

# InSpire

Issue 70 March 2023

Whoever  
follows me  
will never  
walk in  
darkness  
but will have  
the light of life

John 8: 12

**5 MONDAY EVENING SESSIONS  
& 5 TUESDAY AFTERNOON SESSIONS  
At  
ST JOHN THE BAPTIST CHURCH CAPEL**

**TO EXPLORE WHAT IT MEANS TO BE**



**LIVING  
IN LOVE  
& FAITH**

How do questions about identity, sexuality, relationships and marriage fit within the bigger picture of the good news of Jesus Christ? What does it mean to be human and to live in love and faith together as a Church?

Sessions will run from 7.30 - 9pm on Mondays  
27th Feb, and 6th, 13th, 20th, 27th March

also from 3 - 4.30 pm on Tuesdays  
28th Feb, and 7th, 14th, 21st, 28th March

Led by Revd Liz Richardson and Revd Jane Schofield

**All welcome and for further details contact Liz  
01306 711260 [liz@hostmyserver.co.uk](mailto:liz@hostmyserver.co.uk)  
or visit our website [www.capelandockleychurch.org.uk](http://www.capelandockleychurch.org.uk)**

## Issue 70 February 2023

### Contents:-

- 4 Rev Liz's letter
- 5 Café Church
- 6 Services & Events for March
- 7 News from the Pews
- 8 BBC at Guildford Cathedral  
- You can be there!
- 9 Turkey - Syria Earthquake
- 10 News
- 12 News
- 14 'Worry' a sermon from  
Rev Jo Elvidge
- 16 Thanks to Capel WI and  
Let's make 19th March a  
Mothering Sunday
- 17 Reflecting Faith: What birds  
can remind us about our faith
- 18 Traidcraft update
- 19 Letter from the Editor
- 20 Coronation Prayer Book
- 21 'Ring for the King' News from the  
Belfry
- 22 Burnley Ministers tell their  
story via TV
- 23 Spiritual Disciplines: Fasting
- 24 Mothering Sunday: 19th March
- 25 High Days & Holy Days in March
- 26 Lent 2023
- 27 Prayers, Poems & Prose
- 28 Dorking Foodbank
- 29 Remembering Ukraine One  
Year on
- 30 Junior InSpire: Mouse Makes
- 31 Reflections on the Lord's Prayer
- 32 Puzzles
- 33 Wordsearch
- 34 Puzzle solutions
- 35 Church Tea dates for 2023
- 36 Coronation Flower Festival

Don't forget the  
**CLOCKS GO FORWARD**  
ON  
**SATURDAY 26TH MARCH**  
2023 at 1.00 am

*"During these 40 days, let me  
put away all my pride. Let me  
change my heart and give up all  
that is not good within me. Let  
me love God with all that I am  
and all that I have."*

Genesis Grain

### 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](http://www.capelandockleychurch.org.uk/inspire-magazine)

This issue is kindly sponsored by

**Margaret Zandona**

*" In loving memory of my beloved mother who  
remains secure in my heart forever. "*

### Church Contacts:-

**Vicar - Rev Liz Richardson** The Vicarage, High Lea, 54 The Street,  
Capel. [vicar@capelandockleychurch.org.uk](mailto:vicar@capelandockleychurch.org.uk) 01306 711260

**Parish Pastoral Assistant:** **Sylvie Beckett** 07711 849338

**Safeguarding Officer:** **Leigh Smith** 07732 825908  
[leighdesouza@yahoo.com](mailto:leighdesouza@yahoo.com)

**Diocesan Safeguarding** **Jackie Broadfoot**

**Advisor:** 07918 559387  
[jackie.broadfoot@cofeguildford.org.uk](mailto: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](mailto:jamesleesteere@jayeestate.co.uk)  
[churchwardens@capelandockleychurch.org.uk](mailto:churchwardens@capelandockleychurch.org.uk)

### Treasurer:

**Capel & Ockley** Helen Burt  
[helenmb0909@gmail.com](mailto:helenmb0909@gmail.com)  
01306 711671

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

**PCC Secretary** Margaret Zandona 07712 684766  
[mdzarne@gmail.com](mailto:mdzarne@gmail.com)

**Weekly Sheets Editor** Dineke van den bogerd  
[editor@capelandockleychurch.org.uk](mailto:editor@capelandockleychurch.org.uk)  
**InSpire Editor** [editor@capelandockleychurch.org.uk](mailto:editor@capelandockleychurch.org.uk)  
Suzanne Cole 01306 711449

**Church website:** [www.capelandockleychurch.org.uk](http://www.capelandockleychurch.org.uk)

**Webmaster:** [webmaster@capelandockleychurch.org.uk](mailto:webmaster@capelandockleychurch.org.uk)

**Parish Eco Team** [ecoteam@capelandockleychurch.org.uk](mailto:ecoteam@capelandockleychurch.org.uk)

## Rev Liz writes

Dear Friends,

A few days ago, the General Synod of the Church of England welcomed the Bishops' proposals for providing prayers to bless same-sex couples in church which is I am sure, something you have heard about through media coverage. Synod members also voted to 'lament and repent' of the failure of the Church to welcome LGBTQI+ people and for the harm that LGBTQI+ people have experienced and continue to experience in church. This was a landmark debate with a last minute proviso that the use of these prayers would not contradict the Church's historic and current teaching on marriage. The debate overran by several hours and although the Synod passed the motion, it is very clear that the Church of England is very divided on this issue. The debate follows six years of listening, learning and discernment known as *Living in Love and Faith*. The Synod debate heard many different arguments from members' personal experience and the Church Times newspaper asked the Archbishop, Justin Welby about the place of personal experience in decision making. He reflected that if you read the Book of Acts - the Acts of the Apostles, the clearest and most important decisions were a combination of scripture, of observation and of personal experience. I like the way the Archbishop puts this and it certainly fits with the way I interpret scripture and encourage others to do so likewise. As I wrestle with the opposing views within the wider Anglican Church, one word came into my mind very clearly. That word is *humanity* and more precisely, that we show humanity to others. This is what I believe Jesus did always in his teaching. He showed humanity.



In order to explore what these landmark prayers of blessings might mean for us in our local situation we are running as this year's Lent Course, the actual course based on the six years of listening, learning and discernment also known not surprisingly as 'Living in Love and Faith'. Please do join us on an evening or afternoon to journey with us as we as a group or in smaller groups, reflect on our experiences, consider others' and examine scripture, all in a context of mutual respect. Details and times are in the Church diary section. Do contact me if you would like further information on these.

The importance of showing humanity to others has never been more important when in recent weeks we have watched with horror and waited with hope for survivors of the devastating earthquake in Turkiye and Syria. Described as truly apocalyptic our hearts and prayers have gone out to those affected and many of us will be donating to the Disaster's Emergency Committee (DEC) via many different aid agencies or directly. Some have also been involved in sending out much needed baby goods and supplies for all ages. We are donating funds collected from some of our church services to send to the DEC. It would be good to know of other ways we can help too.... With this in mind we will be holding on most Saturdays during Lent a simple soup lunch at Capel Church. Donations will be given to the Bishop of Guildford's Lent Appeal -to help the vulnerable and needy and 50% of the fund will also be given to help the earthquake survivors. The heating will be on I promise and expect in any case a warm welcome!

With my love and prayers as ever,

Revd Liz

Revd Liz Richardson

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

01306 711260

Vicar St John the Baptist Capel and

St Margaret's Ockley





## Mad as a March hare.....

Driven to irrational and odd behaviour during their mating season, the hare has given us the clichéd saying that we apply to the more eccentric people we come across at *any* time of year! But the hare is not the only one who seems to make March the month of the odd and peculiar. (And before anybody else mentions it, I know *my* birthday is in March!!!) For example, I recently discovered that March is National Umbrella Month - which seems odd as April is more closely associated with showers. And there are any number of other “special” days to celebrate this month. Here is just a short selection of them that I’m sure you won’t want to miss this year.



March 1<sup>st</sup> - National Fruit Compote Day  
March 6<sup>th</sup> - National Frozen Food Day  
March 10<sup>th</sup> - International Bagpipe Day  
March 16<sup>th</sup> - National Panda Day  
March 20<sup>th</sup> - International Happiness Day  
March 25<sup>th</sup> - Waffle Day  
March 28<sup>th</sup> - National Weed Appreciation Day  
March 30<sup>th</sup> - National Pencil Day  
March 31<sup>st</sup> - National Crayon Day

What is it that makes us want to look back and celebrate? And if things are that important to us, why would we need an annual reminder? For example, the whole of March is part of the season of Lent (22<sup>nd</sup> Feb to 6<sup>th</sup> April 2023), a time when people from churches across the world give up eating or drinking certain things or abstain from activities that would be part of their everyday life for the rest of the year. They do this in remembrance of the 40 days that Jesus spent in the wilderness fasting and facing the temptations of the devil before he began his work of teaching and healing. The season of Lent culminates with Holy Week, the week that begins with Jesus riding triumphantly into Jerusalem but ends with his death on the cross. Now, you’d think that the most influential person who has ever walked on earth would hardly need an annual commemoration to remind us of all that he achieved but there is a comfort in the rhythm of the seasons, the festivals, the high days and the Holy Days that provides an anchor in an otherwise turbulent world. And, for Christians, the conclusion of Lent and remembering the crucifixion leads inexorably to the resurrection and the victory of Jesus over death - a miracle that fulfilled thousands of years of prophecy in the Old Testament and made God a very real and accessible being for all of us - which makes *every* day Universal Christ Day.

**Bob Cranham**

Café Church meets at St. John’s, Capel on Sunday March 12th 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.

**CHURCH SERVICES AND EVENTS - MARCH 2023**  
**at St John the Baptist, Capel & St Margaret's, Ockley**

Please note: CW - service is from Common Worship 2005



**MARCH 2023**

<b>SUNDAY</b>	<b>5th</b>	<b>Second Sunday of Lent</b>
	9.30am	Matins at Ockley
	10.30am	Family Communion at Capel

<b>SUNDAY</b>	<b>12th</b>	<b>Third Sunday of Lent</b>
	9.30am	Holy Communion CW at Ockley
	10.30am	Cafe Church at Capel

<b>SUNDAY</b>	<b>19th</b>	<b>Mothering Sunday</b>
	9.30am	Matins at Ockley
	10.30am	Family Communion at Capel
	3-5pm	Teas at St John the Baptist Capel



<b>SUNDAY</b>	<b>26th</b>	<b>Fifth Sunday of Lent</b>
	9.30am	Matins at Ockley
	10.30am	Family Communion at Capel - <i>Traidcraft for sale after the service</i>

**APRIL**

<b>Sunday</b>	<b>2nd</b>	<b>Palm Sunday</b>
	9.30am	Matins at Ockley
	10.30am	Family Communion at Capel
	3-5pm	Teas at St Margaret's Ockley

**Lent course: Living in Love and Faith**

Monday evenings 7.30 - 9pm on 27 February and 6, 13, 20, 27th March

Tuesday afternoons 3 - 4.30pm on 28 February and 7, 14, 21, 28th March

All sessions to be held at St John the Baptist Capel - all welcome!

**Lent Lunches in aid of the Bishop of Guildford Lent appeal**

There will be a simple soup lunch most Saturday lunchtimes during Lent - donations welcomed.

Half of the proceeds will be going towards supporting the victims of the Turkiye/Syria earthquake appeal.

Lunch dates: Saturday 4, 11, 25 March and 1 April.

All lunches taking place at St John the Baptist, Capel. No pre booking required - all welcome!!

**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.

# NEWS from the Pews

## 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.



## 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](mailto:editor@capelandockleychurch.org.uk)**

*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

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

With a small donation from the church funds the total amount raised for  
**The Children's Society was £250 from the  
Christingle service collection.**

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.***



We are looking forward to the BBC coming to the Cathedral on Tuesday 7 March and Wednesday 8 March for two special services.

On Tuesday, the BBC will be recording a service from the Cathedral at 5.30pm that will be broadcast on Mothering Sunday. The service will last an hour and we would welcome people to come along to be part of the congregation. Please arrive at 5pm to be seated by 5.15pm.

On Wednesday, the BBC will broadcast Evensong live from the Cathedral on BBC Radio 3 at 4pm. The service will last an hour and once again, we are looking for people to come along to be part of the congregation. You will need to arrive at 3.30pm and be seated by 3.45pm.

We very much hope, you would like to attend these special services



## Turkey - Syria Earthquake Prayers and Urgent Appeal

### Prayer for the earthquake victims

Heavenly Father,

We look on with desperation at the events unfolding in Turkey and Syria and turn our faces towards you, our sovereign Lord.

Your profound and powerful love brings hope, even in the midst of the most devastating circumstances.

While we feel distant and helpless, we know that you are present and able to bring transformation.

Draw near, Father God.

Draw near to those who are grieving.

Draw near to those who are working tirelessly to provide essential aid.

Draw near to Jesus followers who are beacons of your love in the darkness.

Draw near to those in critical roles providing co-ordination, logistical support, and life-saving medical treatment.

Draw near to all those who need to know that you are *with* them.

We choose to trust in your unfailing love.

Amen

### Give to the DEC Turkey-Syria Appeal 2023



Devastating earthquakes have recently killed thousands of people in Turkey and Syria. Hundreds of buildings have been destroyed. Survivors are facing freezing conditions and need urgent aid. As we go to press, more than 24,000 people have been killed, and 17 million have been affected. They urgently need shelter, food and medical aid, or they will also die.

Please, if you can help, go to <https://www.dec.org.uk/appeal/turkey-syria-earthquake-appeal> and join the worldwide response to the suffering people of Turkey and Syria.

## Prayers for God's blessing for same-sex couples take step forward after Synod debate

The Church of England's General Synod has welcomed proposals which would enable same-sex couples to come to church after a civil marriage or civil partnership to give thanks, dedicate their relationship to God and receive God's blessing.

Synod members also voted to "lament and repent" of the failure of the Church to welcome LGBTQI+ people and for the harm that LGBTQI+ people have experienced – and continue to experience – in churches.

A motion which details and recognises a series of proposals put forward by the bishops on human identity and marriage was agreed by majorities in the Houses of Bishops, Clergy and Laity after a landmark debate over two days.

Earlier this week Synod members also met in small groups to consider and comment on a set of draft texts known as Prayers of Love and Faith, which could be used voluntarily in churches for couples who have marked a significant stage of their relationship such as a civil marriage or civil partnership.

Synod's comments will now guide the bishops as they refine those texts carefully and prepare new pastoral guidance for the Church on sexuality and marriage in the coming months before the prayers are formally commended for use in churches.

The Archbishop of Canterbury, Justin Welby, and the Archbishop of York, Stephen Cottrell, said: "It has been a long road to get us to this point.

"For the first time, the Church of England will publicly, unreservedly and joyfully welcome same-sex couples in church.

"The Church continues to have deep differences on these questions which go to the heart of our human identity.

"As Archbishops, we are committed to respecting the conscience of those for whom this goes too far and to ensure that they have all the reassurances they need in order to maintain the unity of the Church as this conversation continues.

"We hope that today's thoughtful, prayerful debate marks a new beginning for the Church as we seek a way forward, listening to each other and most of all to God.

"Above all we continue to pray, as Jesus Himself prayed, for the unity of His church and that we would love one another."

The Bishop of London, Sarah Mullally, who led the debate and chairs the group which oversaw the development of the proposals, said: "This is a moment of hope for the Church.

"I know that what we have proposed as a way forward does not go nearly far enough for many but too far for others.

"It is my prayer that what has been agreed today will represent a step forward for all of us within the Church – including LGBTQI+ people – as we remain committed to walking together.

"We have always said we will listen carefully to Synod, so over the next few months we will reflect on everything which has been said and prepare new pastoral guidance for the Church on matters of sexuality and marriage. We will also refine the texts of Prayers of Love and Faith."

# NEWS

## C of E's links to historic transatlantic slavery on display at Lambeth Palace

*Enslavement: Voices from the Archives*, was recently opened to the public at Lambeth Palace Library, in central London, and will run until 31<sup>st</sup> March 2023.

Items in the exhibition are from the library's archives, which were studied in detail for research by the Church Commissioners for England into links to historic transatlantic chattel slavery.

The display includes early 18th century ledgers from Queen Anne's Bounty that was founded in 1704, a predecessor fund to the Church Commissioners' endowment, and an anonymous letter written by an enslaved person in 1723 to the 'Archbishop of London', the earliest known such advocacy for freedom. A missionary book from 1808, published specifically for enslaved and former enslaved people, is also on display. This book contains selected sections of the Bible, deliberately edited to remove all references to freedom from slavery.

In 2019 the Church Commissioners decided to conduct research into the source of its endowment fund, to know its past better, in order to understand its present, and to ensure that the Church Commissioners continues to support the Church of England's work and mission in the future as best it can. The Church Commissioners worked with forensic accountants to review financial ledgers and other original documents from the archives.

Lambeth Palace Library is the historic library of the Archbishops of Canterbury and preserves the national archives of the Church of England. More information at: [www.lambethpalacelibrary.org](http://www.lambethpalacelibrary.org).



## **Transform Care through a National Care Covenant, says Archbishops' Commission**

The Archbishops' Commission on Reimagining Care has proposed "a radical and inspiring vision" for adult social care in England.

'Care and Support Reimagined: a National Care Covenant for England' calls for a rethinking of attitudes to care and support; a rebalancing of roles and responsibilities; and redesigning the social care system.

The National Care Covenant sets out the roles and responsibilities of government, communities, families and individuals.

Key elements of the Covenant are: investment in communities; a stronger role for the state; a new deal for unpaid carers; and commitment to our responsibilities as actively engaged citizens

The report argues that tackling negative attitudes to ageing and disability must be the starting point to reimagining care and support. Furthermore, the report makes radical recommendations for redesigning the care system, with a long-term aspiration of making care and support a universal entitlement, including:

- Simplified assessment that leads to a guaranteed budget
- People being trusted to manage their own care and decide what help they need
- Independent advocacy to help people to access their rights and entitlements

The Commission recognises the lack of progress that has been made in implementing the proposals of previous high-profile reports, and highlights the need for a broad coalition – including politicians, faith communities, charities, and user-led organisations – to take action.

Welcoming the report, the Archbishop of Canterbury, the Most Revd Justin Welby said:  
"This report gives me hope that we can rise to the challenge of fixing our broken social care system."

## **Church Website Provider has saved the UK Church £2.15million**

Church Edit, part of the UK's leading Christian software company, celebrates a major milestone this year as it reaches 20 years since they started their church website builder.

The founder, Kyle Cottington, was re-designing his local church's website back in 2002 and saw the importance that the internet would bring to the church and how churches were struggling to create their own websites. Whilst working in full time employment, Kyle spent many evenings and weekends developing Church Edit until the first site launched in 2003. Church Edit hasn't stopped growing since - from just one person at the start, there are now 13 in the team, supporting churches in running their websites across the UK.

Church Edit is also used by 24 of the Church of England Dioceses.

Church Edit has also recently launched an all new Design Builder, giving even greater control to churches to create an attractive, professional and responsive website for their church.

After analysis of historical websites prices, it has been calculated that Church Edit has saved the UK church £2.15million since its launch. Prices for Church Edit have always been around £175pa, including full and unlimited technical support.

More information on Church Edit can be found on their website [www.churchedit.co.uk](http://www.churchedit.co.uk). Details on their sister product iKnow Church can be found on [www.iknowchurch.co.uk](http://www.iknowchurch.co.uk)



## **Traidcraft goes into administration**

Traidcraft PLC – a Christian group that has spent years campaigning for fair trade – has gone into administration.

The stands were familiar to many churchgoers, with almost 3,000 churches in the country selling Traidcraft products at some point in their 40-year history.

The brand cited the coronavirus pandemic, the war in Ukraine and soaring energy prices as the reasons behind the severe financial difficulties.

*See further information on page 20 from Stuart Cole*

## **Millions of children starving worldwide**

More than 30 million children worldwide are suffering from “acute malnutrition” as the global food crisis persists into 2023.

That’s according to international experts, who say that the 15 countries enduring the worst of the crisis are Afghanistan, Burkina Faso, Chad, the Democratic Republic of the Congo, Ethiopia, Haiti, Kenya, Madagascar, Mali, Niger, Nigeria, Somalia, South Sudan, Sudan and Yemen.

In 2022 the key driver of food insecurity was massive inflation, which put even staple food such as bread beyond the financial reach of many. In 2023 there are likely to be increased shortages of food, owing to a global fertiliser shortage.

Natural disasters also have a terrible impact. Seven of the worst-affected countries are East African nations that have suffered several years of failed rainy seasons and droughts.

© Parish Pump

### **Become a litter picker – and earn money**

Litter pickers will be able to make about 20p per can or bottle from a new deposit scheme in England and Wales, according to an environment minister.

From 2025, bottles and cans will include a deposit, likely to be 20p, that can be reclaimed when containers are returned to reverse vending machines at designated sites, according to a recent government statement.

As one environment minister explained, “there will be an opportunity for people to go around collecting up litter and so forth, and taking it back, and receiving the deposit, which we think might benefit a range of charities and individuals.”

The scheme will include all polyethylene terephthalate plastic bottles and cans up to three litres in size, meaning households will have to take their rubbish to a recycling point instead of leaving them on the kerbside for collection.

Councils will be able to cash in on any bottles and cans left in the recycling by collecting the deposit. The exact amount of the deposit will be decided by a new quango that will run the scheme, which was first announced in 2017.

The scheme is expected to save local authorities around £35 million a year by reducing the amount of recycling they pick up. The UK uses 14 billion plastic drink bottles, and nine billion drink cans every year. The country already recycles around 70 per cent of these.

© Parish Pump

*Editor: Some of us were lucky enough to hear this sermon based on Matthew 6: 25-end direct from Rev Jo at Ockley recently, but it was suggested that it would be good to share it in InSpire too ...*

## **Rev Jo's sermon - Ockley and Capel 9.30 am 12<sup>th</sup> February 2023**



Do you bring along a sandwich in your coat pocket when you are invited to dinner at a friend's house? Of course not!

Can you imagine inviting twenty people to a party, but only buying enough food to serve ten? Never!

Would you send your child out into a snowstorm in a swimsuit? No way!

As rude and self-centered and uncaring as we all can be, we still abide by some basics of good behavior. So why do we think God won't?

Jesus' message in today's gospel text chides his listeners for "worrying" —

Jesus urges us not to worry. He saw three things about worry that make it destructive. Worry is irreverent, irrelevant, and irresponsible.

Worry is **IRREVERENT** because it presumes that God cannot be trusted, that He might not be sufficient for us. Jesus pointed to the lilies of the field, how beautifully God adorns them, and asked, "Will God not much more clothe you, you of little faith?"

Worry is also **IRRELEVANT** because it doesn't help or improve anything. Jesus asked, "Can you by worrying add a single hour to your life?" Of course, the answer is no.

Worry is also **IRRESPONSIBLE**. It burns up energy with only negative results. Worry is interest paid on trouble before it's due. One renowned psychiatrist claimed that all of the following ailments are often related to worry: arthritis, asthma, ulcers, skin rash, and coronary thrombosis. There may be worse sins than worry but none is more disabling. When Jesus said, "Don't worry," he didn't mean that we should be unconcerned or lazy. Jesus used the birds as positive examples, and they're certainly hard workers. Nor was Jesus decrying reasonable provision for the future. One of the differences between animals and humans is that we have a harder time discerning what reasonable provision for the future looks like. Squirrels store up food for the winter, but they don't exhibit anxiety about whether or not they have enough. Yet we humans rob today of its joy by fretting about whether we have enough stuff for the future. All of us should save, have insurance, and make reasonable plans for our latter years. If you ask a financial consultant to tell you how much is enough, it's almost impossible to get an answer. We cannot make provision for every possible contingency of the future. And if we could, we might cease to live by faith. When we have faith - God will help us know what reasonable provision for the future looks like, and how to trust him for that which we cannot anticipate. If worry does lots of harm and no good, let us be rid of it. But how? That's the big challenge. Jesus gave us a two-part prescription for worry control.

**FIRST, MAKE GOD'S BUSINESS YOUR TOP PRIORITY.** In verse 24 the verse immediately before the passage we've just heard, we find Jesus saying that no one can serve two masters. Either God or something else will be supreme. In verse 33 of our text, Jesus advises, "Seek first the Kingdom of God." In other words, allow God to have top priority in your life.

If God is the acknowledged Lord of our lives, if his agenda is our top concern, then worry is reduced. Why? Because our focus is on God's business more than on our own.

When we get busy trying to bring the grace of Christ to bear on the problems in our communities and the world, such as homelessness, poverty, suffering because of natural disasters and conflict our own personal worries tend to slide into the background. We are distracted in a positive way.

THE SECOND PART OF JESUS' PRESCRIPTION IS THIS—FOCUS ON TODAY. In verse 34 we read, "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."

How can we live in 24 hour day-tight compartments? Let me suggest these three simple steps. First, start the day with God. Try to Set aside fifteen minutes early in the day – get up 15 minutes earlier than you would do ordinarily. Start it off by repeating Psalm 118, verse 24: "This is the day that the Lord has made. Let us rejoice and be glad in it." Thank God for the day and dedicate it to his glory. Then ask for a 24-hour full activation of the Holy Spirit that filled your heart and mind when you first trusted in Christ as your Saviour and Lord. The Holy Spirit will provide the resources you don't have for living victoriously that day.

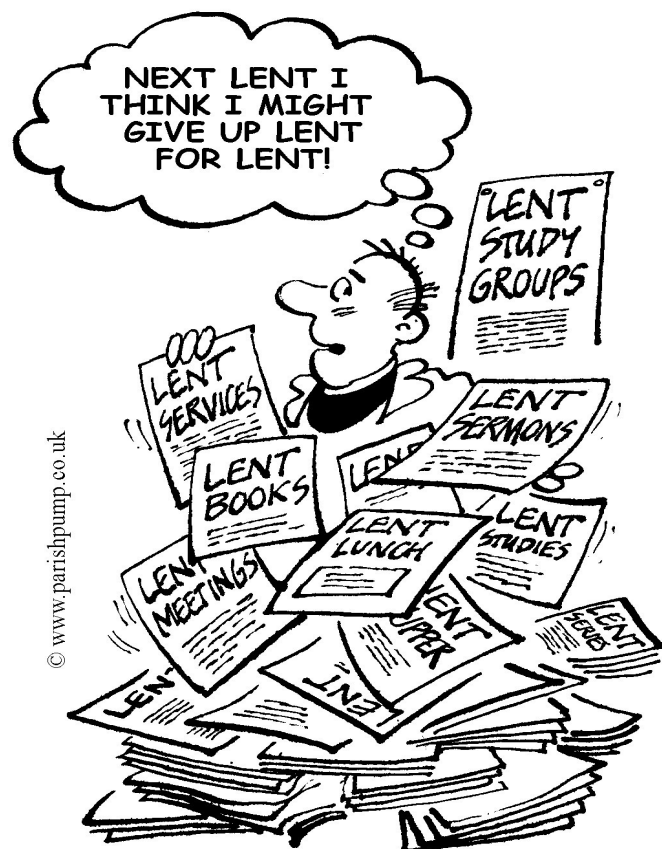
Secondly, stop and deliberately bring yourself into Gods presence periodically throughout the day. This could take the form of what I call "arrow prayers," little prayers that you can whisper with eyes wide open, perhaps when you're about to talk with a customer or just before boarding a plane or when you have a tough decision to make or when you see something that's so wonderful you want to give thanks. This is what St. Paul meant when he advised us to "pray without ceasing." (1 Thess. 5:17) It's amazing what peace this God-consciousness can bring. The prophet Isaiah knew it. He declared, "(God) will keep in perfect peace that person whose mind is fixed on (him)." (Is. 26:3)

The third key to living in day-tight compartments is to end each day with God. Before you go to sleep, say, "Thank you, Lord, for walking through this day with me. Thanks for helping me at critical points. If I have wounded any soul today, if I have caused one foot to go astray, if I have walked in my own wilful way, Dear Lord, forgive. Now, I ask for a restful night of sleep, and if you see fit to give me another day tomorrow, I will receive it gladly. I love you, Lord. Amen"

To sum up then – here's Jesus' prescription for worry control: First, make God's business your top priority. Secondly, focus on life a day at a time.

***Nothing can happen tomorrow that you and God cannot handle together, so let's have less worry and more trust!***

The Rev Jo Elvidge





A huge thank you to the ladies of Capel WI for their very generous donations for the Dorking Foodbank.



*Editor: Louise Morse is a speaker and author of several books on issues of old age. She works with the Pilgrims' Friend Society, a 216-year-old Christian charity supporting older people in housing and care homes. See [www.pilgrimsfriend.org.uk](http://www.pilgrimsfriend.org.uk)*

### **Let's make 19<sup>th</sup> March a Mothering Sunday**

On 19<sup>th</sup> March most churches will celebrate their 'mothers'. Millions will be spent on Mother's Day gifts and cards, and children will give flowers to women in church. It's a joy to honour mothers for their love and caring, but our blessings are lessened when we forget the Day's original purpose.

The Mother's Day we know today began on 12<sup>th</sup> May, 1907, in America, when a woman called Anna Jarvis held a service in her late mother's church to honour her work of organising women's groups to promote friendship and health. The idea spread, and in 1914 Mother's Day was declared an official celebration.

But the European Mothering Sunday goes back to the 16th century, and was altogether more faith-based. On the fourth Sunday of Lent people went 'a-mothering', going to their 'mother' church, the main church in the region, for a special service. In those days domestic servants rarely had free days, but they were given a day off during Lent, so they could go along with their mothers and families. Times changed, and by the 1900s Mothering Sunday had largely changed into Mother's Day – a celebration of mothers more than mother churches.

Many Scriptures describe the mothering qualities of God, for example Isaiah 66:13 – 'As a mother comforts her child, so will I comfort you.' We also see it in women without children. I remember a spinster head teacher in a poor district in Wales mothering and bringing the best out of 'her' children. We see it in our housing and care homes, in older women who have never been mothers as well as those who have, as they comfort a carer who has had a miscarriage, or who needs encouragement. We see it in pastors, and in men who nurture others. Let's thank God for His gift of 'mothering', wherever we find it.

©Parish Pump



## Reflecting faith – what birds can remind us about our faith

There are many depictions of 'creatures' used in decorations in and on our church buildings. Some are beautifully carved in the highly decorated ends of choir stalls. Others can be found on the pew-ends.

Sometimes there are human caricatures, perhaps of people the craftsmen knew in real life – their priest or bishop; or even their foreman!

Sometimes there are carvings of birds, such as the pelican and peacock.

The peacock is known for its magnificent tail feathers, which it displays to both impress and deter aggressors. From the early days of Christianity, the peacock has been used to symbolise eternal life, and so is often seen carved into memorial stones in the churchyard. This is because it renews itself each year, by shedding its old feathers and growing new ones. Of course, this also links to Christ's resurrection, as the peacock is visually reborn and whole again.

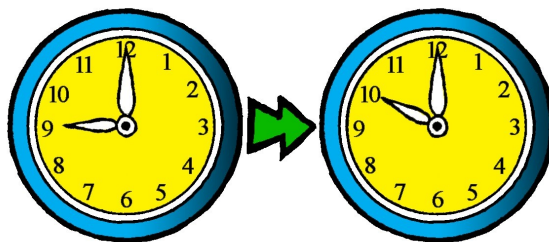
The pelican is a less obvious Christian symbol, although quite common in all art forms. It's seen as a symbol of atonement because when observed by naturalists many centuries ago, they misinterpreted the red tip on its long bill.

They saw the pelican started to prune its feathers, and it appeared to them to be ripping open its breast, so as to feed its young with its own blood. This story became symbolic for the Atonement, where Jesus allowed Himself to be pierced so that we may live. And although ornithologists view the red tip differently today, the pelican continues in its representation.

*This month:* Have a look at what other 'creatures' you can see in a church near you; but also think about what flowers might be most suitable in church for next month – April.

© Parish Pump

## DON'T FORGET THE CLOCKS GO FORWARD ...



The clocks change on the last Sunday of March, moving forward by one hour. There may still be a chill in the air but this marks the beginning of British Summer Time (BST).

**In 2023 the clocks go forward on 26 March at 1am in the UK.**



Capel has supported Traidcraft for over 30 years. As we said in the last issue of Inspire, Traidcraft has gone into administration due to its weak financial position. This was primarily brought on by Covid rapidly followed by the financial pressures and interest rates felt by ordinary people. We should remember that this has affected not only the suppliers to Traidcraft, but also Traidcraft's staff who have now all lost their jobs. We therefore will not be able to carry on selling Traidcraft products. We will be selling the remaining stock on **Sunday 26th March after the 10.30am service at Capel** and any Christmas stock later in the year.

We have considered attempting to source our own Fairtrade products from suppliers. With Traidcraft we made a small profit for the church but unless we bought wholesale quantities in future this would not be possible. Whilst there are wholesalers we could deal with we would not be able to sell enough before the sell by dates. This is therefore not a feasible course.

However, it is still possible to buy many of the products previously stocked by Traidcraft:-

<https://biod.co.uk/> Cleaning products. Free next day delivery over £50.

<https://chooseliberation.com/> Peanut butter and other nuts. Free 48 hr delivery on all orders.

<https://divinecoffee.co.uk/> Coffee. Shipping £3.50 on all orders.

<http://fairtrade.com/> Cards, wrapping paper and homewares from around the world.

<https://meaningfulchocolate.co.uk/> Cards and chocolate for the Christian year. Free delivery over £79.

<https://pachamamaknitwear.com/> Hand knitted products from Nepal. Delivery £3.95.

<https://upcirclebeauty.com/> Beauty products cruelty-free, vegan, sustainable & UK-Made. Free delivery over £30.

<https://wearethought.com> Clothing. Free delivery over £49.

<https://www.cafedirect.co.uk/> Coffee. Free delivery.

<https://www.cycleofgood.com/> Goods made from bicycle parts. Free delivery over £35.

<https://www.equalexchange.co.uk/> Honey, chocolate, coffee and pulses. Delivery £5.99.

<https://www.jts.co.uk/> Food from Africa and Palestine. Free delivery over £50.

<https://www.made51.org/> Crafts made by refugees from UNHCR.

<https://www.mamamzungu.co/> Natural soap and lip balm from Uganda. Delivery £3.20

<https://www.namaste-uk.com/> Artisan home products

<https://www.sharedearth.co.uk/> Artisan home products

<https://www.ventforchange.co.uk/> Stationary. Free delivery over £25.

<https://www.premcrest.co.uk/> Wholesale Fairtrade products. Free delivery over £80

<https://zaytoun.uk/> Food and soap products from Palestine

<https://www.ethicalsuperstore.com/> Fairtrade products and many others. Free delivery over £50

In response to Traidcraft going into administration and other like minded companies struggling, Transform Trade, the trade justice charity, has launching a new fund to support the people that Traidcraft was about - the makers, growers and artisans. The world of ethical trade is under threat. In these circumstances, the already marginalised producers, will lose out. It is in contact with many producer groups as long-standing relationships dry up and challenges intensify, they intend to invest in things like equipment, training, product development and access to new markets. Transform Trade are seeking donations, and you can donate by following this link: [Transform Trade Producer Fund](#)

Or by sending a donation to Transform Trade, 5th Floor, 7-15 Pink Lane, Newcastle Upon Tyne, NE1 5DW.

Thank you for your support of Traidcraft over the past years, We hope that you are able to support Fairtrade through the links above and other retailers in the future.

Stuart and Suzanne Cole

## LETTER FROM THE EDITOR

Dear friends,

It seems we've reached March already and how wonderful to still have daylight until 6pm! DON'T FORGET THE CLOCKS GO FORWARD on March 26th ... See page 17 for details! We don't want you arriving late for the morning services! Looking back over the years I can remember this happening a couple of times but am actually surprised it hasn't happened more often!

Stuart and I enjoyed a week in Suffolk for the first time last week, staying at Aldeburgh on the coast. We explored many lovely little towns and walked miles with our dog! It was bright and blustery most of the time but a joy to find new places to explore! With Stuart newly retired, we are looking forward to exploring more places both here in the UK and abroad and are in fact off to Prague next week. A first visit for me and a second time for Stuart. The hunt will then be on for the next place to discover! We love exploring churches however big or small wherever we visit and Suffolk didn't disappoint with many churches having ruins of older churches or abbeys right next to them. How I love that smell of old wood pews and the flower arrangements when you walk into a church for the first time and think about all the people who have worshipped there over the centuries. I was delighted to find a parish magazine in St Andrew's church, Walberswick called 'Heart & Sole' - named appropriately because they are part of the 'Sole Bay Team Ministry'. But the picture on the front was the same as our February 2023 issue and there were familiar articles inside as they source material from 'Parish Pump' too. I simply couldn't have produced seventy issues over the last six years if it hadn't been for the material on offer to Parish Editors such as myself from 'Parish Pump'. However, please do feel free to submit articles - I would love to hear from you!



This issue continues to mark Lent on pages 26 & 27 with articles and prayers, Mothering Sunday on page 24 and details of our Lent course—see page 2. Also, very importantly ... the church teas are returning soon for the 2023 season! See page 35 for a full list for this year. Also available to view on the website at any time:

<https://www.capelandockleychurch.org.uk/events-calendar/>

Sadly with **Traidcraft** going into administration again, we will no longer be able to get supplies direct from them to sell to everyone. We will next be selling stock that we have on **Sunday 26th March after the 10.30am service in Capel**. There are details opposite on how you can still buy many of the products stocked by Traidcraft.

*"Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation." Catherine Doherty*

With my best wishes,

*Suzanne*





## Daily Prayers for the Coronation of King Charles III



The Church of England is calling for a period of prayer leading up to the Coronation and has released a book of Daily Prayers for the Coronation of King Charles III.

Running from Easter Day (April 9) for 28 days, up to the day of the Coronation on May 6, the book provides daily themes, reflections and prayers for use by individuals, churches or groups.

The booklet is designed to help people pray for The King, The Queen Consort and the Royal Family and their calling to a life of public service; to pray for our nation and the world at this special time; to learn about the spiritual significance of the Coronation Service and contemplate the person of Jesus – the servant King.

Commending the book of Prayers, the Archbishop of Canterbury and Archbishop of York said: "We are delighted to offer this book to everyone who wishes to join us in praying for The King, The Queen Consort and the Royal Family as they prepare for the Coronation.

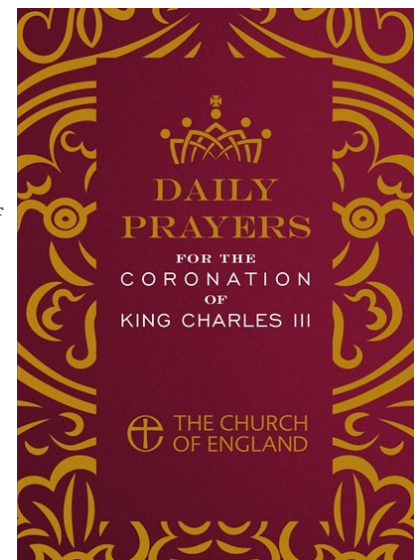
"Looking ahead to this historic moment in the life of our nation, we give thanks for His Majesty The King's example of lifelong public service to others.

"The Coronation will be a time to celebrate community, faith and service – values that are reflected in these prayers.

"Please set aside some time each day between Easter and the Coronation to pray with us for Their Majesties, the Royal family and our nation."

The book of prayers combines themed daily readings and shares features of the Coronation Ceremony, exploring the Christian symbolism behind it.

The readings also reflect the value that King Charles III places on charitable work, environmentalism, volunteering and community life.





# NEWS FROM THE BELFRY

## Learn to Ring - for the King

A year on from our plans to ring for the Queen's Platinum Jubilee here we are again with a number of events being organised to celebrate the coronation of King Charles III on 6<sup>th</sup> May. Many of these events will include the ringing of church bells. At St Margaret's in Ockley we expect to do our bit, just as last year.



Following the pandemic however bellringing is experiencing a marked shortage of ringers in that a number of them have not returned after the lockdowns, for various reasons, coupled with being prevented from recruiting normally for nearly 3 years.

Across the country we are actively seeking to train new bell-ringers who will be able to 'Ring for the King' when he is crowned on May 6th and after that. There has been a lot of interest generated in the press and on television resulting in a huge number of enquiries nationally.

Bell ringing is a wonderful hobby for people of all ages and there is something of interest to everybody, including:

- Teamwork – working as a team to ring changes together

- Physical and mental exercise – ringing is a technique that doesn't involve brute strength but coordination and technique to control the bell in split second timing

- Music – creating the changes and permutations bell-ringers call music

- Social – bell ringers are very sociable people and can often be found in a pub or coffee shop after ringing sessions.

- Friendship – bell-ringers have friends all over the UK and the world where bells are rung English style

For more information and a flavour for what's involved visit the website:

<http://www.bellringing.org/learntoring/>

Contact Sue, Ockley tower captain, and come along to watch and get an idea of what is involved. Learning to ring church bells is a structured process that takes a number of one-to-one sessions to be competent at 'handling' a bell. You don't have to be a churchgoer, there is no compulsion to stay for services. While almost anyone is capable of leaning to ring it is not easy and requires a lot of dedication to master. Are you up to the challenge? You too could be taking part in this unique occasion in a quintessentially English way.

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)

For more CORONATION NEWS ... see the  
back page for details of our forthcoming  
**CORONATION FLOWER FESTIVAL**  
on 6th/7th/8th May 2023

## Burnley ministers tell their stories via TV

At the height of the Covid pandemic, the work of two Christian ministers in Burnley, Lancashire, moved TV viewers across the world. They were filmed by a BBC crew handing out food parcels and seeking to help people suffering deeply because of the lockdown.

The two men – Pastor Mick Fleming and Father Alex Frost – have now published books telling their remarkable stories.

In 'Blown Away: From Drug Dealer to Life Bringer,' (SPCK) Mick Fleming tells how he struggled with a traumatic childhood and turned to drugs and to crime, but ultimately came to faith following a series of events that many will call miraculous.

He explains how he launched 'Church on the Street' in Burnley – one of the poorest parts of England – after he sat on the ground outside McDonald's "with a suitcase of clothes, tea and coffee in flasks, and sandwiches, and a packet of cigarettes in my pocket."

Pastor Mick tells how angry he felt when the churches closed their doors during the Covid lockdowns. People were suffering, going hungry and the Church was, he writes, nowhere to be seen.

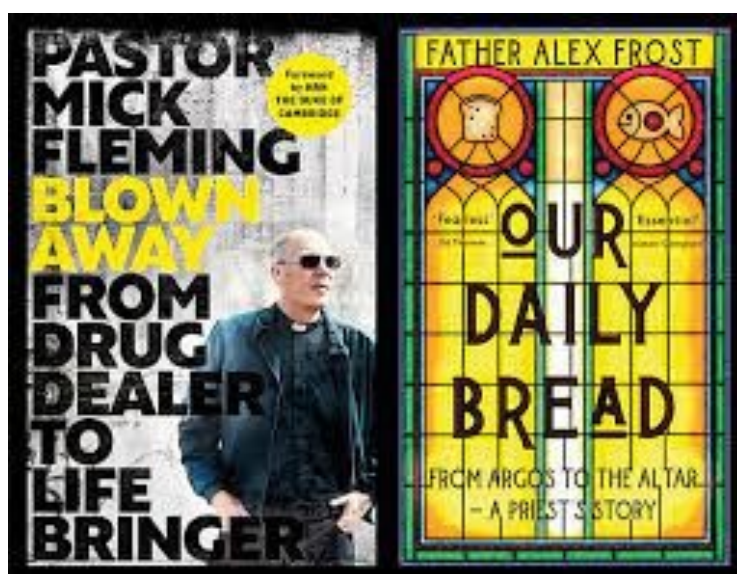
In 'Our Daily Bread' (Harper North), the Rev Alex Frost gives telling insights into what Christian ministry is like in Britain in the 2020s, serving some of the country's poorest people. He shows the role played by one Church of England priest, and his church, in serving the people of his Burnley parish, as they face life's challenges and setbacks.

He writes "Here, in a deprived northern town, where the headlines usually scream poverty and destitution, there is also an undaunted spirit and an unwavering survival instinct. People here are stronger than you could ever imagine."

Father Alex tells the stories of some of the people with whom he ministers, under headings such as Love, Broken, Calling, Grief and Transformation. As he tells their stories, he reveals his own, including working as a football referee, stand-up comic and an Argos store manager. Father Alex weaves his own story among those of the parishioners he serves.

He writes, with passion, "I want to see the Church of England change dramatically, coming out of its middle-class bubble, its 'Waitrose worship' and start to represent who we are as a nation now."

*By the Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the C of E.*



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 - Fasting

Spiritual disciplines are practices designed to help us grow as disciples of Jesus. This month we are looking at the practice of *fasting*.

Fasting can be a neglected discipline, but plays an important part in the Christian life, especially during Lent. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught His disciples to fast: *'when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen.'* (Matthew 6:17,18).

### Why Fast?

Firstly, giving up something in my life underlines my desire to put God first in my life. Secondly, fasting shows me how much I depend on things other than God in my life, so I can surrender my idols to Him. Thirdly, fasting encourages me to have a deeper hunger and dependency for God in my life. Therefore, fasting gives me space to focus on God for His strength, provision, and wisdom and leads to a more intimate relationship with Christ. It also enables the Holy Spirit to reveal my true spiritual condition, leading to repentance, and a transformed life and a more attentive heart towards God.

### How can I fast?

Usually fasting involves missing one or two meals during the day, although some can't abstain for medical reasons. It might also include abstaining or limiting the time I give to television, alcohol or social media. However, Lent can also be a time to embrace new spiritual disciplines e.g. joining a study group, *'random acts of kindness'*, or giving more time to prayer and Bible Study. Whatever you do, make Lent count this year!

*'Blessed are those who hunger and thirst for righteousness, for they will be filled.'* (Matthew 5:6).

© Parish Pump



*As the servers's strike entered its third week, the Army was called in.*



*"The new vicar is really cool, Dad. Did you know that God emailed the Ten Commandments to Moses' Tablet PC?"*



*Editor: Canon Paul Hardingham considers our appreciation of mothers.*

## Mothering Sunday

Mothering Sunday is a day of mixed emotions. For many it's a happy, joyous day, but for others it's one of pain and grief. A day to celebrate love, while acknowledging those who cannot have children or have lost them and those who have no relationship with their mother.

In the dying moments of His life, Jesus honored Mary his mother by showing her love and care. He entrusted His mother to John's protection: *'When Jesus saw His mother there, and the disciple whom He loved standing nearby, He said to her, 'Woman, here is your son,' and to the disciple, 'Here is your mother.' From that time on, this disciple took her into his home.'* (John 19:26,27). While affirming the importance of mothers, Jesus reminds us that the love we show on Mothering Sunday is just a token of our continuous appreciation of them.

Jesus also creates a new way of being family, marking the beginnings of the church. In the past, people would go back to their *'mother'* church on this Sunday, to acknowledge its importance in their lives. Jesus invites us into this new family of love and mutual belonging, where we can find a place, irrespective of our own family circumstances.

Church is not always an easy place to be, because we are shaped by our own experience of mothering. We may find it hard to give or receive love without ourselves getting in the way. However, God's help is available to change things, *'because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.'* (Romans 5:5)

© Parish Pump

## 19<sup>th</sup> March: Mothering Sunday, 4<sup>th</sup> Sunday in Lent

There is an old Jewish saying: *God could not be everywhere, and therefore He made mothers.*

Mother Church, Mother Earth, Mother of the Gods - our human mothers - all of them have been part of the celebration of 'Mothering Sunday' - as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16<sup>th</sup> century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families, which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed, and in many ways now resembles the American Mother's Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.

©Parish Pump





# High Days and Holy Days

## **NEW 26<sup>th</sup> March: Harriet Monsell – compassion and humour**

The daughters of baronets don't usually choose to work with prostitutes and orphans, but Harriet Monsell was no ordinary woman.

She was born in 1811 into one of Ireland's oldest families. Her father, Sir Edward O'Brien, was 4<sup>th</sup> Baronet of Dromoland, and represented his county Clare in Parliament. Harriet married Charles Monsell, an Anglican clergyman connected with the Oxford Movement, and they moved to Derry, where his father was Archdeacon. But Charles developed tuberculosis, and soon he and Harriet were sent to the milder climate of Naples.

When Charles died in 1850, Harriet moved to England and continued her connection with the Oxford Movement. She also began working among former prostitutes and unwed mothers. Soon Harriet, along with two other women, decided to profess religious vows, and dedicate their lives to caring for the poor and needy. Inspired by John the Baptist's call to penitence, in 1852 they took the name of the Community of St John Baptist, of which Harriet became the Mother Superior.

They were one of the first Anglican religious orders since the Reformation, and because much of their work was in the Berkshire town of Clewer, they were often called the 'Clewer Sisters'.

Within five years their work had gone from caring for about 30 marginalised women to dedicating a building that would house about 80 such women. Mother Harriet guided the work with endless energy and extensive correspondence. The work grew to include 40 institutions, ranging from mission houses to orphanages, schools and hospitals.

Mother Harriet was much loved for her "strength of character, firmness of faith, an infectious sense of humour, a gift for listening, and a magnetism which none could resist," according to one admirer. She had to retire in 1875 for health reasons, but maintained an interest in the work until her death on Easter Sunday March 1883.

## **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.

© Parish Pump



*Here is some encouragement to 'take soundings' on our lives this Lent.*

## **Stay trimmed and balanced**

*'Do not let this Book ...depart from your mouth; meditate on it day and night,...be careful to do everything written in it. Then you will be ...successful.'* Joshua 1:8

Any flying instructor will tell you that aeroplanes need to be 'trimmed' or 'balanced in flight' on a regular basis. After flying through storms and hitting air pockets, they get knocked out of line. That's true of our path through life. The bad storms of sickness, redundancy, divorce and disappointment, can knock us off our balance, too.

In other words, our attitude needs to be constantly checked and adjusted. Have you checked yours lately? What are you encountering at the moment that is putting pressure on you to veer off course? So long as we live, we will always need to look to God, to stay 'trimmed and balanced'. Lent is an excellent time to do this.

The best way to stay balanced is to read God's Word. It gives us a true map of the world around us, and it shows us where we are on that map. Here's an idea you can try for Lent: every week, for the next few weeks, choose a Bible verse and write it down on a small card. Carry it with you wherever you go and memorise it. In one year, you'll know 52 new scriptures, and more importantly, your attitudes will be more naturally in line with God's Word, your faith will be strengthened, and your life will be moving in the right direction.



*The wilderness is a place where we all go at some point in our lives...*

## **Head for the wilderness**

*'And he said, 'Which way shall we go up?' And he answered, 'The way through the wilderness...'* 2 Kings 3:8

The only way into the Promised Land is through the wilderness. One Bible scholar has called it 'God's killing field'. He says: 'That's where the things that cause us to stumble in our walk with God are permitted to die; where God 'weeds out' those who want only a momentary, superficial relationship with Him, from those who want their lives really to count.'

If your life is a wilderness at present, take heart: God is there with you the whole time. It's where you learn to stand and to cast all your cares on Him (1 Peter 5:7). Sometimes God will lead you there abruptly, especially if He's been trying to get your attention. He may want to talk to you about the call He's placed on your life, but you haven't had time to listen. Now you find yourself in the wilderness, and you realise that God is the only one who can get you through this.

Here, He permits you to be stripped of pride, so that you can be clothed with humility; stripped of self-sufficiency, so that you can be brought to the place of total dependence on Him. If you're there today, don't think that God's punishing you or that He's forsaken you. No, He's simply allowing some things in your life to die, so that other things can be born and grow into life and fruitfulness.

You'll get through this and by God's grace you'll reach your destiny. *The truth is – there is no other way to the Promised Land other than through the wilderness.*

© Parish Pump

# PRAYERS, PROSE & POEMS

## 'God make a fresh start in me' Psalm 51:10

Dear God,  
There are things I wish  
I hadn't thought, or said, or done  
There are things I could have done  
to make a difference—but didn't.  
I am sorry.  
Thank you that it's never too late  
to be forgiven,  
to forgive myself,  
to forgive others  
- and begin again.  
Amen

[www.explorechristianity.info](http://www.explorechristianity.info)

*Thou that hast given  
so much to me,  
Give one thing more,  
a grateful heart.  
Not thankful when it pleases me,  
as if thy blessings had spare days;  
But such a heart  
whose very pulse may be  
Thy praise.*

George Herbert



*Also ... see prayer on  
page 9 for the Turkey -  
Syria Earthquake crisis*

Without winter,  
there can be no spring.  
Without mistakes,  
there can be no learning.  
Without doubts,  
there can be no faith.  
Without fears,  
there can be no courage.  
My mistakes, my fears and my doubts  
are my path to wisdom, faith and courage.

Author unknown

In spite of everything, I still believe  
That people are really good at heart.  
I simply can't build up my hopes on a foundation  
consisting of confusion, misery and death.  
I see the world gradually being turned into a wilderness,  
I hear the ever-approaching thunder,  
which will destroy us too,  
I can feel the suffering of millions, and yet,  
if I look up into the heavens,  
I think it will all come right, that this cruelty will end,  
and that peace and tranquility will return again.

- Anne Frank

## 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.

© 2012 Creative Communications for the Parish, 1564 Fencorp Drive, Fenton, MO 63026-2942. istockphoto.com. www.creativecommunications.com PBL

## 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 © 2009 Sadlier, Inc. All rights reserved.



# Thank you for all your donations!

## Please keep giving if you can



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

*This article featured in February's issue too but it is an important issue to highlight, together with the Turkey - Syria Earthquake (see page 8)*

## Remembering Ukraine – one year on

24<sup>th</sup> 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/>

## If biblical headlines were written by today's secular media...

### **On Red Sea crossing:**

WETLANDS TRAMPLED IN LABOUR STRIKE  
Pursuing environmentalists killed

### **On David vs. Goliath:**

HATE CRIME KILLS BELOVED CHAMPION  
Psychologist questions influence of rock

### **On Elijah on Mt. Carmel:**

FIRE SENDS RELIGIOUS RIGHT EXTREMIST INTO  
FRENZY  
400 killed

### **On the birth of Christ:**

STABLE OCCUPIED, ANIMALS LEFT HOMELESS  
Animal Rights activists enraged by insensitive  
couple

### **On feeding the 5,000:**

PREACHER STEALS CHILD'S LUNCH  
Disciples mystified at leader's callous behaviour

### **On healing the 10 lepers:**

LOCAL DOCTOR'S PRACTICE RUINED  
'Faith Healer' causes bankruptcy

### **On healing of the Gadarene demoniac:**

MADMAN'S FRIEND CAUSES STAMPEDE  
Local farmer's investment lost

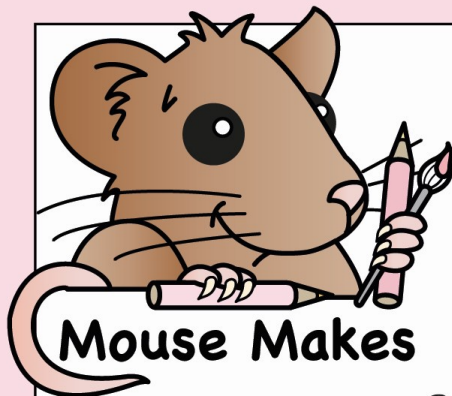
### **On raising Lazarus from the dead:**

FUNDAMENTALIST PREACHER RAISES A STINK  
Will reading now has to be delayed





# Junior InSpire



## WHO IS MY MOTHER?

CAIN	ELIZABETH
ISAAC	HANNAH
JESUS	RACHEL
JACOB	REBEKAH
TIMOTHY	EVE
JOSEPH	MARY
SAMUEL	SARAH
JOHN	EUNICE

Look up the Bible verses then find the answers and the names below in the word search



REBEKAH  
ELIZABETH  
EUNICE  
RUTH  
MARY  
RACHEL  
LEAH  
ZIPLAH  
MOTHER  
MUM

## BIBLE MOTHERS

Who had two sons called Cain and Abel?

— — — — —  
Genesis 4:1-2

Who was 90 years old when she had her son Isaac?

— — — — —  
Genesis 17:19

Whose prayers for a child were answered by God?

— — — — —  
1 Samuel 1:20

Who was Ruth's Mother-in-Law?

— — — — —  
Ruth 1:1-5

Eunice was Timothy's mother, but who was her mother?

— — — — —  
2 Timothy 1:5

Who saved her baby by putting him in a basket in the river?

— — — — —  
Exodus 6:20

Look up the Bible verses and find out who the Bible mothers are.



M — — — — —  
Matt 1:16

O — — — — —  
2 Tim 1:5

T — — — — —  
1 Kings 1:11

H — — — — —  
1 Sam 1:20

E — — — — —  
Gen 34:1

R — — — — —  
Gen 30:22

How many other words can you make from:

**MOTHERING SUNDAY**



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



*This month is Lent, when we take a good hard look at where we stand with God...*

## **A reflection on The Lord's Prayer (Matthew 6:1-18)**

Our Father in heaven, please help us.  
We, your children, learn slowly.

So often we say nothing when your name is mis-used.  
Often our lives do not reflect your ways,  
Mostly we do what we want on earth,  
And this can make heaven unimaginable.

We expect so much more than we actually need each day.

Sometimes we think we don't need forgiveness,  
Sometimes we think we are unforgivable,  
And we forget that other people make these same errors of thinking.

When it comes to temptation, we find our own ways,

We are confused about what is and is not evil,  
We are confused about deliverance,  
We are confused...

And here is the wonder, the grace and the mystery,  
That you know us completely,  
Our failings, our secrets,

And still love us forever and ever,  
Amen.

*By Daphne Kitching*

### **Carry on**

The vicar was making an appeal for more help with the Sunday School: "At the moment I'm just carrying on with a couple of single ladies!"

### **Labouring**

Curate: I can always tell when I am going to give birth to an idea for a sermon. My writer's cramps start coming two minutes apart.

### **The Bible according to children**

*Children's version of biblical stories and events have a charm all their own. The following efforts have not been re-touched or corrected (i.e. bad spelling has been left in).*

- ~ Adam and Eve were created from an apple tree.
- ~ Noah built an ark, which the animals came on to in pears.
- ~ Lot's wife was a pillar of salt by day, but a ball of fire by night.
- ~ The Egyptians were all drowned in the dessert. Afterwards, Moses went up on Mount Cyanide to get the ten amendments.
- ~ Samson slayed the Philistines with the axe of the Apostles.

**Smile  
Lines**

## Crossword Clues

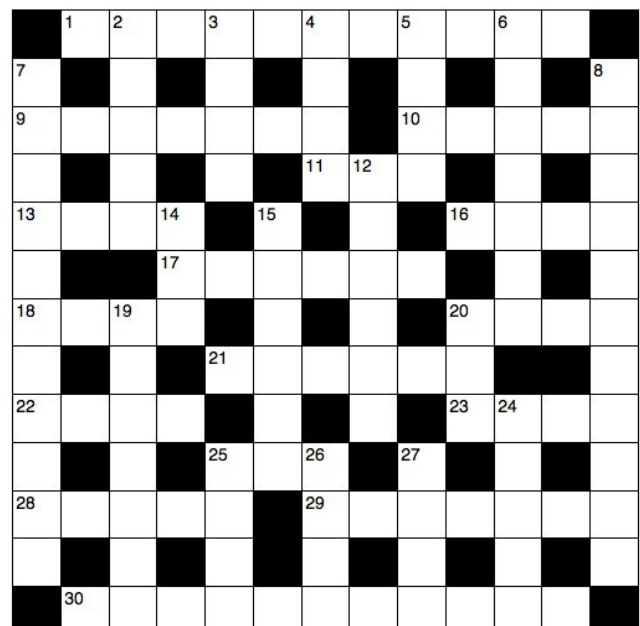
Puzzle  
Solutions on  
page 34!

### Across

- 1 These letters come between Romans and Galatians (11)
- 9 'You will not — me to the grave' (Psalm 16:10) (7)
- 10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)
- 11 Town possessing mineral spring (3)
- 13 Mede (anag.) (4)
- 16 High-fidelity (abbrev.) (4)
- 17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)
- 18 A son of Simeon (Genesis 46:10) (4)
- 20 Controversial religious book of the 1970s, The — of God Incarnate (4)
- 21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)
- 22 'You — me together in my mother's womb' (Psalm 139:13) (4)
- 23 Edit (anag.) (4)
- 25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)
- 28 Abraham's brother (Genesis 22:23) (5)
- 29 'When Mordecai learned of — that had been — , he tore his clothes' (Esther 4:1) (3,4)
- 30 Sympathetic (Proverbs 11:16) (4-7)

### Down

- 2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)
- 3 Integrated Services Digital Network (1,1,1,1) 4
- 4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)
- 5 Concept (John 8:14) (4)
- 6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)
- 7 Industrious (2 Timothy 2:6) (11)
- 8 'I pray also that the eyes of your heart may be — in order that you may know the hope to which he has called you' (Ephesians 1:18) (11)
- 12 'Out of the same mouth come — and cursing' (James 3:10) (6)
- 14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)
- 15 Vitality (Job 20:11) (6)
- 19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)
- 20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)
- 24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)
- 25 Parched (Matthew 12:43) (4)
- 26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)
- 27 Disparagement (Psalm 15:3) (4)



# Wordsearch



## St Patrick's Day Mothering Sunday Annunciation Lent

Leeks for St David's day, daffodils for the rest of the month: March brings us Spring.

St Patrick, who brought Christianity to Ireland, is remembered with parades.

Mothering Sunday and Mother's Day are celebrated with more daffodils and Sunday lunch 'out'. March brings us the Annunciation, when the angel first appeared to Mary to tell her of her coming pregnancy. March is the month of Lent, of prayer and preparation for Easter.

Leeks	Mum	Sunday	Parades
Daffodils	Mother	Lunch	Mary
Spring	Angel	Pregnancy	Magnificat
Patrick	Ireland	preparation	Fasting
Day	Wales	Prayer	Lent

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

### Medium Soduko

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

© 2011 KrazyDad.com

### Easy Soduko

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

© 2011 KrazyDad.com

# Puzzle Solutions

## Easy Soduko solution

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

## Medium Soduko solution

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

## Crossword Solution

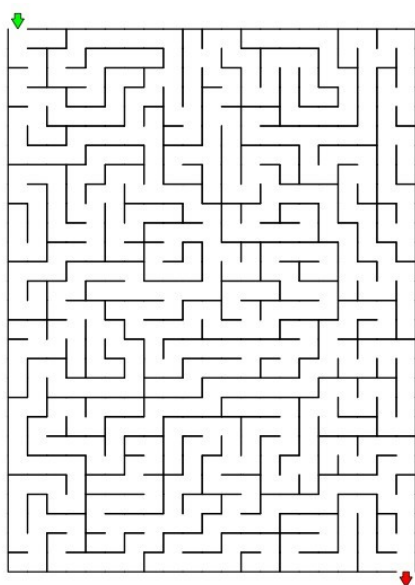
	C	O	R	I	N	T	H	I	A	N	S	
H		F		S		E		D		U		E
A	B	A	N	D	O	N		E	G	L	O	N
R		G		N		S	P	A		L		L
D	E	E	M		V		R		H	I	F	I
W			A	B	I	J	A	H		F		G
O	H	A	D		G		I		M	Y	T	H
R		B		N	O	W	S	E	E			T
K	N	I	T		U		E		T	I	D	E
I		S		A	R	M		S		S		N
N	A	H	O	R		A	L	L	D	O	N	E
G		A		I		L		U		N		D
	K	I	N	D	H	E	A	R	T	E	D	

**ACROSS:** 1, Corinthians. 9, Abandon. 10, Eglon. 11, Spa. 13, Deem. 16, Hi-fi. 17, Abijah. 18, Ohad. 20, Myth. 21, Now see. 22, Knit. 23, Tide. 25, Arm. 28, Nahor. 29, All done. 30, Kind-hearted.

**DOWN:** 2, Of age. 3, ISDN. 4, Tens. 5, Idea. 6, Nullify. 7, Hardworking. 8, Enlightened. 12, Praise. 14, Mad. 15, Vigour. 19, Abishai. 20, Met. 24, Is one. 25, Arid. 26, Male. 27, Slur.

## Word search solution

Can you find your way around



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

# Church Teas 2023



## TEAS AT St John the Baptist, Capel & St Margaret's, 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

Sunday 23rd April Teas at Capel 3-5pm

### CORONATION WEEKEND

Sat 6th/Sun 7th/Mon 8th May **Flower Festival at St John's, Capel - Refreshments available**

Sunday 7th May Teas at Ockley 3-5pm

Sunday 14th May Teas at Capel 3-5pm

### LATE MAY BANK HOLIDAY WEEKEND

Sunday 28th May Teas at Capel 3-5pm

Monday 29th May Teas at Capel 3-5pm

Sunday 4th June Teas at Ockley 3-5pm

Sunday 11th June Teas at Capel 3-5pm

Sunday 25th June Teas at Capel 3-5pm

Sunday 2nd July Teas at Ockley 3-5pm

Sunday 16th July Teas at Capel 3-5pm

Sunday 30th July Teas at Capel 3-5pm

Sunday 6th August Teas at Ockley 3-5pm

Sunday 13th August Teas at Capel 3-5pm

### LATE SUMMER BANK HOLIDAY WEEKEND

Sunday 27th August Teas at Capel 3-5pm

Monday 28th August Teas at Capel 3-5pm

Sunday 3rd September Teas at Ockley 3-5pm

Sunday 17th September Teas at Capel 3-5pm

Sunday 1st October Teas at Capel 3-5pm

Sunday 15th October Teas at Capel 3-5pm

Sunday 29th October Teas at Capel 3-5pm

Sunday 26th November Teas at Capel 3-5pm

Sunday 10th December Teas at Capel 3-5pm

<https://www.capelandockleychurch.org.uk/events-calendar/>



St John the Baptist, Capel

# CORONATION FLOWER FESTIVAL 6th/7th/8th MAY 2023



**ALL WELCOME!**

**Entry is free of  
charge.**

**Refreshments will  
be available**  
*Donations welcome*

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 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](http://www.capelandockleychurch.org.uk/inspire-magazine)