

The monthly publication for the Parish of Capel & Ockley

Inspire



Issue 74 - July 2023

Free of charge - donations welcome in honesty box in wall

Book Reviews

From Parish Pump



Struggling with God – Mental Health & Christian Spirituality

By Christopher C H Cook, Isabelle Hamley, and John Swinton, SPCK, £14.99

This book gets to the heart of a predicament for many Christians: when it feels as if our mental health struggles are overwhelming - and our capacity for faith and hope and love is diminished - how is it possible to maintain, never mind nourish, our relationship with God?

The truth is that Jesus helped people wrestling with mental health problems. Many familiar conditions, such as anxiety and depression, and more severe ones, including bipolar affective disorder and schizophrenia, are addressed by the authors here. They explore the impact such mental health disorders can have on individual Christians, Church and society.

Each chapter includes biblical reflections, prayers, questions for individual/group study, and pointers to further reading. Overall, it presents a Christian vision of spiritual and mental wellbeing through prayerful struggling with God.

Learning to Dream Again – Recovering the Heart of God

By Samuel Wells, Canterbury Press, £14.99

In 36 short reflections, Sam Wells explores what influences and shapes the way that we live, love, think, read Scripture, feel and dream. He helps the reader to grapple with cultural forces and contemporary questions, and offers a way forward that is grounded in the reality of a suffering world, and yet is open to transformation by the life and joy of God.

The Final Lap – Navigating the Transitions of Later Life

By John Wyatt, 10Publishing, £6.99

Life's a marathon, with many highs and lows along the way. As we approach retirement we transition into a new stage of our long race, presenting us with a range of possibilities and pitfalls to navigate.

John Wyatt gently invites Christians to think how they can approach the next stages of life well. He considers the move firstly from work to retirement, then independency to dependency, and finally from life to death as we approach the finishing line.

Whilst being honest about the struggles of each transition, *The Final Lap* lays out the wonderful opportunities God gives in every stage. And the better prepared we are to face each transition, the better we can face the challenges, and the more fully we can embrace the future with hope and joy.

Forgotten Warrior – the Life and Times of Major-General Merton Beckwith-Smith

By Michael Snape, SPCK, £19.99

Major-General Beckwith-Smith DSO MC was the most senior English soldier to die in a Japanese prisoner of war camp during the Second World War. Yet until now he has been strangely forgotten by history.

He commanded the British 18th Division during the catastrophic Fall of Singapore in February 1942. A highly respected and much decorated veteran of the First World War, he was captured along with tens of thousands of other soldiers - British, Indian, Australian, and Malay - who were then held prisoner on Singapore Island.

Amidst hunger, disease and widespread despair in Changi, over the next six months he rallied the spirits of his soldiers, created a make-shift university and theatre, and helped to inspire a remarkable renewal of collective church life. At the same time, he improved conditions for hospital patients and encouraged sports and other recreations.

While the fate of many of the men he led was to toil, and often die, on the infamous Burma Railway, Beckwith-Smith was exiled to Karenko Camp, Formosa (present-day Taiwan), where, mistreated and malnourished, he died of diphtheria and heart failure in November 1942.

All book reviews by Parish Pump

Issue 74 July 2023

Contents:-

- 2 Book Reviews
- 4 Rev Liz's letter
- 5 Services & Events for July
- 6 News from the Pews
- 7 Café Church
- 8 News
- 10 The story behind the hymn
'Now thank we all our God'
- 11 Spiritual Disciplines: Solitude
The Harvest Supper: The
Murder Mystery returns again
- 12 High Days & Holy Days
- 14 God's Garden - a poem
- 15 Holiday tips
- 16 Prayers over the phone
Henry Moore and his
monumental sculptures
- 17 Letter from the Editor
- 18 Refugee stories
Church School Test
- 19 Prayers, Prose & Poems
- 20 How to deal with stressful
people in your life
How to be #GriefKind
- 21 Age of those with religion
The sweet smell of rain
- 22 Life-Changing Bibles for the
visually impaired
Observation on Daily Life
- 23 Letter from Bishop Andrew
- 24 Junior InSpire
- 26 Puzzle page
- 27 Church Bulletins that didn't go
quite right!
- 28 Observations on ...
Our Christian Faith
Our Church Life
- 29 Notes on Capel's Garden of
Remembrance
- 30 Puzzle solutions
- 31 Proposed Capel Garden of
Remembrance illustration

"What your heart
possesses, your life
expresses." - Anon

"Prayer is the original
wireless
communication".
- Anon

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

Irene Cole & Pat White

*In celebration of the lives of
Stanley Cole and Colin White*

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

Advisor:

Jackie Broadfoot

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@jayesestate.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

Chev. Richard Winter-Stanbridge

sirrichard@giganticworx.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 hope you have managed to cope with the warm weather of recent weeks and perhaps been able to enjoy part of it. It felt like one day we were in winter and the next summer had arrived. During this past month we were able to take our caravan up to Scotland for a couple of weeks holiday and we had wonderful dry sunny weather every day! We couldn't believe how fortunate we were but it occurred to us also that it is in fact of course rather a sad indictment on how our weather pattern has changed so much. Anyway hoping of course for fine weather for the various fund raising events our parish is involved with over the next few weeks!



You may have heard that recently the investing arm of the Church of England have disinvested from fossil fuels this year which actually made national news headlines. This is part of a five year strategy of the national church to invest in climate solutions, engage with high carbon emitting companies and disinvest from fossil fuel companies who do not align themselves with the Paris agreement. The Archbishop of Canterbury, Justin Welby said "The climate crisis threatens the planet we live on, and people around the world who Jesus Christ calls us to love as our neighbours. It is our duty to protect God's creation, and energy companies have a special responsibility to help us achieve the just transition to the low-carbon economy we need." So well done Church Commissioners and others for taking a stand on this.

Our parish as well as many other parishes in the UK audit our energy footprint and we are working towards trying to reduce this as much as we can. The Church of England approved a Motion in 2022 that the whole of the Church of England achieve net zero carbon by 2030. So we have a lot of work to do! As part of this work our Cafe Church in June (held outside in the beautiful garden of The Crown was entitled 'If not now, then when?' which focused on these issues. We will be continuing this theme in September in the season of Creation Tide. Our services and a midweek course for all will help us to discover more about how to care for His creation and the difference we can make, as individuals or collectively. If this is an issue that interests you do look out for further details over the summer. We would love to partner with others in this so if there is a group or organisation out in our community who is trying to do the same please be in contact. Perhaps you already have solutions?? We would love to hear from you!

The earth is indeed a very beautiful place and we are so blessed to be living in such beautiful surroundings. As we enjoy the early summer sunshine, let us remember those whose lives are adversely affected by the changing weather pattern. Our ancient churches come into their own in this hot weather incidentally - they are wonderfully cool!!

God bless you and yours.

Liz

Revd Liz Richardson

liz@hostmyserver.co.uk

01306 711260 Vicar St John the Baptist Chapel and St Margaret's Ockley

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

JULY

Sunday	2nd	Trinity 4
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel
	3-5pm	<i>Ockley Church Teas - St Margaret's</i>
Sunday	9th	Trinity 5
	9.30am	Holy Communion CW - Ockley (CW - Common Worship is from Common Worship 2005)
	10.30am	Cafe Church at The Crown - Capel
Sunday	16th	Trinity 6
	9.30am	Matins - Ockley
	10.30	Family Communion - Capel
	3-5pm	<i>Capel Church Teas - St John the Baptist</i>
Sunday	23rd	Trinity 7
	9.30am	Parish Communion - Ockley
Sunday	30th	Trinity 8
	10.30am	Parish Communion - Capel
	3-5pm	Capel Church Teas - St John the Baptist

August

Sunday	6th	Trinity 9
	9.30am	Morning Worship with Baptism - Ockley
	10.30am	Family Communion - Capel

Teas this month ...

Sunday 2nd Ockley
Sunday 16th Capel
Sunday 30th Capel



Don't forget you can find details of all events & services on our website!
<https://www.capelandockleychurch.org.uk/events-calendar/>

NEWS from the Pews

Thank You

We would like to extend our grateful thanks to everyone for the love and support that we have been shown on the loss of Douglas.

Your cards, messages, flowers, baking, help with his service, dog walks and presence are helping get us through this most difficult time for us as a family.

We would like to be able to thank you all individually but the number of people who have helped us is staggering.

Thank you
Craig, Sarah, Becca and Laura

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.

Capel's Military Show Saturday 1st/Sunday 2nd July 2023

This will be the show's Tenth Anniversary and they are aiming to put on a magnificent show for everyone!

Do come and find the 'Church Refreshments' tent at the show and enjoy a cuppa and some tasty cakes!

We hope to see you there!

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.

Café Church July 2023

Climate Emergency? How are we to respond and perhaps more importantly, WHEN?

This was the topic in June's Café Church. One of the (5) marks of mission of the Church of England is "To strive to safeguard the integrity of creation and sustain and renew the life of the earth". There is therefore upon Christians a strong call for action.

We hear in the media about the 'Climate Emergency' but what does 'emergency' mean? Why do we see groups like 'just stop oil' and 'extinction rebellion' being so active, yet most of us remain quiet and carry on with our lives as if it isn't happening?

To underline the climate emergency Café Church looked at a little publicised climate event with big consequences:

OCEAN ACIDIFICATION.

For over 200 years, or since the industrial revolution, the concentration of carbon dioxide (CO₂) in the atmosphere has increased due to the burning of fossil fuels and land use change. The ocean absorbs about 30 percent of the CO₂ that is released in the atmosphere, and as levels of atmospheric CO₂ increase, so do the levels in the ocean.

When CO₂ is absorbed by seawater, the seawater becomes more acidic. Acid and Calcium are not good bed fellows. A higher acidity makes life more difficult for creatures that rely on calcium structures (shells, skeletons) e.g. oysters, clams, sea urchins, shallow water corals, deep sea corals, and some plankton. These creatures are at the bottom of long food chain. If they disappear you can imagine what chain reaction will result...

If there are no effective efforts to reduce the levels of CO₂ in the atmosphere ocean acidification will reach a tipping point (a point of no return) around 2045 at which acidity reaches a pH7.95. An estimated 80% to 90% of all marine life will be lost from the oceans. No Eco system can survive such a collapse. Most of us will be around to witness that: it's just 22 years from now. **Climate change is bad. Ocean acidification is catastrophic.**

Further information on acidification: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3860950

What drives the CO₂ in the atmosphere that causes ocean acidification? Café Church looked at that too and we discussed 'Earth Overshoot'?

Earth Overshoot Day marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year. This year's overshoot day for the earth as a whole falls on August 2. It falls earlier year on year, which means human consumption continues to outstrip the earth's capacity for regeneration and it's getting worse.

More info here: <https://www.overshootday.org/newsroom/country-overshoot-days/>

Each of us contributes to this overshoot through the way we live our lives. The archbishop of Canterbury, Justin Welby, says "as people of faith, we must not just state our beliefs - we must live them out. One of our central beliefs is that we find purpose and joy in loving our neighbours. Another is that we are charged by our Creator with taking good care of his creation.

The ethical crisis of climate change is an opportunity to find purpose and joy, and to respond to our Creator's charge. Reducing the causes of climate change is essential to the life of faith. It is a way to love our neighbour and to steward the gift of creation". To get an idea of the climate impact of the way you live checkout this carbon footprint calculator: <https://footprint.wwf.org.uk/>

May God bless us with foolishness: enough foolishness to believe that we can make a difference in this world; so that we can do what others claim cannot be done.

Dik Hoogmoed



The next Café Church meets at The Crown pub on Sunday 9th July at 10.30am.

Expect music, discussion, poetry, laughter and free coffee and croissants!

NEWS

General Synod dates and update on ‘Living in Love and Faith’ groups

The next meeting of General Synod will take place in York from Friday 7th to Tuesday 11th July.

The July meeting will include a substantial item on the proposals, which emerged from the Living in Love and Faith process, to enable same-sex couples who have marked a significant stage of their relationship such as a civil marriage or civil partnership to come to church to give thanks, offer prayers of dedication to God and to receive God’s blessing.

Following a landmark debate at Synod in February, a series of implementation groups have been set up to take the proposals forward including refining a set of draft texts known as Prayers of Love and Faith; working on new pastoral guidance for the Church of England and examining what pastoral reassurance will be required to ensure freedom of conscience for clergy and laity.

The Bishop of London, Sarah Mullally, and the Bishop of Truro, Philip Mounstephen, the co-chairs of the steering group overseeing the implementation groups, said: “The working groups set up by the College of Bishops to take forward the decision of General Synod on a way forward for the Church of England on identity, sexuality, relationships and marriage have been working at pace and are making good progress.

“We hope that work to refine the texts of Prayers of Love and Faith, together with aspects of the work of the Pastoral Guidance and Pastoral Reassurance groups, will be in place before the meeting of Synod in York in July.

“We will be bringing a report to Synod updating in more detail on the progress that has been made.

“Recognising the complexity of the matters being considered, we anticipate that time could be made available at the November meeting of Synod for any further work required.” The next group of sessions will be held in London from Monday 13th to Wednesday 15th November.

Church of England’s Social Impact Investment Programme grows

The Church of England’s Social Impact Investment Programme, which directs capital towards new solutions to deep-rooted social challenges, has invested £5.7m in its first two years, according to its 2023 Impact Report.

The programme, established in 2020, aims to support vulnerable people and communities, while generating sustainable returns that preserve the capital for future impact.

Vanessa Morphet, Head of Social Impact Investment at the Archbishops’ Council, said that the C of E works with “excellent investment managers who have deep knowledge of the UK charity and social enterprise sector”, and so she is “confident our capital will have a real, lasting impact where it counts most.”

The programme has so far made four investments, including one to a fund which provides refuges for vulnerable women and their children.

Bishops agree key areas for further work implementing ‘Living in Love and Faith’

The House of Bishops has set out key areas in which it is requesting further work from the implementation groups who are taking forward the recent decision of General Synod on offering prayers of thanksgiving, dedication and for God’s blessing for same-sex couples.

The proposals debated at Synod, which were developed after a six-year period of listening, learning and discernment known as Living in Love and Faith, would mean that, for the first time, same-sex couples could have a service in church in which there would be prayers of dedication, thanksgiving or for God’s blessing on the two people concerned, following a civil marriage or civil partnership.

The proposals would not, however, change the Church’s doctrine of Holy Matrimony. The texts known as *Prayers of Love and Faith* will be voluntary, with freedom of choice about their use. There will be protections both for those who, on grounds of conscience, will not be able to offer them and those who will.

Three implementation groups have been set up to refine the draft texts of Prayers of Love and Faith, to work on the new pastoral guidance for the Church of England; and also to examine what pastoral reassurance will be required to ensure freedom of conscience for clergy and laity.

Responding Well to Victims and Survivors of Abuse – guidance summary

The response and support that victims and survivors can expect from the Church has been outlined in the House of Bishops' guidance 'Responding Well to Victims and Survivors of Abuse'.

An easy-read summary of the guidance is now available on the Church of England website.

The guidance came into effect in April 2022 and introduced a set of minimum requirements regarding the provision of support. It includes therapeutic support, emotional and practical support from Support Persons, pastoral and spiritual support, and apologies.

Ensuring that victims and survivors who disclose abuse within the Church of England receive appropriate support is a central pillar of the Church's approach to safeguarding.

Legislation to safeguard Church of England Academy land moves forward

The Church of England's lead Bishop for Education has welcomed a recent Government amendment to a Bill which safeguards land held for Church academies.

The amendment to the Levelling-up and Regeneration Bill will reintroduce clauses originally found in the Schools Bill, with which the Government decided not to proceed.

The clauses ensure that new sites for church academies, where they are relocated, continue to be held on charitable trust. The amendment was brought by the Government at the House of Lords Committee stage.

The Bishop of Durham, Lead Bishop for Education for the Church, said: "Church of England schools provide a highly valued education to over a million children which is distinctly Christian, but serves a diverse community of all faiths and none."

Church Commissioners fund posts a 5% return in 2022

The Church Commissioners for England, which manages the Church of England's endowment fund, delivered a 5% return in 2022, a "robust performance" in the face of "challenging" market conditions.

"Our aim is to support the mission and ministry of the Church of England through providing as much funding as we can on a sustainable basis, year in, year out, come rain or shine – and achieving these returns in a year of double-digit inflation, an unprecedented cost-of-living crisis, and Russia's invasion of Ukraine, is truly a testament to the skill and dedication of our investment professionals," said **Alan Smith, First Church Estates Commissioner.**

"As a result of our consistent strong returns over the long-term, we were able in 2022 to announce an increase in our distributions to the Church to £1.2bn over the next three years, a 30% increase over the previous three-year period."

The Church Commissioners for England manages the endowment fund of the Church of England in a responsible and ethical way. The portfolio is diversified across a broad range of asset classes to mitigate risk, and assets are invested with a long-term outlook. This approach has enabled the Church Commissioners to deliver an average annual return of 10.2% over the last ten years.

© All news items Parish Pump



Editor: We continue our occasional series looking at the stories BEHIND some of our favourite hymns. We present here only some of the lyrics of this well-loved hymn... the full lyrics may be found on the internet.

The story behind the HYMN: Now Thank We All Our God

Now thank we all our God
With heart and hands and voices,
Who wondrous things hath done,
In whom His world rejoices;
Who, from our mother's arms,
Hath blessed us on our way
With countless gifts of love,
And still is ours today.

Oh may this bounteous God
Through all our life be near us,
With ever joyful hearts
And blessed peace to cheer us;
And keep us in His grace,
And guide us when perplexed,
And free us from all ills
In this world and the next.

All praise and thanks to God
The Father now be given,
The Son, and Him who reigns
With them in highest heaven,
The one eternal God,
Whom earth and heaven adore;
For thus it was, is now,
And shall be evermore.

By Martin Rinkart

The joy and serenity of this hymn are staggering, when you learn the circumstances in which it was written. Martin Rinkart was a pastor at Eilenberg, Saxony, during the terrible Thirty Years' War (1618-1648).

As a walled city, Eilenberg offered some protection to the inhabitants. No wonder that political and military refugees of all sorts poured into the city, making it dangerously overcrowded. Soon the water supply was fouled, the sanitation overwhelmed, and the food ran out – leaving people famished and diseased.

In 1637 a terrible pestilence swept through the city, killing some 8,000 people, including Rinkart's beloved wife. By that time Rinkart was the only minister left in Eilenberg, because the others had either died or fled for their lives. Rinkart alone conducted the burial services for 4,480 people, sometimes taking as many as 40 to 50 funerals a day!

Eilenberg was besieged and overrun three times – once by the Austrian army and twice by the Swedes. When a Swedish general demanded the town pay him 30,000 thalers, Martin Rinkart pleaded that the impoverished city could never meet such a levy, but the general scorned him. At that, Rinkart turned to his companions and said: 'Come, my children, we can find no mercy with man; let us take refuge with God.' On his knees there and then, Rinkart led his friends in a fervent prayer and in the singing of a hymn. The Swedish commander was so moved that he decided that the levy be not 30,000 thalers, but instead 1,350 thalers.

Somehow, out of the hell of the Thirty Years War, came this lovely hymn of peace and total trust in God. Martin Rinkart had had to dig deep into his faith to survive, and the result was utter, serene dependence on God – despite chaos and destruction all around.

© Parish Pump

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.

The Spiritual Disciplines: Solitude

'Solitude is a time when we withdraw from the company of others in order to give God our undivided attention' (John Ortberg).

The spiritual discipline of *solitude* is about spending time alone with God, to grow in relationship with Him and hear Him more clearly. This practice was a priority in Jesus' life and ministry, especially at crucial moments eg *'Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed'* (Mark 1:35).

Solitude is not so much about what we *do* as what we *don't* do! If we want to hear God, we need to consciously shut out the external noise in our lives and focus on the quiet inside us. If we are honest, this can be a real struggle. We want to do it, but other things can so easily get in the way: distractions, tiredness, jobs that need doing, wandering thoughts etc. Solitude gives us an opportunity to enjoy God's presence, as somebody who we really want to spend time with.

Richard Foster (*'Celebration of Discipline'*) suggests some ways in which we might grow in this discipline:

'Little solitudes': small everyday moments to seek inner silence eg, coffee times, travelling to work and time spent outside.

Quiet place: having specific places where we go to be quiet, eg a room or special chair in our home.


Retreat: organising a retreat where we can have time in silence and solitude.

We need to plan carefully how we use our time with God, including silent listening, meditating on Scripture, prayer, journaling, taking a meditative walk, or listening to a worship CD.

'If we possess inward solitude we do not fear being alone, for we know that we are not alone.' (Richard Foster)

© Parish Pump

Harvest Supper - The Murder Mystery Play returns again!



Rev Liz is pleased to announce that the **Harvest Supper entertainment** will once again be a murder mystery play. **'Never Say Dy'** written by Mo Speller and directed by Sylvie Beckett will be performed in **Ockley Village Hall on Friday 13th October 2023** and in **Capel Memorial Hall on Saturday 14th October 2023**. A two course supper will be served on both evenings.

Please put the dates in your diaries and keep the evenings free so that you can come along and see people you know taking on roles as the ex-pupils attending a reunion of Stonehouse School and other characters. Details of the box office for ticket bookings will be available nearer the time!

High Days & Holy Days in July

2nd July St John Francis Regis, patron saint for relief workers

Do you ever admire relief workers? They are hardy folk who regularly appear on our TV screens, actively seeking out the disease-ridden, starving, destitute people of the world, instead of avoiding them, as most of us try and do.

John Francis Regis (1597 – 1640) could be a patron saint of relief workers. It all began back in the early 1600s when he was ordained a Jesuit priest in Toulouse, a town raging with plague. Instead of fleeing for his life, John Regis decided to stay and minister to the plague victims.

Somehow, he survived, and was then sent by his bishop to do mission work in Pamiers and Montpellier. For years John taught and preached Christ's love, and also put it into action: he collected food for the hungry, clothing for the poor, visited prisoners, and even set up some homes for desperate ex-prostitutes.

In mid-September of 1640 John had a premonition of his approaching death. He took a three-day retreat in order to calmly prepare himself for it, and then he went back to work. Over Christmas, while helping the poor, he caught a chill. By 31st December he was dying of pneumonia, but at peace: he had been granted a vision of heaven and could not wait to get there. His was a life well lived – he was 'a good and faithful servant'.

6th July Thomas More, Reformation martyr

These days, lawyers and politicians are held in the lowest esteem by the public, along with tabloid journalists and estate agents. St Thomas More was both a lawyer and politician, who is today much admired for holding steadfastly to his faith-based principles. He lived in dangerous times, when anyone, even queens, who displeased King Henry VIII could find themselves in a condemned cell in The Tower of London.

Sir Thomas More held the office of Lord High Chancellor and at one time was the king's most trusted adviser. But when King Henry took personal control of the Church in England in order to divorce his first wife, Thomas More courageously opposed him.

Thomas More was a social philosopher and the author of 'Utopia'. This book described an imaginary republic governed by an educated elite who employed reason rather than self-interest for the general good of everyone. He was himself one of the pre-eminent scholars of his age.

As a Christian theologian he supported orthodox doctrine, vigorously opposed heresy and argued strongly against the new Protestant ideas taking hold in Europe. Although holding the highest political and legal office he was far from being a pragmatic politician and opportunist lawyer. In every matter he was a man who held firmly to what he believed was right in God's eyes.

When Thomas More fell from favour with the king, as a result of his unflinching views, he was falsely accused of taking bribes. When this charge failed, his enemies accused him of supporting a celebrated seer of the times who was strongly critical of the king. This too failed. He was then required to swear to the Oath of Supremacy, acknowledging Henry's position as head of the Church of England. This he could not do in conscience.

He was put on trial and condemned to be hung, drawn and quartered for his treason, a punishment later changed to beheading. He died in 1535 and on the scaffold his final words were: "I die the King's good servant, but God's first." He has been officially declared a martyr saint by the Roman Catholic Church.

7th July St Boisil of Melrose, patron saint for ordinands?

Have you ever noticed how life-enhancing good ministers are? St Boisil (d.c.661) should be their patron saint. He did nothing spectacular, but he did everything that mattered.

Boisil was a monk who became abbot of Melrose, in the Irish monastic tradition. Boisil knew about God – he had spent years in study, and this earned him respect. Boisil walked with God – his transparent holiness made people love and trust him. Boisil could hear God speak – he was so open to God's Spirit that he was even given the gift of prophecy, which is God speaking through one person into specific situations in other people's lives.

Continued on page 13

Knowledge of God, obedience to God, and a prophetic gift from God. It is faithful Christians such as Boisil who have kept the Church going over the centuries. Sadly, in 661 Boisil caught the plague. He spent his last hours on earth reading St John's gospel with Cuthbert, another Celtic monk, who also caught the plague. Boisil prophesied that Cuthbert would live, but that he would die. But this did not trouble him: Boisil knew in whom he believed and was looking forward to finally seeing his beloved Master, face to face.

14th July St Camillus de Lellis, patron of the sick

Sometimes those who suffer are best at helping others in a similar situation. Discharged from the Venetian army with an incurable leg wound, St Camillus (1550 – 1614) founded a religious order called the Ministers of the Sick (the Camellians). Both in their Holy Ghost Hospital in Rome, and by travelling to plague-stricken parts of the world, the Camellians dedicated their lives to caring for the sick. Camillus is the patron of the sick and of nurses.

***New 31st July St Ignatius Loyola – founder of the Society of Jesus**

Ignatius came from a noble Basque family in north-east Spain. Born in 1491 in his family's castle near Loyala, he was sent to serve as a page at the court of King Ferdinand V of Castile. Ignatius entered military service, but was wounded in 1521, at the French siege of Pamplona. While convalescing, he read the life of Christ, as well as the biographies of various saints.

Like those saints, Ignatius felt the call of Christ on his life, and responded. He made a pilgrimage to Montserrat (near Barcelona) where he firmly hung up his sword over the altar. He exchanged his clothes with a beggar, and settled in nearby Manresa, where he helped care for the sick in the hospital there. Then he spent some time as a hermit in a local cave, praying and studying Thomas a Kempis's book '*The Imitation of Christ*'. It was probably during this time that Ignatius wrote his famous '*Spiritual Exercises*' on Christian prayer and meditation. It has been valued by Christians of many traditions for centuries.

Ignatius then went on pilgrimage to Rome and Jerusalem, studied at the universities of Barcelona, Alcala and Salamanca, and ended up in Paris to continue studies. It was there, in 1534 that Ignatius and a group of six students (including Francis Xavier) vowed to go as missionaries to Islamic Palestine.

They were prevented from travel by a war in Europe, and so, in 1537, the group, now ten in number, offered their services to the Pope. By 1540 they had been ordained, and with papal approval, formed the Society of Jesus, with a vow of personal obedience to the Pope, in addition to the traditional three monastic vows.

Ignatius became the first general of the order, and in the following 15 years the order grew hundred-fold, to become the vanguard of both the Counter Reformation and the missionary work of the Roman Catholic Church.

Ignatius died on 31st July 1556, but even today his famous prayer is treasured by Christians of all traditions:

Teach us, good Lord, to serve You as You deserve.
To give and not to count the cost.
To fight and not to heed the wounds;
To toil and not to seek for rest;
To labour and not to ask for any reward;
Save that of knowing that we do Your will;
Through Jesus Christ our Lord.
Amen.

A poem for gardeners everywhere ...

God's Garden

Plant three rows of peas:

Peas of mind
Peas of heart
Peas of soul

Plant three rows of squash:

Squash gossip
Squash grumbling
Squash selfishness

Plant three rows of lettuce:

Lettuce be faithful
Lettuce be obedient
Lettuce love one another

Plant three rows of turnips:

Turnip for services
Turnip for meetings
Turnip to help one another

Plant three rows of thyme:

Thyme for God
Thyme for Bible study
Thyme for prayer.

Finally –

Water freely with patience,
Cultivate with love,
And remember – you will only reap what you sow!

© Parish Pump

I shall pass through this world but once.
Any good therefore that I can do or any
Kindness that I can show to any human being,
let me do it now. Let me not deter or neglect it,
for I shall not pass this way again.

Editor: David Pickup, a solicitor, considers the possible pitfalls of travelling...

Happy Holidays



'From Troas we put out to sea and sailed straight for Samothrace... we went on to Neapolis. From there we travelled to Philippi, a Roman colony and the leading city of that district[a] of Macedonia. And we stayed there several days. (Acts 16:11-12)

I wonder if travel was in some ways easier in St Paul's day! No waiting at airports, cancelled flights or passport problems. The Roman Empire had an amazing system of well-maintained roads, provided with inns, guards, signposts and milestones. Everyone spoke Greek and the currency was interchangeable. We do not live in classical times so how should we prepare for holidays?

Choose your holiday from a reliable travel company that is a member of the professional bodies that protect customers if it all goes wrong. Pay for the holiday using a credit card, so you can claim against the credit company if there is a serious problem.

Prepare and research where you are going. Look up the Government travel advice pages on staying safe and healthy in that country.

Get someone to look after your house and pets while you are away. Make sure it does not look as though it is empty.

Get proper insurance that covers what you need. The Association of British Insurers has advice online about travel insurance, including how COVID-19 can affect it, and a guide on choosing the right travel insurance policy.

Rules on claiming health benefits in Europe have changed. It is now the Global Health Insurance Card.

When on holiday, keep your belongings safe and avoid dangerous places. Do not keep all your holiday cash in one place. If you lost your wallet, would you have details of what numbers to phone to stop your card? Take more than one credit/debit card with you, and keep them separately.

Finally - have fun. You deserve it! As always this is a light-hearted introduction, and do get professional advice.

For those about to go on holiday...

Holiday soothies

- ◆ For dealing with motion sickness, ginger capsules are your new friend. Available from any health store, they do a wonderful job in calming upset tummies.
- ◆ And for fever or frayed tempers, take some camomile tea bags with you. Camomile tea doesn't just calm your nerves; cooled down, the tea also soothes sunburn.
- ◆ For discouraging mosquitoes & insomnia, take some essential oil of lavender. Mosquitoes hate the smell, so if you put a few drops around your pillow, you may keep them at bay - and help yourself drift off to sleep.



Pray-over-the-phone service is looking for pray-ers. Could you help?

Many years ago, a couple who listened to the UCB Christian radio station wanted to be able to offer prayer to any who wanted to receive it. They found some phone lines, shared the number, and people began to call. Many years later, UCB now receives hundreds of calls every day and more than 100,000 a year. Since Covid the number has increased.

All kinds of people call up. Many ask for a prayer for healing. Others want prayer for a difficult situation or relationship. Some are in a crisis or are lonely. Some want to share an answer to prayer. Some have mental health challenges and need compassion and support. Some want prayer for faith.

Prayerline volunteers give a couple of hours a week, and are set up with a simple system from home so that they can be available for any who call. They are supported by a team at UCB's main office in Stoke. You may have prayed for a friend, or for someone at church. Or you may have had someone pray for you. It can make a tremendous difference in people's lives.

Like the Samaritans, there is training and a selection process, so that those answering the phone are able to listen well to the complexities and vulnerabilities of different personal situations. But unlike the Samaritans, it is not a counselling service. It simply offers prayers using verses from Scripture.

Those who have volunteered have said it has helped them give hope and solace to callers, grow in their use of Scripture in prayer, be stretched and trained in their spiritual life and found a network with the same calling and compassion. One said this: "I have been a Prayerline volunteer for a number of years. I have received far more than I have given."

If you know someone who would benefit from calling Prayerline, the number is 01782 36 3000

If you would be interested in finding out more about volunteering with Prayerline, or you know someone who might be interested, go to: www.ucb.co.uk/pray

Henry Moore and his monumental sculptures

Henry Moore, the British sculptor and illustrator best known for his monumental semi-abstract bronze sculptures, was born 125 years ago, on 30th July 1898, in Castleford, a small mining town in Yorkshire.

He knew he wanted to be a sculptor from an early age, having heard at Sunday school about Michelangelo's life and work. But his parents regarded sculpture as manual labour, and he trained as a teacher before joining the Army during the first world war. An ex-serviceman's grant brought him – via Leeds School of Art – to the Royal College of Art in London, where he met and later married Irina Radetsky.

In the second world war Moore became popular as a war artist – mainly through his drawings. But in 1943 he was commissioned to carve a Madonna and Child for the Church of St Matthew in Northampton.

Moore's fame as a sculptor grew quickly, with exposure in the media backed up by major exhibitions in London and Florence. In 1977, at the age of 79, he decided to establish the Henry Moore Foundation, partly for tax reasons but also to encourage "enjoyment and opportunity" in the arts – especially sculpture. It now runs his house and estate at Perry Green, Hertfordshire.

His work was not without controversy. An early 'modernist' sculpture bought by artist and poet Roland Penrose in 1937 – and put in his Hampstead garden – aroused indignation in some. Then in 1962, as a socialist, Moore sold another statue to London County Council at a fraction of its value so that it could enrich the lives of those living in a socially deprived area. It was installed on the Stifford council estate – but was vandalised and moved in 1997 to the Yorkshire Sculpture Park. The Stifford Estate was later demolished.

LETTER FROM THE EDITOR

Dear friends,

Hard to believe we are half way through 2023 already! As I write, the Church team are gearing up to provide refreshments at the Capel Military Show this weekend. A huge quantity of cakes has been baked and we all have details of our times on the rota. I'm sure we will all wish to thank Leigh de Souza for organising the cake baking, Norman for all the logistics and Helen Burt for putting together the volunteer rota. Apologies to anyone I've left out! Last year it was a wonderful fundraiser for us and of course benefitted the Show's military charities too. Under the capable hands of Debbie von Bergen and Norman Ede last year it ran like clockwork with everyone knowing exactly what they were doing! I'm sure it will be the same again this year! It's the Show's 10th Anniversary year and apparently they have pulled off an amazing coup with the Red Arrows coming along!

We've lost some very special people in our community recently and it's worth remembering that there are various charities that can help people cope with bereavement. I've featured just one - the Sue Ryder charity on page 20. There are others too. I've had contact with the Sue Ryder charity and got a free #GriefKind pack a while ago in order to try and support a friend after the loss of both her parents in a short space of time. As the charity say 'being #GriefKind doesn't always mean getting it right. Instead it means that you're prepared to navigate that tricky terrain after someone has died—to show your friend that you're there to support them.'

On the topic of supporting people, prayer is of course our 'go to' as Christians and the information on 'Prayerline' on the opposite page (page 16) is very thought provoking. Maybe you will drawn to help or maybe you might like to call for a prayer. It's certainly an amazing initiative.

On page 11, Canon Paul Hardingham continues his series of 'Spritual Disciplines' and this month's one looks at 'Solitude'. *'The spiritual discipline of solitude is about spending time alone with God, to grow in relationship with Him and hear Him more clearly.'* This month's High Days & Holy Days can be found on pages 12 & 13. There is a new one this month, on 31st July for Saint Ignatius. Most of us are familiar with his beautiful prayer:

Teach us, good Lord, to serve You as You deserve.
To give and not to count the cost.
To fight and not to heed the wounds;
To toil and not to seek for rest;
To labour and not to ask for any reward;
Save that of knowing that we do Your will;
Through Jesus Christ our Lord.
Amen

For many, July means holidays and there are a couple of articles and tips on page 15. I hope that all the education staff and students/pupils enjoy their last few weeks of term and the forthcoming summer break and I wish everyone who will be travelling a safe and happy trip! Whilst thinking of schools, there is a very amusing article overleaf on page 18 entitled '**Church School Test**'. Do take a look!

On page 22, there is an article entitled '**Life-changing Audio Bibles for people with sight loss**'. *At the end of 2021, Torch took "a leap of faith" and ordered 1,000 Pathway audio Bible players containing the New Testament and Psalms read by the actor David Suchet.* Do read their amazing story!

I'd like to briefly thank my mother Pat White and mother-in-law Irene Cole for their continued support of this church magazine. They have once again sponsored this edition and it is in memory of my Dad Colin White and his birthday on 26th July together with Irene & Stan's wedding anniversary on 23rd July. Neither my Dad or father-in-law are with us but their memories live on.

I wish you all a happy July and leave you with a summer quote.

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken." (James Dent)

With my best wishes,

Suzanne

editor@capelandockleychurch.org.uk

Editor: This is the second in a short series on how some refugees have found life in the UK. These stories come from conversations in the Diocese of Canterbury, and simply represent the experiences of the refugees who have chosen to contribute. Sent in by the Ven John Barton.

Refugees in the UK – some stories

How are the refugees who have come to the UK getting along? This month we continue our short series, with another story:

From the Revd Stephen Crofts in Cheriton:

Aziz came to us in the shadow of a friend, Habib, who was looking for a church to go to. They had fled Iran, because they dared support the unrest against the government in the days before the news broke about Mahsa Amini – the young woman who died in prison after her arrest for wearing her hijab improperly.

They had both left families behind. One day Aziz told us his family had arrived elsewhere in the UK but the migration system didn't seem to want to reunite them. We leaned on a charity who knew what to do. It took some weeks, but they managed to reunite the family. The day he showed me the letter authorising his move, the last day we would see him, I spotted him turn to the altar, head bowed, tears flowing.

A week later, he sent us photos of himself with his family, a smile on his face I had never seen in his time with us. He has now found a church and is encouraging others join him.

Please pray for these refugees, and others, and for those who, in Christ's name, are providing sanctuary.

Church School Test

For a church school exam, young children were asked questions about the Old and New Testaments. These were some of the (real) results...

1. In the first book of the Bible, Guinness, God got tired of creating the world, so He took the Sabbath off.
2. Adam and Eve were created from an apple tree. Noah's wife was called Joan of Ark. Noah built an ark and the animals came on in pears.
3. Lot's wife was a pillar of salt during the day, but a ball of fire during the night.
4. The Jews were a proud people and throughout history they had trouble with unsympathetic Genitals.
5. Sampson was a strong man who let himself be led astray by a Jezebel like Delilah.
6. Samson slayed the Philistines with the axe of the Apostles.
7. Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.
8. The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the ten amendments.
9. The first commandment was when Eve told Adam to eat the apple.
10. The seventh Commandment is thou shalt not admit adultery.
11. Moses died before he ever reached Canada. Then Joshua led the Hebrews in the battle of Geritol.
12. The greatest miracle in the Bible is when Joshua told his son to stand still, and he obeyed him.

PRAYERS, PROSE & POEMS

A Prayer for July

Loving Father,

July brings long days and summer pleasures, for many, but not for all. Lord, we pray for those who are finding life to be a struggle; for families with no hope of a holiday this year; for parents who don't know how they will feed their children during the upcoming long school break; for those who are lonely, or discouraged, or isolated, or afraid.

Lord, we pray for justice and compassion from those in positions of power and responsibility. And please Lord, show *us* how to help, how to be part of the solution. May we, as your children, reflect your loving kindness wherever we can. May your Kingdom come on earth, through us.

In Jesus' name.
Amen

By Daphne Kitching

Come reign in me

Oh God, who made the world so fair,
And formed the earth, the sky, the sea;
Who gave us ears, and eyes, and minds,
To hear, to see, to know all love is thee.

Oh God, who in the Lord Jesus,
Gave us a light to light our way;
Let our life's lamp be lit by Him
Whose strength will see us safely through each day.

Oh God, whose Spirit gave us birth,
And holds all life secure, e'en mine;
Take all I am, and all I have,
Bless and redeem them for they both are Thine.

Oh God the Father, God the Son,
And God the Spirit, Three in One;
Blessed be Thy name, come reign in me,
And in me let Thy will be done.

By Sam Doubtfire

Editor: Nigel Beeton writes: It's sad when people feel unloved and undervalued, because God makes it abundantly clear in His Word that every one of us is truly loved by Him. In fact, one of the readings for the first Sunday in July (Matthew 10:28-31) tells us that He even knows how many hairs there are upon our heads! (In my case, He must be good at subtraction...)

The hairs upon your head

God cares for His creation
He knows each sparrow well
None from the sky are falling
But God can fully tell;
You're worth more than a sparrow!
You have no need to dread
He even knows the number
Of hairs upon your head.

Fear not men who can kill you –
For they can't touch your soul.
They ought to fear our Father
Who loves us as a whole.
He sees not just the body
He sees the soul as well;
He can punish the sinner
In fires of burning hell.

For death's the wage for sinning
But Jesus paid the price!
New life God gives so freely
Through His Son, Jesus Christ.
And we from sin are freed now
For us there's no more strife!
Through faith in Christ our Saviour
We have eternal life.

By Nigel Beeton

Confidence in God

Alone with none but Thee, my God,
I journey on my way.
What need I fear, when Thou art near
O King of night and day?
More safe I am within Thy hand
Than if a host did round me stand.

By St Columba

How to deal with those stressful people in your life

Sadly, most of us know someone who makes us feel stressed. That awkward colleague at work, a selfish family member, an aggressive neighbour, or a friend who emotionally drains you.

Whoever they are, beware: stress-giving people can seriously affect your mental – and physical – health. Travis Bradberry, the author of *Emotional Intelligence 2.0*, warns: “Even if we are exposed to stress for just a few days, it can still compromise the effectiveness of neurons in the hippocampus - that part of the brain which is responsible for reasoning and memory.”

Stress produces more adrenaline and cortisol. These ‘stress’ hormones put you in a state of ‘hyper-arousal’. Your heart rate and blood pressure increase, you feel angry, anxious, out of control, overwhelmed or numb. Long term, this can result in insomnia, and even heart disease and stroke.

So how do you stop stressful people from hurting you? Clinical psychologist Dr Marianne Trent and other psychotherapists suggest the following:

Try to take breaks from the stress-giver for at least 20 minutes at a time. Give your stress hormones time to rebalance, and regain your inner calm.

Try to schedule your meeting with the stress-giver between activities that make you happy. Even just texting a good friend can help.

Try to reduce the time you spend with them. Of course, as stressful people are often ‘un-boundaried’, they will not like that, because *they* want to set the agenda. Instead, start setting boundaries as to when you are available. Don’t be afraid to just say ‘no’. They don’t own you, and they should not be running your life.

Instead, remember that God loves you and wants you to know freedom and peace. Remember His compassion and kindness. He is always your refuge.

Being #GriefKind

We’ve lost some people dear to us all recently in our community. There are several charities that can help us to support those who grieve. One such charity is Sue Ryder and you can order a #GriefKind pack.



What does it mean to be #GriefKind? It doesn’t mean always getting it right. Instead it means that you are prepared to navigate that tricky terrain after someone has died — to show that you’re there to support those who are bereaved.

In the toughest times, kindness gives us strength.

No matter how it looks, #GriefKind shows you care and you’re not going anywhere. It doesn’t put an end date on their grieving or indicate that they need to pretend everything is OK. It doesn’t give platitudes like “they had a good innings”. It accepts and listens to any emotions even anger.

Being #GriefKind tells your friend that you will be beside them no matter what and help life grow around their grief.

If you would like more information and support on bereavement go to the charity’s website:

sue Ryder.org/info

You can also follow them on social media. Just search ‘Sue Ryder’ on Facebook or Instagram.

Age of those with religion

By Dr Peter Brierley

The 2021 Population Census asked people their age as well as whether they had a religion. 94% of the population answered both questions. The average age of the population is 41, and the average age of Christian adherents was 48, the oldest of any religion. The youngest are the Muslims with larger families and therefore more children; their average age is 29. Those with No Religion are the next youngest, with an average age of 34. All the other religions have an average age between 37 and 42.

These figures re-enforce what is already well known: that church congregations are generally lacking in young people, but the higher percentages of younger people in other religions shows that it is not necessarily *religion* as such which is alien to young people, but rather the *Christian* faith.

It has been said that it is not the essence of the Christian faith which deter younger people, but rather the Church itself and the lacklustre lives of those who profess to be Christian. In addition, in Western culture, the tenets of Christian belief have been discarded in a modern, secular environment, the Bible has been largely dismissed and ignorance reigns, particularly among the younger population.

The sweet smell of rain

Have you ever noticed the sweet, fresh smell after a downpour of rain? That 'smell of rain' is called petrichor, and it fascinates scientists.

It was back in 1965 that scientists first named it. Petrichor comes from the Greek for stone, 'petra', and the golden fluid flowing through the veins of the immortals, 'ichor'.

Petrichor is produced when raindrops form air pockets on the rocks and soil, and softly force the release of aromatic chemicals trapped there. The petrichor-scented compounds drift upwards into the atmosphere as a gas, like a glass of champagne.

The odour itself comes mainly from a chemical called geosmin, which is made by bacteria in soil. Geosmin is made by soil microbes, to fend off hungry worms. Geosmin is highly pungent, and even just five parts per trillion can be picked up by the human nose.





Life-changing Audio Bibles for people with sight loss

At the end of 2021, Torch took “a leap of faith” and ordered 1,000 Pathway audio Bible players containing the New Testament and Psalms read by the actor David Suchet.

Knowing the power of Scripture to change lives, they planned to “give these Bibles for free to anyone in the UK losing their sight. 16 months later, all of these Bible players have been sent out and the stories coming back are so amazing that Torch has ordered 1,000 more.”

Gayle-Ann told us “It is my friend...with me wherever, it is just so convenient. I have read the New Testament, but the way this is read is just easily understood”.

Kenneth wouldn't have called himself a Christian, and hasn't enjoyed audio books, but 'I like listening to the Pathway. I'm really listening to the New Testament now, not just odd verses. I'm realising what it all means.'

Losing sight can be a time of real questioning and searching, so what better gift can a newly blind person receive than the Word of God?

Torch is encouraging anyone who is living with sight loss to contact them for a free audio Bible at www.torchtrust.org/pathway , or by calling 01858 438260.

Most of the first 1,000 players were sponsored by individuals, churches or trusts. Torch is also seeking people to donate £20 to cover the cost of sending out one of the new audio Bibles.



Observations on daily life ...

If a man does not make new acquaintances as he advances through life, he will soon find himself left alone; one should keep his friendships in constant repair. - *Samuel Johnson*

We spend most of our lives conjugating three verbs: to want, to have and to do. But none of these verbs has any ultimate significance until it is transcended by and included in the fundamental verb – to be. - *Evelyn Underhill*

If you are bitter at heart, sugar in the mouth will not help you. - *Jewish proverb*

Progress comes from discontent, not complacency. - *Henry Ford II*

Love does not consist in gazing at each other but in looking together in the same direction. - *Antoine De Saint-Exupery*

© *Parish Pump*

Letter from Bishop Andrew taken from The Parish Brief

I've always loved the so-called 'Songs of Ascent' – the fifteen Psalms from 120 to 134 which were sung as the pilgrims made their way to Jerusalem for one of the big three festivals of the Jewish year, Passover, Pentecost and Tabernacles. Each is short and memorable, as befits worship songs that would have been learnt by heart. Each expresses a whole variety of emotions, depending on the fortunes of Israel at the time. And we can almost imagine the worship leader choosing which Psalms would be most appropriate in a particular year, as the tens of thousands of pilgrims lifted their eyes to the hills and streamed into the 'House of the Lord'.

This week many of us will be lifting our eyes to the Derbyshire hills, as we make our way to Swanwick for our first clergy conference in five years – the pandemic having turned our planned Triennial into first a (cancelled) Quadrennial and finally a Quinquennial. From previous experience this promises to be a rich and encouraging time, and we are blessed with a great line-up of speakers, including bishops and others from our partner dioceses in Denmark and Pakistan.

So which of the 'Songs of Ascent' might be most appropriate after the pandemic years? Perhaps a song of lament like Psalm 120: *'In my distress I cry to the Lord, that he may answer me'*. Perhaps a song of trust like Psalm 131: *'I have calmed and quieted my soul, like a weaned child with its mother'*. Perhaps a song of godly realism like Psalm 127: *'Unless the Lord builds the house, those who build it labour in vain'*.

But perhaps the strongest contender this year, at a time when the Church is so puzzled and divided around some of the issues raised by *Living in Love and Faith*, is Psalm 133: *'How very good and pleasant it is when brothers and sisters live together in unity'*. Not 'uniformity', thankfully. Not some kind of enforced truce, like a mother's admonition to her children to 'play nicely!'. But a work of the Holy Spirit in drawing us together, often with the most unlikely of our colleagues, and finding deep fellowship with one another, with plenty of joy along the way.

I'm less sure perhaps about the psalmist's image of *'precious oil... running down the beard of Aaron, running down over the collar of his robes'*, which sounds like something of a messy business! But praying for a fresh anointing of the Holy Spirit (which can itself be a messy business) seems just the thing for the days that lie before us. *'For there the Lord ordains his blessing, even life for evermore'*.

Bishop Andrew

The Parish Brief is produced weekly by The Diocese of Guildford

This excerpt was taken from the publication dated 20/6/2023



Couch

Friends sympathized as our curate complained that her back was really sore from moving furniture. "Why don't you wait till your teenage son gets home?" someone asked.

"Well, I could," our curate replied, "but the couch is easier to move if he's not on it."

Forgiveness

Late for a meeting and unable to find parking, I pulled into a spot behind a church. It was only after I had got out of the car that I spotted this sign: "No parking. Forgiveness is our business, but don't make it harder than it already is."

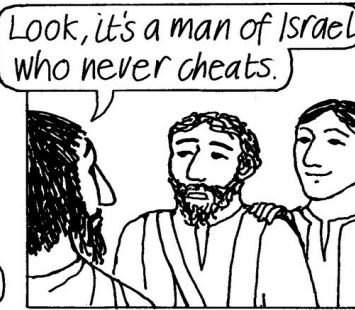
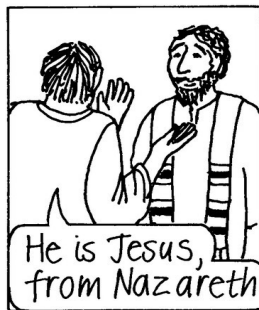
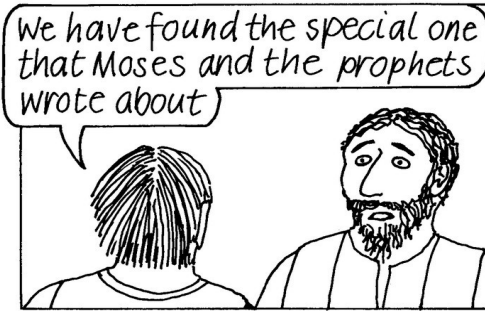
Junior InSpire

Bible Bite

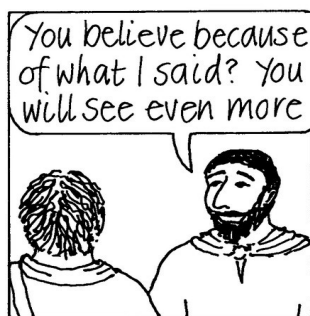
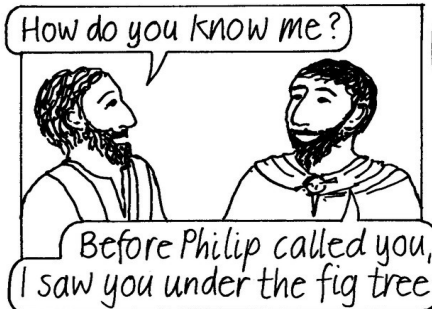
A short story from the Bible

It can be read in the Bible in John chapter 1 verses 35-51

After Jesus had called Peter and Andrew to be his disciples, he went to find their friend Philip...



Background: the ancestor of the Israelites was Jacob, whose name meant 'Grasper' or 'Cheat', and who cheated his father and brother. God gave him a new start and a new name - Israel - 'Prince of God'. Gen 25, 27, 32



Word search

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

come

stairway

tree

son

Moses

Philip

cheat

believe

good

prophet

Nazareth

Nathanael

friend

King

silly

Israel

fig

more

Prince

Jacob

angels

God

Jesus

heaven

WORD SEARCH SOLUTION on page 33

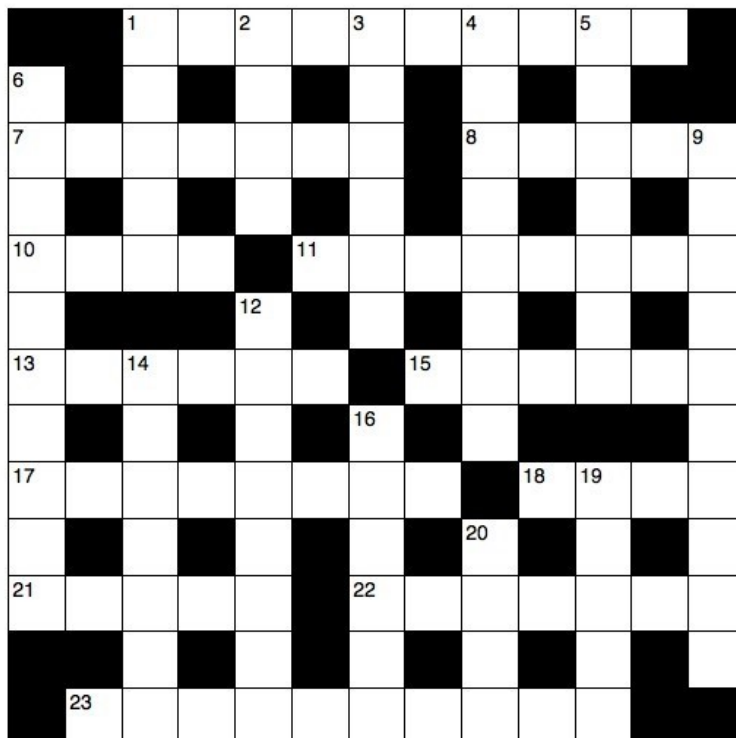
CROSSWORD CLUES

Across

- 1 Relating to the Jewish day of rest (10)
- 7 Point of view (Matthew 22:17) (7)
- 8 20th-century Brethren philanthropist whose construction company became one of the UK's biggest, Sir John — (5)
- 10 Girl's name (4)
- 11 Peter was accused of being one in the courtyard of the high priest's house (Luke 22:59) (8)
- 13 The fifth of the 'seven churches' (Revelation 3:1-6) (6)
- 15 'Now the famine was — in Samaria' (1 Kings 18:2) (6)
- 17 Banned by the seventh Commandment (Exodus 20:14) (8)
- 18 Insect most closely associated with itching (1 Samuel 24:14) (4)
- 21 Bantu tribe which gives its name to tiny landlocked country in southern Africa (5)
- 22 Familiar material in churches that use an overhead projector (7)
- 23 Last book of the Bible (10)

Down

- 1 The young David's favourite weapon (1 Samuel 17:40) (5)
- 2 'Your vats will — over with new wine' (Proverbs 3:10) (4)
- 3 Once yearly (Exodus 30:10) (6)
- 4 Milled it (anag.) (3-5)
- 5 Region north of Damascus of which Lysanias was tetrarch (Luke 3:1) (7)
- 6 Comes between Philippians and 1 Thessalonians (10)
- 9 Lake where the first disciples were called (Luke 5:1-11) (10)
- 12 Abusive outburst (8)
- 14 Are loud (anag.) (7)
- 16 Printing errors (6)
- 19 'Take my yoke upon you and — from me' (Matthew 11:29) (5)
- 20 Jacob's third son (Genesis 29:34) (4)



Church bulletin notices that didn't turn out quite right....

- ~ Low Self-Esteem Support Group will meet Thursday at 7 to 8:30 pm. Please use the back door.
- ~ Ushers will eat latecomers.
- ~ The third verse of 'Blessed Assurance' will be sung without musical accomplishment.
- ~ Next Sunday Mrs Vinson will be soloist for the morning service. The minister will then speak on 'Terrible Experiences'.
- ~ Due to the Rector's illness, Wednesday's healing services will be discontinued until further notice.
- ~ Stewardship Offertory: 'Jesus Paid It All'
- ~ The concert held in Fellowship Hall was a great success. Special thanks are due to the minister's daughter, who laboured the whole evening at the piano, which as usual fell upon her.
- ~ In the church bulletin during the minister's illness: 'GOD IS GOOD! Dr Hargreaves is better.'
- ~ Don't miss this Saturday's exhibit by our Christian Martian Arts group.
- ~ At our recent church council, the agenda was adopted, the minutes were approved, and our secretary gave a final grief report.



Easy Soduko

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

Medium Soduko

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

Observations on our Christian faith...

God made the country, and man made the town. - *William Cowper*

What your heart possesses, your life expresses. - *Anon*

Prayer is the original wireless communication. - *Anon*

Beauty is the gift of God. - *Aristotle*

I have found in the Bible words for my inmost thoughts, songs for my joy, utterance for my hidden griefs and pleadings for my shame and feebleness. - *Samuel Taylor Coleridge*

God enters by a private door into every individual. - *Anon*

Perhaps the straight and narrow path would be wider if more people used it. - *Kay Ingram*

The character which we find in the Beatitudes is, beyond all question, nothing less than our Lord's own character, put into words. It is the description set side by side with an example. - *Billy Graham*

The worst moment for an atheist is when he feels grateful and doesn't know who to thank. - *Wendy Ward*

Dame Edith Sitwell, when asked why she had come to faith, said she had looked at the pattern of a frosted flower on a windowpane, she had studied shells, feathers, petals and grasses; and she knew without a doubt there must be a cause... "I have come to believe that the cause is God."

Observations on church life....

A parson should light fires in a dark room, and then go on lighting them all his life. - *Dick Sheppard*

For bells are the voice of the Church; they have tones that touch and search the hearts of young and old. - *Henry Wadsworth Longfellow*

The greatest mistake the bishops make is in thinking they are the Church. The Church is the laity. - *Lord Hailsham*

How beautiful to have the church always open, so that every tired wayfaring man may come in and be soothed by all that art can suggest of a better world when he is weary of this. - *Ralph Waldo Emerson*

To Mr Rawlinson's church. A very fine store of women there is in this church, more than I know anywhere else. - *Samuel Pepys (Diary)*

"You're a Christian?"

"Church of England," said Mr Polly.

"H'm," said the employer, a little checked. "For good all round business work I should have preferred a Baptist." - *H G Wells ('The History of Mr Polly')*

Capel Church Garden of Remembrance (illustration on page 31)

Editor's note: This article is a repeat of last month - hopefully giving more people the opportunity to see it.

The Capel and Ockley PCC are in the planning stages of a Garden of Remembrance for the St John's Church, Capel church yard.

The reasons for this are that many people are now choosing cremation over burial. The burying of ashes within the church graveyard is not permitted unless they are in a Garden of Remembrance. In addition, the adjacent civil cemetery is nearing full capacity. This will provide a solution to these issues.

A proposed plan illustrates the initial proposals. The location will be in the southwest corner of the graveyard. The proposal is to provide a grassed area where ashes will be buried in the ground, not in urns. The turf will then be placed back over the ashes. The area for the ashes will be in a separately recorded grid pattern, but not marked on the grass. The burials will be recorded in a Book of Remembrance retained in the church. There will also be a memorial wall within to the Garden on which a small uniform plaque may be fixed with the person's name.

The grass areas will incorporate paths in a Celtic cross pattern, to reflect those on near-by grave stones. The paths will be suitable for wheelchair access. This will be a quiet area of reflection and remembrance. It will include planting to separate it from the other areas of the church graveyard. Benches will also be included and a central area for planting.

We have obtained several quotes for this but are seeking further ones. The design may need to alter in order to remain within a sensible cost. The PCC would be please to accept any donations toward the cost. We will be submitting the proposals to the Diocese of Guildford soon.

Should you have any questions or comments please feel free to speak to Rev Liz, Norman, Joy or David Silliman

The third hut

A man was stranded on a deserted island in the ocean for several years. Finally, one day a boat came sailing by, and the crew stopped to rescue the man. One of the sailors asked, "What are those three huts you have here?"

"Well, that's my house there."

"What's that next hut?"

"I built that hut to be my church."

"Then what about the other hut?"

"Oh, that's where I used to go to church."



Puzzle Solutions

Easy Sudoku solution

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

Medium Sudoku solution

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

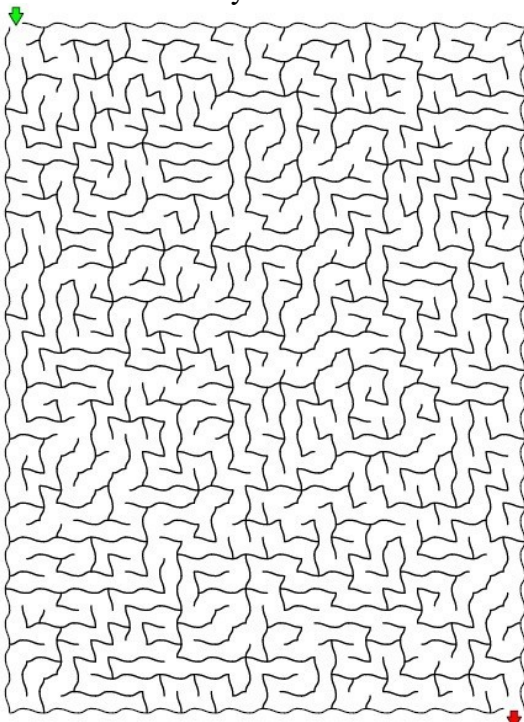
	S	A	B	B	A	T	I	C	A	L		
C		L		R		N		L		B		
O	P	I	N	I	O	N		L	A	I	N	G
L		N		M		U		T		L		E
O	L	G	A		G	A	L	I	L	E	A	N
S				D		L		M		N		N
S	A	R	D	I	S		S	E	V	E	R	E
I		O		A		E		D				S
A	D	U	L	T	E	R	Y		F	L	E	A
N		L		R		R		L		E		R
S	W	A	Z	I		A	C	E	T	A	T	E
		D		B		T		V		R		T
	R	E	V	E	L	A	T	I	O	N		

CROSSWORD ANSWERS

ACROSS: 1, Sabbatical. 7, Opinion. 8, Laing. 10, Olga. 11, Galilean. 13, Sardis. 15, Severe. 17, Adultery. 18, Flea. 21, Swazi. 22, Acetate. 23, Revelation.

DOWN: 1, Sling. 2, Brim. 3, Annual. 4, Ill-timed. 5, Abilene. 6, Colossians. 9, Gennesaret. 12, Diatribe. 14, Roulade. 16, Errata. 19, Learn. 20, Levi.

July's Maze

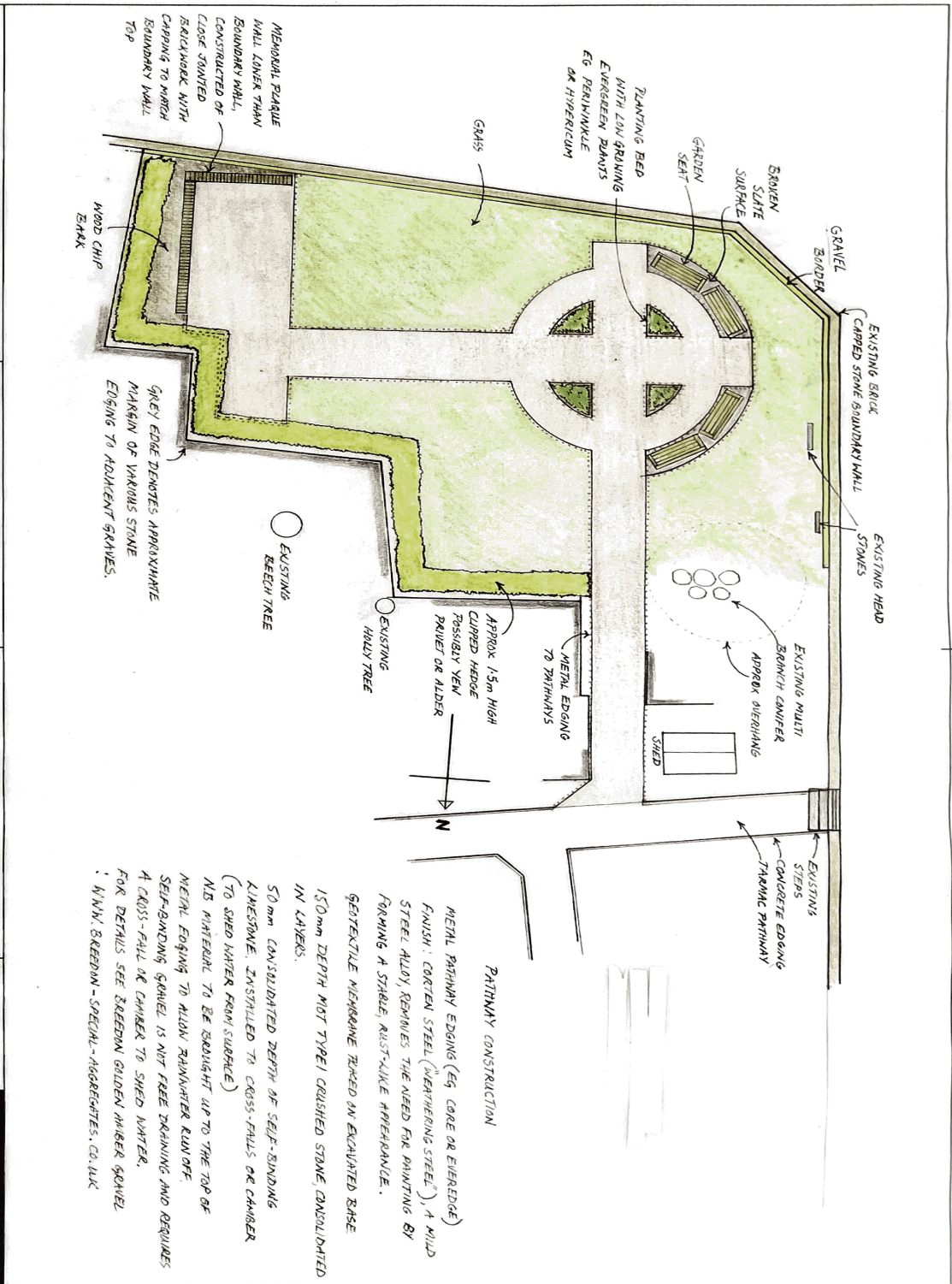


Junior InSpire Wordsearch solution

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

Capel Church Garden of Remembrance

A PRODUCT OF THE UNO RANGE - ARCHITECT CAT. No. 213



NOTES:
All dimensions must be checked on site and not sealed from this drawing.

Client: St JOHN THE BAPTIST CHURCH
CAPPEL
Job Title: PROPOSED DESIGN LAYOUT (FINAL)

Scale: 1:100 @ A3
Drawn by: W.P.
Date: OCT 2022

Drawing Title: MEMORIAL GARDEN
Drg No.: 5
Rev:

420x297mm A3

GIVING gift
FIRSTFRUITS
LOVE giving
generosity
giving
Where your treasure is
there your heart will be also
GIVING
SACRIFICE
God's Free Gift of Grace
giving
God loves a cheerful giver

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:-