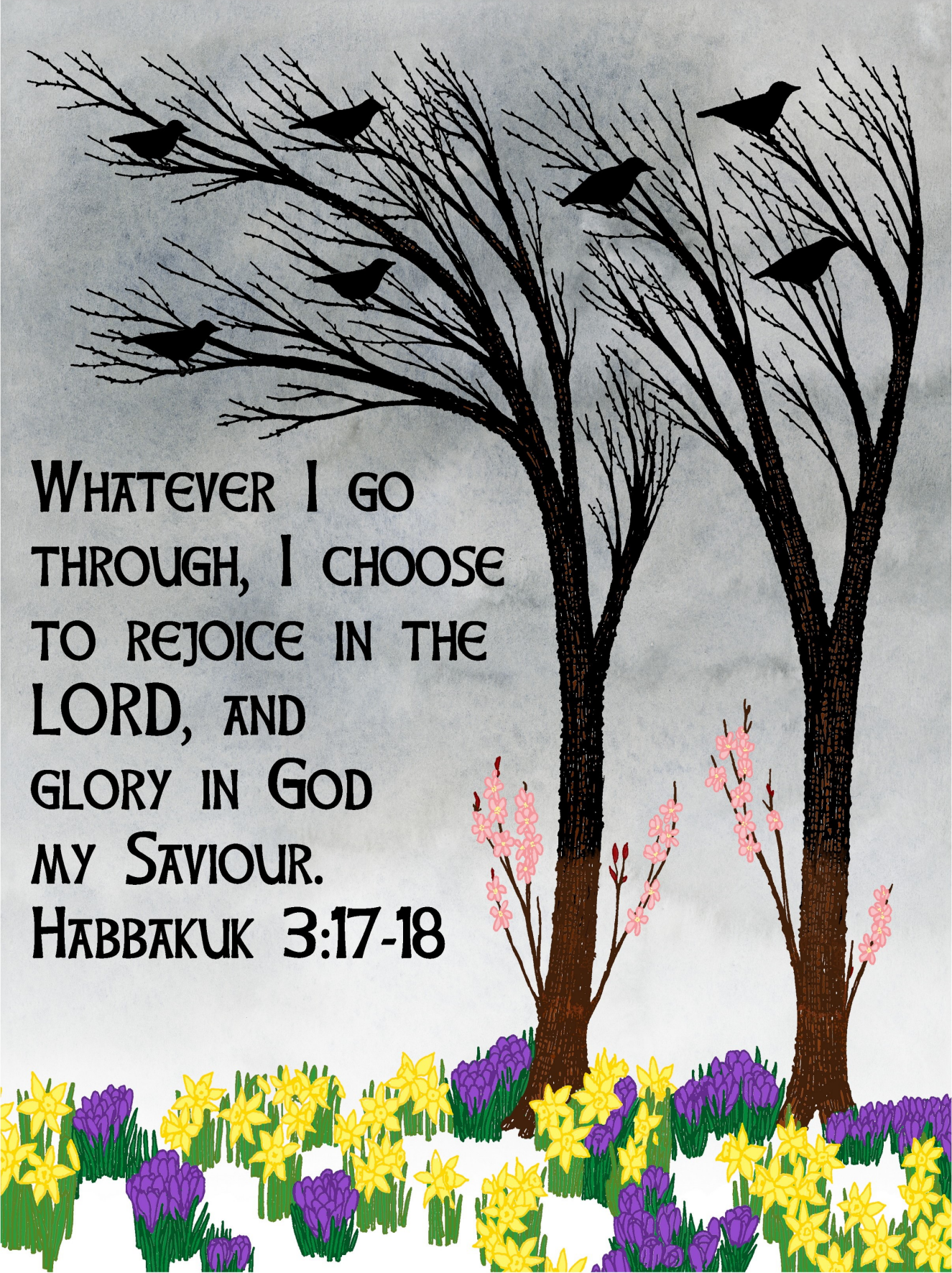


inspire

Issue 69

February 2023

The monthly publication for the Parish of Capel & Ockley



WHATEVER I GO
THROUGH, I CHOOSE
TO REJOICE IN THE
LORD, AND
GLORY IN GOD
MY SAVIOUR.
HABBAKUK 3:17-18

No charge - Please take a copy! Donations welcome in honesty box

St. John's, Capel

Café Church

Sunday 19th
February 10.30am

A Band ~ The Bible ~ Faith in Action
Free Croissants & Coffee ~ Everyone welcome



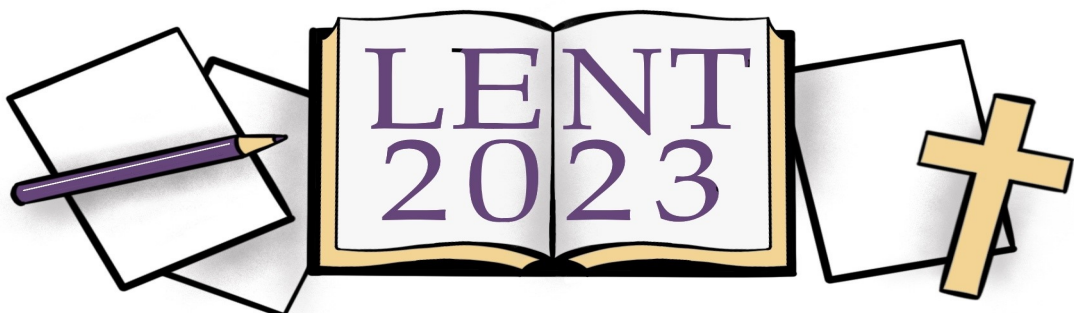
Ash Wednesday

22nd February 2023

7.30pm Holy Communion Service

At St Mary Magdalene, South Holmwood

*This will be a combined service with the imposition of
ashes with all the four churches within our Surrey
Weald Team. Do join us for the start of
Lent 2023!*



Issue 69 February 2023

Contents:-

- 4 Rev Liz's letter
- 5 Services & Events
- 6 Café Church with Bob Cranham
- 7 Pavilion Café and St Valentine's Day: A Poem
- 8 News from the Pews
- 9 The Language of Love
- 10 News
- 12 Some Hints about Prayer this Lent and Reflecting Faith
- 13 Spiritual Disciplines: Study
- 14 Letter from the Editor and Important news on Traidcraft
- 15 Calculation of Easter
- 16 High Days & Holy Days
- 17 It's all in the VALENTINE
- 18 Remembering the Munich Air Disaster, Discovering the Double Helix of DNA and The Unlikely Patron Saint of Television
- 19 The Key to a Happy Life and Being Bored is Good for you
- 20 Ukraine: One Year on
- 22 Junior InSpire
- 23 Prayers, Prose & Poems
- 24 Book Reviews
- 26 How do you define Love?
- 27 Taking a Retreat
- 28 Puzzle Pages
- 30 Puzzle Solutions
- 31 Dorking Foodbank
- 32 Lent 2023: Dust & Glory Church of England Reflections for Lent 2023

"More things are wrought by prayer than this world dreams of"

Tennyson

"Everything can change in the blink of an eye. But don't worry; God never blinks".

"Get outside every day. Miracles are waiting everywhere".



February
2023

Don't want a paper copy ...

You can register to receive **InSpire** via email each month OR download individual issues!

www.capelandockleychurch.org.uk/inspire-magazine

This issue is kindly sponsored by

Capel Church Teas

We thank them for their generosity

Take a look at page 5 for the first Tea dates of 2023!

Church Contacts:-

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

Parish Pastoral Assistant:

Sylvie Beckett 07711 849338

Safeguarding Officer:

Leigh Smith 07732 825908

leighdesouza@yahoo.com

Diocesan Safeguarding

Jackie Broadfoot

Advisor:

07918 559387

jackie.broadfoot@cofeguildford.org.uk

See our **Safeguarding Notice** in 'News from the Pews' each month.

Churchwardens

Norman Ede 01306 713247 & Joy Harman 01306 711482

James Lee-Steere

jamesleesteere@jayeestate.co.uk

churchwardens@capelandockleychurch.org.uk

Treasurer:

Capel & Ockley

Helen Burt

helenmb0909@gmail.com

01306 711671

Capel Organist & Choir Ockley Organist

Anthea Smallwood 01306 711883

Andrew Collings 01403 265794

PCC Secretary

Margaret Zandona 07712 684766

mdzarne@gmail.com

Weekly Sheets Editor

Dineke van den bogerd

editor@capelandockleychurch.org.uk

InSpire Editor

editor@capelandockleychurch.org.uk

Suzanne Cole 01306 711449

Church website:

www.capelandockleychurch.org.uk

Webmaster:

webmaster@capelandockleychurch.org.uk

Parish Eco Team

ecoteam@capelandockleychurch.org.uk

Rev Liz writes

Dear Friends,

I do hope you are managing to keep warm in this rather harsh winter? What with the days of relentless rain and then as I write, freezing but bright winter days, these days can seem rather difficult at times. Even so, as we walk our dogs there are new signs of life already coming through the ground and the extraordinary green shoots of bulbs emerging and by the time you read this I guess it will be snowdrop season.

Last month we in the Guildford Diocese bade farewell to our Bishop of Dorking, the Rt.Revd. Jo Bailey Wells. Bishop Jo has left the diocese to become Bishop for Episcopal Ministry in the Anglican Communion. This new post grew out of the Lambeth Conference last year and has been designed to 'foster a collaborative, engaged, enriched fellowship' among bishops all over the world. This will be a challenging but wonderful post for Bishop Jo who has extensive experience of the worldwide church. Bishop Jo had a special leaving service and has been sent on her way with many blessings and prayers as she has blessed us with her ministry of 6+ years.



I am especially grateful for the wonderful sermons that she and Bishop Andrew provided for us during the periods of lockdown which we were able to share with our congregations. Bishop Jo though was one of those people who always brought such a freshness to everything she was involved with. What a gift and one which I am certain will bless the church worldwide.

I wonder when you read this whether the Easter eggs will already be in the shops?! It always seems extraordinary to me that no sooner have we welcomed the infant Jesus into the Christmas crib that within weeks we are looking towards the season of Lent - that period of time between Ash Wednesday and Easter. Of course in reality Jesus had 33 years in which to grow up and to begin his ministry but in 'church time' it does all seem rather quick as we begin Lent this year on Ash Wednesday the 22nd of February with a special service where we make the sign of the cross on our foreheads using ash. Sounds very strange doesn't it, but actually its really rather special! It is one of those things which help ground us in our faith and reminds us of our need of God's help in our lives. This year we are joining with the other churches in our Surrey Weald Team at St Mary Magdalene at The Holmwood. The service begins at 7.30 pm so do join us. Of course the day before is Shrove Tuesday. I love pancakes!

In the meantime do remember that there are plenty of warm hub type facilities around along with many other sources of assistance. If you or someone else needs vouchers for the Dorking Foodbank, I can issue these in complete confidence. We have been overwhelmed by the generosity of many who have provided much needed food and other items for our Dorking Foodbank collection. A huge thank you to Capel W.I. for a wonderful bounty of goods. We also have some funds in our Capel Community Chest for anyone in need. We all need to help each other through these days.

As always my love and prayers,

Rev Liz

Rev Liz Richardson

liz@hostmyserver.co.uk

01306 711260

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

Pop a note in your diary now ...

Coronation Flower Festival

Saturday 6th - Monday 8th May 2023
inclusive



At St John the Baptist, Capel

Refreshments will be available
No entry charge, but donations welcome.

CHURCH SERVICES AND EVENTS FOR St John the Baptist, Capel & St Margaret's, Ockley FEBRUARY 2023

Please note: CW - service is from Common Worship 2005

FEBRUARY 2023

SUNDAY 5th

9.30am Matins at Ockley
10.30am Family Communion at Capel

Third Sunday before Lent

SUNDAY

12th
9.30am Parish Holy Communion CW at Ockley

Second Sunday before Lent

This is a combined parish service so no service at Capel today.

SUNDAY

19th
9.30am Matins at Ockley with Graham Everness
10.30am Cafe Church at Capel

Sunday next before Lent

Wednesday

22nd
7.30pm

ASH WEDNESDAY

Service of Holy Communion at **St Magdalene, South Holmwood**
This will be a combined service with the imposition of ashes with all the four churches within our Surrey Weald Team. Do join us.

SUNDAY 26th

9.30am Holy Communion BCP at Ockley - Rev Liz
10.30am Family Communion at Capel - Rev Jo

First Sunday of Lent



MARCH 2023

SUNDAY 5th

9.30am Matins at Ockley
10.30am Family Communion at Capel

Second Sunday of Lent

ADVANCE NOTICE OF TEAS AT CAPEL & OCKLEY - Starting again in March ...

Sunday 19th March	FIRST TEAS OF 2023 at Capel 3-5pm
Sunday 2nd April	FIRST TEAS at Ockley 3-5pm
EASTER WEEKEND	
Friday 7th April	Teas at Capel 4-5pm (*please note time)
Sunday 9th April	Teas at Capel 3-5pm
Monday 10th April	Teas at Capel 3-5pm

FULL LIST IN NEXT MONTH'S ISSUE - ALSO AVAILABLE TO SEE ON OUR PARISH WEBSITE:-
<https://www.capelandockleychurch.org.uk/events-calendar/>

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

Guidelines for your safety and comfort in church

At both churches the wearing of masks inside places of worship is encouraged.

Hand sanitiser will be available for use by the entrance door. Holy Communion is given in both kinds and the consecrated wine will be served in individual glasses whilst we are still at risk from the pandemic.

It's all about love.....

Yes, that's right, February is upon us again and thoughts are turning to the annual love-fest that is Valentine's Day! Men, young and old, from all points across Capel and Beare Green will be hastily finding suitable greetings cards and gifts to affirm their love and affection for that special lady in their lives.

Valentine's Day did not come to be celebrated as a day of romance until about the 14th century. Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 AD by the emperor Claudius II Gothicus. Prior to this it is thought to have originated from the Roman festival called Lupercalia in the middle of February - officially the start of their springtime. Whatever its origins, Valentine's Day has become a source of worry and angst for men as they struggle to find that one card that encapsulates all the things they want to express and, worse still, they try to find an appropriate gift. Be warned, some have made catastrophic failures of judgement in this area. For example, and in no particular order, here are some presents that were actually given on 14th February which we should/must avoid at all costs:

- A toilet seat
- Jump leads
- A pencil sharpener
- Dental hygiene products
- A face mask with a sequined beetle on it
- A heart-shaped sirloin steak
- A funeral plan

For me, love is key in accepting that there is a god or creator at work in our world. I can understand how some would believe that a random collection of organisms from the primordial soup of creation could come together and produce something that might live and breathe but there is something about love and the feelings and emotions it generates that seems to me to be over and above people being just a bag of bones held together by the skin they stand in. Scientists tell us that the human body regenerates cells on a daily basis. By the time we reach adulthood there is very little of the physical "us" that we were born with left but the feeling of love that we first experience as a babe in arms remains a constant. Christians won't find that surprising. The bible says that we are *all* made in the image of God and that, put simply, God is love. In fact, the book of 1 John expresses this very clearly:

God's Love and Ours

"⁷Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸Whoever does not love does not know God, because God is love. ⁹This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. ¹⁰This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. ¹¹Dear friends, since God so loved us, we also ought to love one another. ¹²No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us."

How about that! *"But if we love one another, God lives in us and his love is made complete in us"* When we say, "I love you", irrespective of gender, marital status or who our partner is, it's the ultimate expression of all that God created us to be.....although a bunch of flowers and a candlelit dinner for two might not go amiss!

Bob Cranham

St. John's, Capel

Café Church

Sunday 19th
February 10.30am

A Band ~ The Bible ~ Faith in Action
Free Croissants & Coffee ~ Everyone welcome



**Café Church meets at St. John's, Capel
on
Sunday 19th February at 10.30am**

Expect free coffee and croissants, a warm welcome, a band, some debate, a little poetry, a lot of laughter and plenty more.

The Pavilion Café

We are open every Wednesday morning from 9am to 12 o'clock 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.



14th Feb: St Valentine's Day, a poem

Saint Valentine's Day, many believe, was named after one or more Christian martyrs and was established by Pope Gelasius 1 in 496 AD. Valentine of Rome was martyred about 269 AD, and this day usually 'belongs' to him.

The first recorded association of Valentine Day with romantic love (1382) is from Geoffrey Chaucer. He wrote, 'For this was Saint Valentine's Day, when every bird cometh there to choose his mate.' This poem was in honour of the first anniversary of the engagement of King Richard II of England to Anne of Bohemia. Valentine Day is referred to by Ophelia in Hamlet (1600-1601).

*To-morrow is St Valentine's day
All in the morning betime
And I a maid at your window
To be your Valentine.*

The modern mention of Valentine's Day can be found in a collection of English nursery rhymes (1784):

*The rose is red, the violet's blue
The honey's sweet, and so are you.
Thou are my love and I am thine
I drew thee to my Valentine.*



NEWS from the Pews

In Memoriam

We remember with love and mourn the loss of

Terence Bennett Tucker
27th December 2022

Anthony Philip Emery
2nd January 2023

David Ian Waugh
6th January 2023

Donald Frank Wales
7th January 2023

Eva Maria Ball
7th January 2023

May they rest in peace and rise in glory



We would like to thank everyone for their support of Traidcraft. Please see the note from Stuart & Suzanne Cole on page 14 as Traidcraft have sadly gone into administration again.

This year's
**Annual Parochial
Church Meeting (APCM)** will
be held after the 10.30am
service on
Sunday 23rd April 2023.
Everyone is welcome to attend

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 **Dineke van den Bogerd:**

editor@capelandockleychurch.org.uk

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

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 Jackie Broadfoot will be published in our weekly pew sheets as well as in the Church Contacts section in each issue of Inspire.

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

Editor: Canon Paul Hardingham considers what showing love can mean in everyday life.

The Language of Love

Valentine's Day reminds us of the importance of expressing our love to those close to us. But how can we go beyond simply offering flowers and a card? Jesus says: *'A new command I give you: Love one another. As I have loved you, so you must love one another'* (John 13:34). How can we express love like Jesus in our everyday relationships to our partner, children, neighbours or work colleagues?

Listening

We need to listen to others, just as Jesus did. He asked questions of people and waited for them to process their answer. According to James, *'everyone should be quick to listen, slow to speak and slow to become angry'* (James 1:19). How well do we listen to others? How often do we find ourselves already thinking of what we want to say before somebody's finished speaking? Listening takes time; don't rush it!

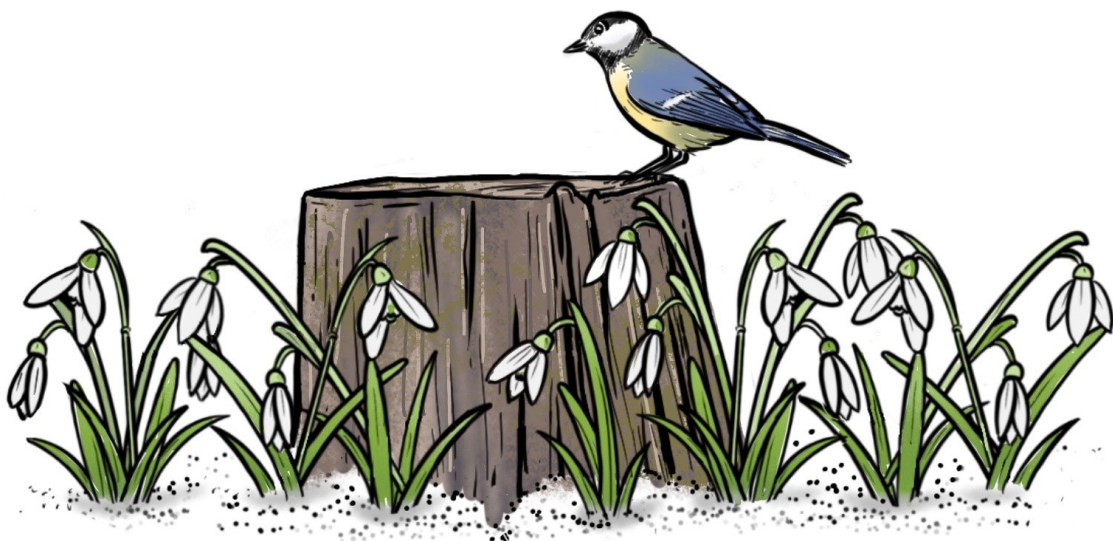
Touching

Jesus reached out to touch the untouchables in His world, including lepers, the sick and children. This was completely out of character for rabbis of His day. For us today, a warm handshake may be of value. Of course, it should always be an *appropriate* touch – helpful for the other person, not just for ourselves.

Speaking

Jesus' conversation was always full of grace and truth (John 1:14). Do we speak words of *grace*, by offering comfort, giving encouragement or expressing care and concern? However, we should also be ready to speak words of *truth*, in asking for forgiveness, seeking reconciliation or addressing conflict. As Paul urges us, don't avoid: *'speaking the truth in love'*.

Where is the challenge for us in expressing love this Valentine's Day?



NEWS

War, hunger, cold ... and hope – bishops look ahead and share their thoughts

With a focus on food banks, warm spaces, community, the war in Ukraine, and migration, bishops across England have shared messages of hope for the coming year.

The Bishop of Lichfield, Michael Ipgrave, has highlighted not only many churches will be open for services, but also as a warm, heated space for those who need it.

“The instinct to welcome people into our own space is deep within us as human beings,” he said. “And the welcome we give, or fail to give, to people who are cold, hungry, struggling with finances today says so much about our own society.

The Bishop of Dover, Rose Hudson-Wilkin, looked back on 2022 as a year of upheaval and “of seismic proportions ...the loss of our beloved late Majesty, Queen Elizabeth II.

“The shadow of Covid-19 remained with us and we heard stories of the lasting impact of the pandemic, especially through Long Covid, [and] the effects of lockdown on children’s and adults’ mental well-being,” she added.

“But we have also seen compassion in action as thousands of families offered to share their homes with those Ukrainian families who have been lucky enough to get visas. We also saw our churches working with many charities to offer support by way of warm community spaces; assisting with language lessons; providing clothing and food.

“Indeed, the words of our Lord came into their own: ‘I was hungry and you fed me, thirsty and you gave me a drink, naked and you clothed me, sick and in prison and you visited me.’ Thank you for your part in this.

The Bishop of Chelmsford, Guli Francis-Dehqani said: “As we begin another year, with all the uncertainty that continues raging around us, and with continued worries about the cost of living and the changing nature of the church, it’s perhaps worth remembering that the same Christ child who drew kings and magi to His crib is the one who invites us to follow Him still today.”

Cost of living crisis: 2.6 million seek help from churches and faith groups

Nearly three million adults in the UK are estimated to have sought help from church or other religious organisations since the start of last year, as a result of the cost-of-living crisis, according to research published.

New findings show that, overall, almost four in 10 (38 per cent) of UK adults sought help last year because of the squeeze on living costs. Family and friends were the most common source of help, at 24 per cent and 14 per cent respectively.

However, the polling by Savanta, for the Church of England, also found that five per cent of UK adults, approximately equivalent to 2.6 million people, sought help from churches or other religious organisations.

Six in 10 of those who sought help from churches and other religions said they had received free food or groceries (60 per cent). Half said they received low-cost food or groceries (50 per cent) or hot food (48 per cent), and four in 10 (40 per cent) said they had been provided with warm spaces.

The survey showed that, overall, 61 per cent of UK adults said they had *not* sought help in 2022 as a result of the cost-of-living crisis, but this figure fell to 24 per cent of 18-to-24 year olds and 30 per cent of 25 to 34-year-olds.

When early last year the Warm Welcome campaign was launched, it was supported by thousands of churches and other public buildings, which are opening their doors this winter to provide a warm space for people amid surging energy bills.

The Bishop of Durham, Paul Butler, who speaks for the Church of England on welfare issues, said: “Churches have been providing a lifeline to people struggling to balance their household budgets and provide for their families through food banks and food clubs and other forms of hospitality for many years.

Continued on page 11

"The cost-of-living crisis has seen churches step up this support, with many providing warm spaces through the Warm Welcome campaign this winter for people struggling to heat their homes.

"The figure of nearly three million people seeking help from church or other religious organisations since the start of this year is almost certainly an underestimate of the extent of the support, as many visit church-run food banks and food clubs in order to provide for their families and wider households."

Statistics for Mission 2021 published

Attendance at Church of England parishes rose sharply in 2021, compared to 2020, but continued to be affected by Covid measures, new statistics from the Church of England show.

Average weekly attendance, which includes Sundays and midweek attendance, grew to 605,000 in 2021 compared to 345,000 in 2020. But it was lower than in 2019, when average weekly attendance stood at 854,000 people.

The number of baptisms and weddings grew in 2021 compared to 2020, with 26,500 marriages and services of prayer and dedication after civil marriage and 55,200 baptisms or thanksgiving services for a child.

Many churches continued to provide 'church at home' services in 2021, offered online, by phone, post, email, and other means amid a range of Covid restrictions.

It comes as separate figures show the number of people praying online has continued to grow sharply over the past year with downloads of the Church of England's Daily Prayer audio at 3.2 million so far in 2022 – 62% higher than 2021 when it was launched. Total downloads now stand at 5.2 million.

Daily Prayer audio – across the Daily Prayer podcast and app – has now reached more than 1.1 million unique listeners.

Meanwhile, figures from the Church of England's digital channels show that social media content – prayers, Bible verses, reflection content, good news stories and encouragement – have been seen more than 65 million times this year so far.

This amounts to approximately 1.3 million impressions per week, with content seen roughly 190,000 times a day.

And the Church of England's national online service averages around 150,000 views a week, with an average of 300 written comments a week from regular online worshipping communities.

The summary adds: "The pandemic continued to have an impact on the life of the Church of England, with some churches being closed for worship for parts of 2021 and some members of congregations continuing not to attend in-person services. This report indicates the extent to which things have 'bounced back,' but notes that further bouncing back is expected."

Church of England's National Investing Bodies publish Deforestation Policy

Deforestation sits at the heart of climate, biodiversity and food and water security challenges, all of which many parts of the world are currently struggling to address.

The Church of England has therefore said: "We recognise the need to support a transition to sustainable policies and practices in a way that conserves and restores forests while also protecting local communities and livelihoods."

To that end, the National Investing Bodies of the Church of England (NIBs) have published a Deforestation Policy, to address these critical issues before they become crises.

"We recognise the critical role which tropical forests play in stabilising the earth's climate system, absorbing one-third of the CO2 released annually from burning fossil fuels. The policy is aimed at halting tropical deforestation related to agricultural commodities that put forests at risk, such as palm oil, soy, beef, pulp and paper, and timber."

© Parish Pump

The Ven John Barton considers what you need to remember when you pray.

Some hints about prayer this Lent

Prayer is instinctive for human beings, even those who don't regard themselves as religious. You are standing at a bus stop in the wind and the rain, thinking 'I do hope the bus will come soon'. It's an inner yearning. It defies logic: either the bus is coming, or it isn't. But we all do it. It's instinctive and it's the raw material of prayer. Hoping for something better is basic. Like all instincts, it needs to be trained.



To whom do we pray? What you pray, and the way you do it will be shaped by your view of God. Christian prayers are fashioned by what we know of Jesus and what He taught about prayer.

We pray by invitation. Again and again, Jesus encouraged His companions to pray. A couple of His parables on the subject have been misinterpreted as instructions to persuade a resistant God to do what we want. Have a look at Luke 18, verses 1-8, about a widow whose perseverance finally persuaded an unwilling judge to rule in her favour. The lesson is that God is *not* like that! Similarly, an unwelcome neighbour who persistently calls for help in the middle of the night gets what he wants (Luke 11:5-13). The lesson? If tenacious lobbying can overcome human unwillingness, *how much more* our gracious God will heed His children's cry.

Pushing at an open door. Jesus is already praying for us. So, when we start to pray, we step on to an already moving staircase. Sometimes prayer seems tougher than it need be. Jesus invited us to be linked to Him, in the way an inexperienced bullock is yoked to a mature ox. Have a look at Matthew 11:28-29, which concludes "for my yoke is easy and my burden is light". When Marion Bartoli unexpectedly won the 2013 Women's Wimbledon final, she said "I believe if you put all your heart and effort into everything you are doing, then God is there to help you."

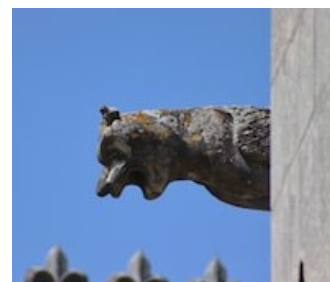
Is your prayer on the right lines? Try adding "for Christ's sake" at the end. "Please let my marrow win the Gardening Club competition"? No. "Not my will but yours" is the key. So when praying, don't give God instructions, just report for duty.

Editor: The Revd Dr Jo White continues her series.

Reflecting faith – what animals can remind us about our faith

There are various rather peculiar 'creatures' that are used in decorations in and on church buildings.

Around the outside of many larger churches and cathedrals you may well have found some downright scary beasts! They are usually used as downspouts off the roof or at the head of vast columns. Often, they were intended to scare away anything or anyone who was evil from entering the church building, and therefore kept all those on the inside safe.



When we go to worship – especially somewhere we haven't been before – we want to be assured that what will be said during the service will be 'of God'. We want to be able to relax and just be ourselves and secure in God's presence. And that was the thinking behind those beasts.

There are, however, plenty more welcome creatures often found inside the building. Jesus is often spoken about as 'The Lamb of God'. Indeed, we use that phrase within most Communion services during the Gloria as well as just before we go to receive the bread and wine: '*Lamb of God, you take away the sin of the world, have mercy on us.*' So, we can see a lamb as representing innocence, purity, vulnerability and sacrifice itself.

This month: Have a look to see if there are any other 'creatures' on show in a church near you. What do they 'say'?

Editor: Canon Paul Hardingham continues his new series on the spiritual disciplines that help us to grow and deepen our faith. It will run throughout this year.

Spiritual Disciplines - Study

'The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.' (Richard Foster)

Spiritual disciplines are practices designed to develop and grow our lives as disciples of Jesus. This month we are looking at the place of *study* as a spiritual practice.

'All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.' (2 Timothy 3:16,17). The study of God's Word is vital if we are to grow in understanding God's will for our lives. The discipline of study can take different forms: reading the Bible as a book or on a digital device and listening to an audio Bible. We can hear the Bible taught in church on Sundays or online any time.

One helpful way of studying Scripture is *Lectio Divina*. It consists of five steps:

Select a Scripture passage to read.

Read the passage, preferably out loud, two or three times. Use the first time to get a feel for the passage. On the second time, note any words or phrase that draw your attention.

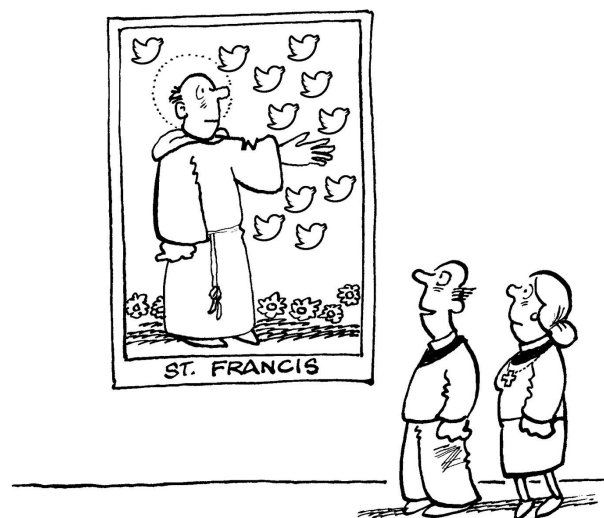
Meditate on the word or phrase that stood out to you. How is God speaking to you through these? Take time and allow God to speak personally about your life now.

Respond to what God has been saying to you. What is your response? What is your prayer?

Rest in God's presence and allow His love to embrace you by His Spirit.

Why not try this for yourself to hear God speak?

'We present you with this Book, the most valuable thing this world affords.' (words used when the late Queen received a Bible at her Coronation).



He's been updated. He's now the patron saint of tweeting!

LETTER FROM THE EDITOR

Dear friends,

Welcome to the February 2023 issue. This month sees the beginning of Lent 2023 and it will be marked with the very moving service of Holy Communion with the imposition of the Holy ashes on Wednesday 22nd February at 7.30pm at St Mary Magdalene, South Holmwood. It will be a joint service of the four churches in the Surrey Weald Team. Do go along if you can! Sadly, Stuart and I cannot be there as we will be in Suffolk that week. We've wanted to explore Suffolk for years and have finally got round to booking a week!

Stuart has written a second explanation of how to calculate when Easter will fall ... I have to say that as a non-mathematical person, it frightens me just looking at it! But for those of you who like a number puzzle, do have a go at calculating when Easter will fall in the next few years!

The war in Ukraine rages on and they now find themselves in the midst of winter to add to their hardship. We are reminded to keep the people of Ukraine in our thoughts and prayers with articles on pages 20 and 21. The Ven John Barton writes an article on page 20 'Ukraine: One year on' and there are details of how you can help, with details of various charities and organisations who are involved on page 21.

With St Valentine's Day on 14th February, there are a few articles including the one on page 9 where Canon Paul Hardingham considers what 'showing love can mean in everyday life'. There are the usual 'High Days & Holy Days' on pages 16 & 17 including more information on Thomas Bray, founder of SPCK who is remembered on 15th February. He was once called a 'Great Small Man' with good reason. This diminutive 18th century English clergyman (1658 – 1730) not only helped to establish the Church of England in Maryland, but he was also founder of the Society for the Propagation of Christian Knowledge (SPCK) in 1698 and the Society for the Propagation of the Gospel in Foreign Parts (USPG) in 1701.

There are plenty of the usual features and the reintroduction of a Word Search on page 29 amongst the puzzles! I do hope you enjoy the issue and Happy Valentine's Day to you all and wishing you all every blessing as we begin Lent.

With my best wishes,
Suzanne



"He moved here after the PCC voted to lower the church heating bill. He says it is warmer out here."

UPDATE ON TRAIDCRAFT

Traidcraft went into administration at the end of January. The business had been in a weak financial position since its last relaunch a few years ago. It had relied on loans from some supporters to keep it going, but this was not enough. Apparently a combination of Covid, Ukraine, energy prices and transportation costs and finally Royal Mail strikes made its position untenable. Its turnover had decreased since the pandemic by about a third.

Traidcraft was a major force for good in the ethical retail sector for over forty years. It had championed the cause of trade justice, and protected the rights and dignity of producers all over the world. It was established by Richard Adams as a faith organisation in Newcastle in 1979. It rapidly moved from hand drawn catalogues selling jute products to a wide range of food, clothes and accessories working with over 100 producer groups in 30 countries. In 1979 there was no Fairtrade label, few ethical shops, and no fair traded goods in supermarkets. Over its years Traidcraft has helped hundreds of thousands of lives and livelihoods.

Capel has supported Traidcraft for about thirty years. Last year selling their products we raised £200 for our churches as well as supporting the producers. Traidcraft's profits also helped Transform Trade charity working directly with small producer groups around the world. We have a small stock of products that will be available in church soon, and in next Inspire there will be details of other companies selling ethically sourced products.

Thank you for your support over the years.
Stuart and Suzanne Cole



Calculation of Easter – Take 2

A few years ago, I wrote a piece about how easter was calculated. A few thought this was too complicated so here is a version that could be on the puzzle pages. This is based upon an algorithm that the German mathematician Carl Gauss presented in 1800. He is regarded as one of the greatest mathematicians of all time and worked in the fields of number theory, geometry, probability, geodesy, astronomy, functions, and many more. His work on prime number theory and elliptical functions led the way for others to develop encryption used daily in payments, banking, and communications. He worked out this method for finding Easter Day from 1583 until 4099. Unlike most of his work it is relatively easy to do, if not fully understanding the mechanics of what is being done.

This method can be done by anyone that can do the basic mathematics of adding, subtracting, dividing, and multiplying. At each stage I have tried to put in an explanation of what is being calculated, and have left shaded the figures for 2023. If you want another year, just overwrite them.

Line	Reason for calculation	Calculation	Result
		Year	2023
a	This is the year's position in the 19 year lunar cycle	Divide year by 19 leaving a remainder of	9
b		Divide year by 4 leaving remainder of	3
c		Divide year by 7 leaving remainder of	0
P	This takes account that there is not a leap year at the change of a century	Divide year by 100 (whole number only).	20
R	This is just an intermediate calculation to be used later	The number of times P can be divided by 4 (whole number only).	5
Q	This is a correction for the lunar orbit	Multiply P by 8 and add 13. Then divide whole number by 25 (whole number only).	6
M	This corrects the number of leap years at the start of the century	Calculate 15 minus Q plus P minus R. Divide this number by 30 leaving a remainder of	24
N	This is a correction for the starting point for each century based on 1 January when the Gregorian calendar was constructed	Calculate 4 plus P minus R. Divide this number by 7 leaving a remainder of	5
d	This is the number of days to be added to 21 March (earliest possible full moon)	Multiply a by 19, then add M. Divide this number by 30 leaving a remainder of	15
e	This calculates the offset needed ensure that Easter Day is a Sunday	Multiply b by 2, then add 4 times c and then add 6 times d and then add N. Divide this number by 7 leaving a remainder of	3
Number of Days	This is the number of days from 1 March for Easter Day	Add d and e and then add 22.	40
Month		If Number of Days is greater than 31 the month is April, otherwise the month is March.	April
Provisional Day		If Number of Days is less than 31 then keep Number of Days, if greater than 31, deduct 31 from Number of Days.	9
Easter Day	These adjustments to the Provisional Day account for the lunar month being slightly shorter than 30 days and enforce the last possible Easter Day as 25 April	If d= 29 and e = 6 then Easter Day is 19 If d= 28 and e = 6 then Easter Day is 18 Otherwise, Easter Day is the Provisional Day.	9

Easter Day will always fall between 22 March and 25 April on the same cycle every 6 million years and in 2023 Easter Day is 9th April. There are other methods of calculating Easter Day, but this is probably the easiest to follow. After 4099 there will be a need to adjust Easter by one day, but how that is done is yet to be agreed, and will probably not concern any of us too much.

High Days and Holy Days

***New 15th Sigfrid , apostle of Sweden**

If you have something big to forgive, Sigfrid may be the saint for you. This monk from Glastonbury was sent by King Ethelred to Norway and Sweden in 995. The King of Norway, King Olaf, had recently converted to Christianity, and wanted help in converting his people.

Sigfrid went first to Vaxjo in Sweden, taking along his three nephews. There he built a small church, commissioned it, and consecrated his nephews as bishops. Then Sigfrid left them, in order to evangelise the more remote regions.

So far so good, but when Sigfrid returned, he found the church had been burned to the ground and his nephews murdered. The attackers had been caught, and the king was about to put them to death. It would be an act of justice.

Instead, Sigfrid pleaded with the king for mercy. It was agreed that a large fine should be paid to Sigfrid. He did not keep a penny for himself, but used it to rebuild the church, and continue the mission. Sigfrid went on to minister in Sweden, Norway and Denmark for many years, until his death in 1045. He was remembered with love and credited with many miracles.

17th Feb: Janani Luwum, Archbishop & martyr of Uganda

The Most Reverend Janani Luwum (d 1977) was the Archbishop of Uganda, Rwanda and Burundi and Boga Zaire when 35 years ago this month he was murdered by the dictator Idi Amin. At the time the Church in Uganda was on the verge of centennial celebrations of its birth through the seed of the early Ugandan martyrs, and so Luwum became the first martyr of the second century of Christianity in Uganda. A statue of him stands in Westminster Abbey London.

Janani Luwum was greatly loved in Uganda. He was by all accounts an exceptional leader with a great personal godliness, a holistic vision, pastoral compassion and evangelistic fervour. Janani was born in 1922 at Mucwini in the Kitgum District of Uganda. He spent his childhood and early youth herding goats. Given an opportunity to attend a local school, he learned quickly, and was soon a teacher himself.

Janani Luwum was converted to Christianity on 1st January 1948, started at theological college in Buwalasi the following year, became a deacon in 1955 and was ordained a priest in 1956. He served in the upper Nile Diocese of Uganda and the diocese of Mbale, and was consecrated Bishop of Northern Uganda in 1969 and Archbishop of Uganda in 1974, three years after Idi Amin came to power in a military coup. His death was mourned by millions in East Africa.

18th Feb: Fra Angelico, patron of artists

If you enjoy drawing or painting, Fra Angelico is the patron saint for you. This devout Dominican priest of the Early Renaissance (1387-1455) used his superlative talent to the glory of God to such an extent that even six centuries later we are inspired and blessed by his art.

For while you may not be familiar with his name, you'll know his work: Fra Angelico's *The Annunciation* or *Adoration of the Magi* has adorned many classical Christmas cards. He is reckoned to be one of the greatest Italian painters of the 15th century.

Fra Angelico was born at Vicchio near Florence, and as a young friar worked at illuminating manuscripts such as the *Dominican Diurnal*. Ordained priest at Fiesole in 1418, he continued painting, spending the 1430s decorating the interior of the friary of San Marco, Florence with his masterpieces. Work at the Vatican followed, especially his paintings of Stephen and Laurence in the chapel of the artistic pope Nicholas V.

Fra Angelico's work is sublime, revealing a marvellous command of colour, light and perspective. It radiates spiritual serenity, and a dedication to God that is matched by few others. He has been described by experts as having "a rare and perfect talent", and that "it is impossible to bestow too much praise on this holy father, who was so humble and modest in all that he did and said, and whose pictures were painted with such facility and piety."

From 1449 to 1452 Fra Angelico was prior of Fiesole. Then he moved to Rome, where three years later he died. He was beatified in 1960 and declared patron of artists in 1984. Pope John Paul II described his paintings as 'miracles'.

15th Feb: Thomas Bray, founder of SPCK

Thomas Bray was once called a 'Great Small Man', with good reason. This diminutive 18th century English clergyman (1658 – 1730) not only helped to establish the Church of England in Maryland, but he was also founder of the Society for the Propagation of Christian Knowledge (SPCK) in 1698 and the Society for the Propagation of the Gospel in Foreign Parts (USPG) in 1701.

Those are long names for societies whose aim was to get Christian books and resources into the hands of those who desperately needed them. For the early 18th century was not an easy time for poor clergymen: books were expensive, and many of them had few, or none to guide them in their ministry. And so, Thomas Bray, who had been educated at Oxford, joined with some other clergy friends to help them.

After a trip to assess the needs of the young Episcopal Church in Maryland (he was sent by the Bishop of London), Bray became rector of St Botolph's, Aldgate in London in 1708. From here he served his parish, and through SPCK eventually established 80 parish libraries in England and a further 39 in the Colonies. SPCK and USPG worked by asking learned authors to donate copies of their books. They also appealed to merchants to the foreign plantations for financial help in establishing the libraries.

Thomas Bray's life has affected hundreds of thousands of people over three centuries. Not only was his work in America the first major coordinated effort to establish libraries in the New World, but SPCK is still one of our leading UK Christian publishing houses today.

As if that was not enough, Bray also worked to help poor debtors emigrate to better lives, and homeless children to get care in England. He helped feed prisoners at Newgate prison in London and joined in the political fight against slavery. He also supported outreaches to Africans and Native Americans in their home countries. When he died on 15th February 1730, thousands mourned him. A great small man indeed!

It's all in the VALENTINE

For God so loVed the world,
That He gAve
His onLy
BegottEn
SoN
That whosoever
Believes In Him
Should Not perish,
But have Everlasting life."

John 3:16

Remembering the Munich Air Disaster

The Munich air disaster took place 65 years ago, on 6th February 1958, when a plane carrying the Manchester United football team (known as the Busby Babes), plus support staff and journalists, crashed while attempting to take off from a slush-affected runway at Munich-Riem Airport. Altogether, 23 people were killed, including eight players.

The Elizabethan-class Airspeed Ambassador, British European Airways Flight 609, crashed on its third attempt to take off. It had landed at Munich on its way from Belgrade to Manchester because a non-stop flight was beyond the range of the aircraft. The Babes had just beaten Red Star Belgrade in a European Cup match.

Engine problems had caused the first two take-off attempts to be aborted, but the pilots decided to try again because of scheduling issues. This time the plane was slowed by slush and failed to take off, smashing off the runway and into a house. A parked fuel truck was hit and exploded: only 21 of the 44 on board the plane survived

The pilot began evacuating passengers, and star goalkeeper Harry Gregg helped pull survivors – including a baby, its pregnant mother and two of his teammates – from the wreckage. A devout Christian at the time – he was said to have lost his faith when his wife and daughter later died of cancer – he became known as the hero of Munich.

Discovering the double-helix of DNA

Seventy years ago, on 28th February 1953, British scientist Francis Crick and American James D Watson announced that they had discovered the double-helix structure of DNA.

Crick described this as finding the secret of life, but his wife did not believe him, because he was “always saying things like that”. Nevertheless the discovery was revolutionary, leading to huge advances in biology and genetics.

The breakthrough came from a mixture, it was said, of “intuition, persistence and luck”: it was based on wide knowledge of different fields of science rather than their own experiments. Crick had a background in physics and x-ray crystallography, while Watson’s speciality was viral and bacterial genetics.

They owed a great deal to the pioneering high resolution x-ray imagery of Rosalind Franklin who, being a woman, did not receive enough credit initially and who died in 1958 of cancer, before she could receive the Nobel Prize awarded to Crick, Watson and her colleague, Maurice Wilkins.

Watson and Crick’s findings appeared in a one-page item, with the understated title *A Structure for Deoxyribose Nucleic Acid*, in the British scientific weekly *Nature*. The impact of it was not felt immediately: it was not widely talked about until near the end of the 1950s.

Neither man was spiritually inclined. Crick, a humanist, was taken to church as a child by his parents, but by the age of 12 decided not to go any more as he preferred a scientific search for answers. Watson described himself as “an escapee from the Catholic religion”.

The unlikely patron saint of television

It was 65 years ago, on 17th February 1958, that St Clare of Assisi (1194-1253) was declared the patron saint of television by Pope Pius XII – on the basis that she had been too ill to attend Mass, but had still been able to see and hear it miraculously on the wall of her room.

St Clare was born Chiara Offreduccio in Assisi and was one of the first followers of St Francis of Assisi. Both her parents were from wealthy families, and her mother Ortolana was both generous and devout, eventually joining her daughter’s monastery – as did two of Clare’s sisters: one of them, Catarina, eventually became St Agnes of Assisi.

After hearing St Francis preach, Clare became devoted to poverty, humility and love, and founded the Order of Poor Ladies, which eventually became known as the Poor Clares. She became quite ill towards the end of her life and was unable to attend church, but apparently the images and sounds of the Mass appeared in full on the wall of her room. She is also the patron saint of computer screens, sore eyes and embroidery.

Clare wrote the first monastic Rule of Life known to have been written by a woman and in 1216 became abbess of San Damiano. The life of the sisters there consisted of manual labour and prayer. Reportedly they “went barefoot, slept on the ground, ate no meat and observed almost complete silence”.

Many places have been named after St Clare: Mission Santa Clara, founded in 1777 in northern California, gave its name to the valley where it is situated – now better known as Silicon Valley, home of computer technology.

All above articles by Tim Lenton
© Parish Pump

The key to a happy life

Your mental health is the biggest single predictor of your personal happiness. So, suffering from depression or anxiety disorders can devastate your life.

Finding love is also a vital ingredient for happiness. "People need to be needed, and to be in meaningful relationships", says a recent study by the London School of Economics. It goes on: "Happiness is hugely affected by the ethos of a society, which affects everyone in it. For example, happiness is higher in societies where people trust each other. Freedom is also a crucial determinant of happiness."

The report also found that a boost in income, or more education, did not significantly affect our overall well-being. Having good mental health and someone to love were far more important.

Being bored is good for you

Being bored is a good thing – in fact, it can stimulate you to greater creativity. But keeping boredom at bay with endless scrolling on social media will ensure that your creativity is stifled.

So say researchers at Bath University. They warn that endlessly distracting yourself to avoid "superficial boredom" has the effect of preventing your mind from entering the deeper state of "profound boredom." In this state of malaise, you are in "existential discomfort" which in turn can stimulate you on to develop new passions and skills.

As one researcher explained: "This research has given us a window to understand how the 'always-on', 24/7 culture and devices that promise an abundance of information and entertainment may be fixing our 'superficial boredom,' but are actually preventing us from finding more meaningful things.

"Profound boredom may sound like an overwhelmingly negative concept but, in fact, it can be intensely positive if people are given the chance for undistracted thinking and development."

The new study was published in the journal Marketing Theory.

Are you looking for romance?

If so, you might like to visit Christian Connections, an award-winning Christian dating website. It has won the public-voted *Daters' Favourite Site* and *Best Niche Site* awards three years running.

With 22 years of experience, the site helps you to create some meaningful connections with like-minded Christians. Once you have met them, who knows what may happen?

<https://www.christianconnection.com>

Giving up for Lent

At the end of the pre-Lent sermon, the vicar suggested, as an example to the rest of the community, that the congregation should worship in an unheated church for the whole of Lent. As they made their way into the chill Sunday air the vicar addressed one member of the congregation, asking what she had decided to give up for Lent. "Church," she replied firmly.

Ukraine – one year on

By the Ven John Barton

On 24th February 2022, Russia invaded Ukraine without warning. Ukraine had been part of the Soviet Union 1922-1991 and even before that had been overshadowed and often overpowered by its larger neighbour. In 1932 millions of Ukrainians were deliberately starved to death in a famine, contrived by Joseph Stalin. This genocide, or Holodomor, is commemorated every year on the fourth Saturday in November.

The area had been overrun for centuries by successive external forces, until absorbed by Russia. In 1991, when the USSR was dissolved, Ukraine voted for independence, by a huge majority. There are still pro-Russian minorities in the East of the country, as there were in Crimea before 2014, when it was annexed by Russia.

In the last 12 months, one-quarter of the civilian population of Ukraine has been displaced, with 5+ million refugees escaping for temporary sanctuary in other countries. 95% of them are women and children. They have had to learn new languages (and a new script), find jobs and schools, and become accustomed to foreign cultures. When it seems safe, they want to return home and some have already done so.

The UK government, in partnership with County and District Councils, launched the Homes for Ukraine scheme last year. Would-be homes were inspected, and prospective hosts checked out for suitability and safety. A young Ukrainian woman lived in my home for six months before returning to Kyiv. In that time my pantry and fridge made room for bulgar wheat, lots of mushrooms and Salo, which is the name for slabs of cold cured pork fat, and much tastier than it sounds!

Most Ukrainians count themselves as Christian, including a number of Greek-Catholics, but the majority belong to what was the Russian Orthodox Church, and is now the independent Ukrainian Orthodox Church. The two churches separated after the Moscow patriarchate backed President Putin.

The Archbishop of Canterbury visited Kyiv in December and had to take cover in a bomb shelter when air raid warnings were sounded. He said the people of the West needed to realise the costs of this war were not short term, adding “there must be no way in which we force peace on Ukraine ... Peace is always better than war. But there are times when justice demands the defeat of an evil invasion.”

One year on there is still an urgent need for British people to open their homes to Ukrainian refugees.



Remembering Ukraine – one year on

24th February is the first anniversary of the war in Ukraine, which has seen nearly eight million people displaced and thousands killed. This winter is the worst in living memory for most Ukrainians, with medicine, food, water, and heating in short supply. If you would like to mark the first year by helping the people Ukraine, here are some charities from which you might choose:

The Disaster Emergencies Committee (DEC) is an umbrella group of UK charities.

<https://www.dec.org.uk/appeal/ukraine-humanitarian-appeal>

Christian Aid was founded in 1945 by British and Irish churches to help refugees after the Second World War. Sadly, with war back in Europe, it is now back at work on the Continent.

<https://www.christianaid.org.uk/appeals/emergencies/ukraine-humanitarian-appeal-2022>

Barnabas Fund distributes food through local churches to Christians in the poorer areas, both in Kyiv and in rural regions.

<https://www.barnabasfund.org/gb/latest-needs/help-ukrainian-christians-in-their-hour-of-need/>

Samaritans Purse has been airlifting medical supplies into the country, distributed more than 45 million kilos of food, and built water systems providing more than 30 million litres of water.

<https://www.samaritans-purse.org.uk/idr-crisis/crisis-in-ukraine/>

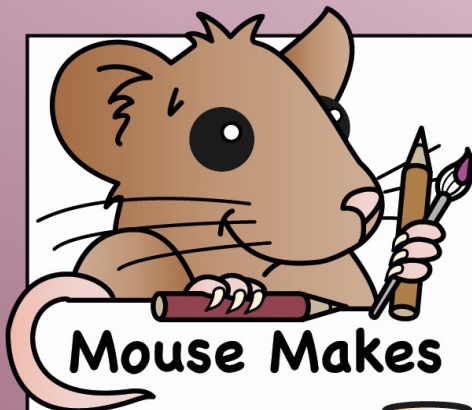
A Prayer for Ukraine

God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all 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.

Archbishop Justin Welby
Archbishop Stephen Cottrell



Junior InSpire



What did Jesus give thanks for and share?

Matthew 26:27

What did Jesus say this represented?

His _____
Matthew 26:27-28



SUPPER
LAMB • LORD
DISCIPLES
TOGETHER
EVENING
ROOM • JAR
WATER • TWELVE
JESUS • CHRIST
NIGHT • TOOK
THANKS
BLESSING
BROKE • GIVEN
COVENANT
DRINK • EAT
FORGIVENESS
SINS • HOLY
COMMUNION
ECHARIST

What was the special meal Jesus was preparing to eat?

Matthew 26:18



What did Jesus take, bless and break?

Matthew 26:26

What did Jesus say this represented?

His _____
Matthew 26:26



Jesus instructed his disciples to continue to break bread and share the cup "in

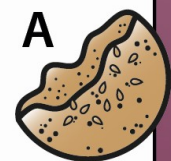
of me."

1 Corinthians 11:24-25



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

Find the words from the questions too!



PRAYERS, PROSE & POEMS

Editor: Dear Reader ... With Lent in mind, this famous prayer of Sir Francis Drake may well be an inspiration ...

Disturb us, Lord

Disturb us, Lord, when we are too well pleased
with ourselves,
When our dreams have come true
Because we have dreamed too little,
When we arrived safely
Because we sailed too close to the shore.

Disturb us, Lord, when
With the abundance of things we possess
We have lost our thirst
For the waters of life;
Having fallen in love with life,
We have ceased to dream of eternity
And in our efforts to build a new earth,
We have allowed our vision
Of the new Heaven to dim.

Disturb us, Lord, to dare more boldly,
To venture on wider seas
Where storms will show your mastery;
Where losing sight of land,
We shall find the stars.
We ask You to push back
The horizons of our hopes;
And to push into the future
In strength, courage, hope, and love.

Attributed to Sir Francis Drake, 16th Century

God of glory,
When I am faced with my own helplessness,
let me fix my eyes on you alone.
When the road ahead is one of injustice and
inequality, let me fix my eyes on you alone.
When my dreams are obscured by doubt and
insecurities, let me fix my eyes on you alone.
When serving you feels like a hardship, let me
fix my eyes on you alone. Amen.

God of hope, You know what it is like for us
to face temptation, having been tempted in the
wilderness. Yet you remained steadfast.
Thank you that Jesus Christ, the Son of God
and the Son of Man is able to rescue, heal and
help, whilst understanding our pain and
struggles. Amen

Prayers courtesy of The Children's Society
2017

Editor: Nigel Beeton writes: "The season of Lent begins this month. In times gone by it was observed very strictly, on pain of excommunication. Maybe these days we don't pay it such attention, but taking a bit of extra time with God during Lent is time that He will richly repay:"

Lent

The monk, within his monastery,
The ploughman and the lord;
Would keep the Lent time patiently
And keep a simple board.

Rich food nor meat could touch their lip
Just plain and simple fare;
Dried bread in sauce they could not dip –
Or face the Parson's glare!

Today, such things don't tend to be
We've left them in the past!
Just those within that monastery
Who keep the Lenten fast.

But all should come to love anew
The treasured time of Lent
And spend more time with Father, who
Rewards such time well spent!

By Nigel Beeton



A Prayer for Lenten Simplicity

Free me, Lord Jesus, from anything that obstructs my way to you. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness. Cleanse me of thoughts filled with anger, envy, or self-pity.

Create space in my life for more kindness and less spitefulness, greater generosity and few self-centered needs, stronger compassion and weakened judgement of others.

Enlarge my heart with a spirit of gratitude this Lent, so that I recognize the simple gifts that lay in abundance all around me.

*In your sacred name, I pray.
Amen*

Sadlier

www.WeBelieveAndShare.com

copyright © 2007 Sadlier, Inc. All rights reserved.

Book Reviews for February



Failure: What Jesus Said About Sin, Mistakes and Messing Stuff Up

**The Archbishop of Canterbury's Lent Book 2023
By Emma Ineson, SPCK £8.99**

In 2019, Emma Ineson wrote about ambition and what it means for Christians to be successful. And then there was a global pandemic . . . Suddenly failure began to feel very much more familiar than success.

But what is failure? What did Jesus think of it? What did He say about sin, mistakes and generally mucking things up? At the start of this wonderfully humorous and encouraging book - which will end at the cross - it's suggested that our tendency to lump all kinds of failure together could be a bit unhelpful. A more nuanced understanding of what sort of failure we're dealing with might just allow us to make friends with it and respond more appropriately.

This idea leads us 'Towards an (Imperfect) Theology of Failure', based on key Christian thinking, and Emma poses the question of whether sin is an individual or corporate thing. Looking at the church, we consider, what is God's purpose for it? And in the light of key concerns such as safeguarding and racial justice, how might we re-examine concepts of success and recognise and measure failure?

We are reminded of our calling to live life to the full, to take risks despite our fears. We are bound sometimes to fail! Yet gazing at Jesus - who looked like the greatest failure of all - we may discern in the heartache, vulnerability and humility of failure, the glory of the cross.

Godforsaken: The Cross, the Greatest Hope of All

**The Archbishop of York's Lent Book for 2023
by Stephen Cottrell, Archbishop of York, John Murray Press, £14.99**

Archbishop of York Stephen Cottrell explores Jesus' final words on the Cross in this powerful new book. In the Gospel of Mark's account of the Passion narrative, Jesus calls out from the cross 'Eloi, Eloi, lama sabachthani?' which is the Aramaic for 'My God, my God, why have you forsaken me?' - the first line of Psalm 22. It's an anguished expression - traditionally ascribed to King David - of defeat, failure, abandonment and despair.

This series of reflections, written for Lent and Holy Week 2023 by the Archbishop of York Stephen Cottrell, ponders the significance of these words. What does it mean for Jesus to have quoted them, at the very end of his life? What do those words mean for us?

This is a beautiful and compelling exploration of the dark, suffering side of the Passion - and how Jesus' words lead us to the greatest hope of all.



Reflections for Lent 2023

By Kate Bruce, Mark Oakley and Graham James, CHPublishing, £4.99

Reflections for Lent are designed to enhance your spiritual journey through the forty days from Ash Wednesday to Holy Saturday.

Covering Monday to Saturday each week, it offers reflections on readings from the Common Worship Lectionary, written by some of today's leading spiritual and theological writers.

Each day includes: full lectionary details for Morning Prayer; a reflection on one of the Bible readings; a Collect for the day

This volume offers daily material for 22nd February to 8th April 2023. It is ideal for individuals and groups seeking Lectionary-based reflections for use during Lent and Holy Week, or for anyone wishing to try Reflections for Daily Prayer before committing to a year's worth of material. It also features a simple form of morning and night prayer, a guide to keeping a good Lent and an introduction to lectio divina by Stephen Cottrell.

Images of Grace: a Journey from Darkness to Light at Easter

The BRF Lent Book for 2023

By Amy Scott Robinson, BRF, £9.99

At the heart of the Christian message is a collection of abstract nouns: love; sin; forgiveness; grace. It is quite difficult to explain what the gospel message is without using some or all of those words. But the problem with abstract nouns is that when we use them, we assume that the person we are talking to understands them, and not only that, we assume that they have the same understanding of the word that we do...

Lent is traditionally a time of repentance, fasting and prayer as we prepare to celebrate our salvation at Easter. Through daily readings and reflections from Ash Wednesday to Easter Day, Amy Scott Robinson explores different biblical images of repentance, sin, forgiveness and grace, bringing them together in Holy Week as a lens through which to view Christ's work of reconciliation on the cross.

Prayers Around the World

By Deborah Lock and Helen Cann, Lion Children's Books, £7.99

Across the continents, **this beautifully illustrated book of prayers** reflects on God's amazing world, celebrating different countries, landscapes and traditions. From fishing villages to the African plains, farming in Peru to the snowy landscape of Greenland,

blossoms in Japan and leaf kicking in Eastern Europe and to the shores of the Pacific Ocean, these prayers share God's love and care for His world.

All's Well That Ends Well – Through Lent with Shakespeare

By Peter Graystone, Canterbury Press, £12.99

Few writers have a deeper understanding of the foibles of human nature and life's absurdities and tragedies than William Shakespeare. This makes him a fascinating companion for the season of Lent, a traditional time for a spot of self-examination.

This engaging, wise and often amusing Lent book sets quotations from Shakespeare's characters and poems alongside biblical passages and reflects on the resonance between them - one reflection for each day of the season.

It starts with dust on Ash Wednesday ('Golden lads and girls all must, As chimney-sweepers, come to dust', from *Cymbeline*) and ends with resurrection as Easter Sunday approaches ('It is required you do awake your faith', from *The Winter's Tale*). In between, it considers many rich spiritual themes: mercy, love, loyalty, trust, good vs evil, guilt, forgiveness, ageing, grief, death, hope and more.

Each day's reflection opens with a quotation from Shakespeare and explores its ideas in conversation with the Bible and Christian thought.

Easter Book of Days – Meeting the Characters of the Cross and Resurrection

By Gregory Cameron, Canterbury Press, £10.99

Following the bestselling *Advent Book of Days*, Gregory Cameron turns his artistic, literary and pastoral skills to the Easter story, introducing us to the characters who populate the crucifixion and resurrection.

He explores 25 characters from the stories of Lent, Holy Week and Easter from the perspectives of scripture, history and legend and asks how they can enrich our practice of faith today.

As well as the familiar figures - Christ Himself, Mary His mother, Mary Magdalene, the disciples, Pilate, the soldiers, and the thieves crucified with Jesus, he explores aspects of the story not found in scripture, such as Veronica wiping the face of Jesus as He carried His cross. Considering biblical accounts alongside folk legends, he also explores the rich traditions that have built up around the cross and the crown of thorns, as well as tales of how the robin got its red breast, or what happened to the disciples after the ascension, creating a richly textured guide to the Easter season.

© Parish Pump

With Valentine's Day in mind...how do you define love?

A group of 4-to-8-year-olds was once asked: 'What does love mean?' The answers they gave were surprising for their depth of insight....

- "When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." Rebecca - age 8
- "When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy - age 4
- "Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." Karl - age 5
- "Love is when you go out to eat and give somebody most of your chips, without making them give you any of theirs." Chrissy - age 6
- "Love is what makes you smile when you're tired." Terri - age 4
- "Love is when mum makes coffee for my dad and she takes a sip before giving it to him, to make sure the taste is OK." Danny - age 7
- "Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mum and
- "If you want to learn to love better, you should start with a friend who you hate." Nikka - age 6 (We need a few

"Love is when your puppy licks your face even after you left him alone all day"
Mary Ann - age 4

"My mummy loves me more than anybody. You don't see anyone else kissing me to sleep at night." - Clare, aged 6

"Love is when mummy gives daddy the best piece of chicken." - Elaine - age 5

Sometimes it is wise to retreat

Lent is supposed to prepare us for Easter, but making time for spiritual reflection in our busy lives can be hard. One solution is to take a short retreat, at one of the many retreat houses or centres around the country.

It has been said that *"Retreats are for ordinary people at any time in their life. There are no expectations of you when you're there and you don't need to be a churchgoer."* Just step back, relax in quiet and calm, and allow yourself some time to reflect and grow in your relationship with God.

Jesus Himself started the idea, when He invited his disciples to *"Come away by yourselves to a deserted place and rest a while"* (Mark 6: 31). His disciples needed to be alone with Him then, and they still need to be alone with Him today.

Retreat houses offer a warm welcome, and many are set in beautiful buildings with gardens. Most offer overnight accommodation and wholesome, home cooked food.

Just visit: <https://www.retreats.org.uk>

© Parish Pump

Editor: The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...

St James the Least of All

'On why rural churchgoers like to freeze in church '

The Rectory
St James the Least

My dear Nephew Darren

Winter certainly exposes the difference between those of you who live in cities and us rural folk. While you bask in your centrally heated flat, with every modern convenience that could be imagined and complain about the half an inch of slush that makes your life so inconvenient, we country folk wear overcoats in our houses, open all doors and windows to let the heat *in* and battle through snow drifts, measured in feet, to get the morning paper.

Colonel Wainwright has acquired a new toy: a snow blower, of sufficient power that I believe it could clear the Antarctic. He kindly volunteered to clear the paths around the church. Working outwards from the church door, the path to the church soon became snow free. Unfortunately, he only realised when his job was complete that the blown snow then formed a five-foot drift under the lychgate. We now have to climb over the churchyard wall and negotiate buried gravestones before we can reach his pristine paths.

Miss Margison, ever meaning to be helpful, decided to unfreeze the pipes in the church hall. A blow torch was not the ideal solution, although the resulting burst did make some rather attractive ice sculptures round the kitchen equipment. The village badminton team that uses the hall has now temporarily changed sport, to ice hockey.

Inevitably, our congregation has soared these past few weeks. There is nothing like adversity for making people want to prove they have the moral fibre to overcome it. Much satisfaction seems to be obtained on discovering who has *not* dared venture out, which is taken as judgement on their strength of character. The Prentices upstaged most people by arriving on a sleigh. Mr Prentice was warmly wrapped in a travelling rug, while his wife pulled it. As her husband explained, he couldn't possibly let the pony work in such conditions.

What I momentarily thought was applause during my sermon was merely people keeping their hands warm and the hymns were drowned out by the stamping of feet. Our organist complained that the cold made his fingers so numb that he couldn't play properly – although I didn't notice that things were much different from normal.

No, my dear nephew, you continue to fret about your church heating dropping to temperate, and a few flakes of wet snow obliging you to close your carpark for health and safety reasons. We shall continue to triumph heroically over adversity and return home after Mattins, feeling we have proved our Christian commitment by being utterly uncomfortable.

Your loving uncle,
Eustace



Crossword Clues

Across

- 8 Interrogated (Acts 12:19) (5-8)
 9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
 11 Science fiction (abbrev.) (3-2)
 13 Clay pit (anag.) (7)
 16 Went to (John 4:46) (7)
 19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
 22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)
 24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

- 1 Seas (Proverbs 8:24) (6)
 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
 3 Specialist in the study of the Muslim religion (8)
 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
 5 One of Esau's grandsons (Genesis 36:11) (4)
 6 Taking a chance (colloq.) (2,4)
 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
 12 Confederation of British Industry (1,1,1)
 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
 16 Disappear (Psalm 104:35) (6)
 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
 20 Made by a plough (Job 39:10) (6)
 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)

Easy Sudoku

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

© 2014 KrazyDad.com

Medium Sudoku

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

© 2013 KrazyDad.com

1		2		3		4		5		6		7
8												
9				10								
11	12					13		14			15	
16		17				18		19		20		21
22				23						24		
25												

Back for 2023!

Wordsearch



In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple, 40 days after Christmas. Jesus is described in the Bible as the Light of the World, and so early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas. The story can be found in Luke 2:22-40, where Simeon makes his great declaration of faith and recognition of Jesus. Simeon's 'Nunc Dimittis', is embedded in the Office of Evening Prayer.

Forty	Appearance	Jesus	Presentation	Nunc
Days	Mary	Purified	Light	Dimittis
Baby	Jewish	Present	World	Office
Boy	Mothers	Lord	Candlemas	Evening
Public	Temple	Festival	Simeon	Prayer
				West

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

Puzzle Solutions

Easy Soduko solution

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

Medium Soduko solution

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

Crossword Solution

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

ACROSS:

8, Cross-examined. 9, Ash. 10, Apocrypha. 11, Sci-fi. 13, Typical. 16, Visited. 19, Offer. 22, No account. 24, RAC. 25, Sovereign Lord.

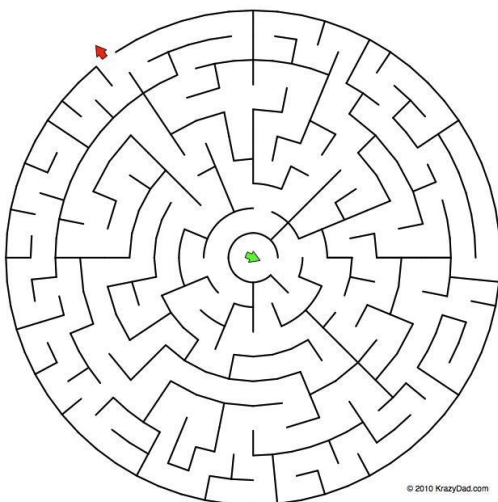
DOWN:

1, Oceans. 2, Hophni. 3, Islamist. 4, Exhort. 5, Omar. 6, On spec. 7, Add all. 12, CBI. 14, Plotting. 15, Awe. 16, Vanish. 17, Starve. 18, Daub it. 20, Furrow. 21, Recede. 23, Cure.

Word search solution

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

Can you find your way around the maze?





Please help local people in a crisis by buying items from our preferred shopping list and donating them to Dorking Area Foodbank.

All items must have a Best Before date of at least 2023

We can't accept items that are:

- Out of Date
- Already Opened
- Home-made
- Fresh Produce
- From the Chiller Cabinet

Tinned Meat / Fish
Tinned Vegetables / Potatoes
Tinned Fruit
Tinned Rice Pudding / Custard
Tinned Meat Meals
Tinned Vegetarian Meals
Jars of Pasta Sauce
Dried Pasta / Rice (500g)
Instant Mash Potato
Cereal
Biscuits
Large bars of chocolate
Jars of Jam / Spread
Multi pack Snack/Muesli Bars
UHT full-fat Milk
Small jars of Instant Coffee
Small boxes of tea bags
Long-life Fruit Juice

Non food items:

Deodorant - male & female
Toilet Roll pack (4-roll)
Shampoo / Shower Gel
Toothpaste / toothbrushes
Laundry Capsules
Washing Up Liquid
Sanitary products

THANK YOU

Could you sponsor an issue of InSpire in 2023
or perhaps share sponsorship?

Current issues requiring sponsorship are:

August / December

If so, please let Suzanne Cole or Helen Burt know.

Thank you



A Lent journey of faith, failure and forgiveness

Dust and Glory – Lent reflections



Sign up to free daily Lent reflection emails (except Sundays) straight to your inbox from Ash Wednesday (22 February) to Easter Day (9 April). Or order the book - details below.

<https://www.churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/dust-and-glory-lent-reflections>

Dust and Glory is the Church of England's Lent campaign for 2023.

Offering 40 daily reflections for Lent on faith, failure and forgiveness, it invites you to find God in the mess of everyday life.

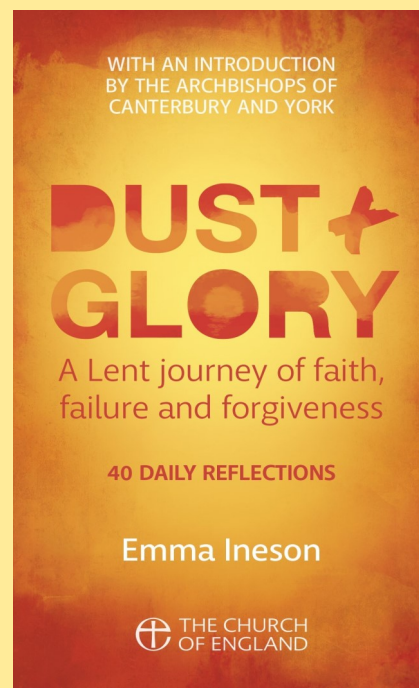
Each week it considers the idea of failure from a different angle and explores the difference God's redeeming work in Jesus makes to the struggles and shortcomings of human life.

This booklet offers daily Bible readings, short reflections, prayers and practical ideas to help you make sense of life's challenges and draw closer to God during Lent.

Book available from Church House Publishing at £1.99

<https://www.chpublishing.co.uk/books/9781781404003/dust-and-glory-adult-single-copy>

ISBN: 9781781404003



Your contributions would be most welcome and any copy for this publication should be sent to
Suzanne Cole editor@capelandockleychurch.org.uk By 20th of each month please.
If you would like to receive *InSpire* by email, you can subscribe to InSpire via the church website:-
www.capelandockleychurch.org.uk/inspire-magazine