

The monthly publication for the Parish of Capel & Ockley



Inspire

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Book Reviews

From Parish Pump



To A Different Drum - an adventure of radical obedience

By Pauline Hamilton, 10Publishing, £8.99

Kicked out of college and hooked on drink and drugs, Pauline Hamilton drove recklessly towards a cliff near her home to end it all. At the last moment, her tyre blew out, leaving her stunned in the stationary car.

Pauline's life changed forever. She turned to the God who had rescued her and, in grateful amazement, offered her whole life to Him. This dedication would eventually take her to China, where she would serve for over 30 years as a missionary. Through many trials Pauline never lost sight of the God who had promised never to let her go.

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 race, presenting us with a range of possibilities and pitfalls to navigate.

With experience and warmth, John Wyatt invites Christians to think through how we 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 more

prepared we are to face each transition as it comes, the better we can face the challenges and the more fully we can embrace the future with hope and joy.

The Contented Life - spirituality and the gift of years

By Robert Atwell and Joan Bakewell, Canterbury Press, £9.99

As a new bishop, Robert Atwell was challenged by a number of older church members, who make up the biggest majority in most congregations. Why, they asked, was there always so much for the young; what was there for them? This book grew out of his response.

Atwell argues that 60 really is the new 40 for increasing numbers of people. The retired are a huge consumer category, increasingly recognised by marketing gurus. They may have disposable income, time on their hands, and the leisure of choice - but wisdom, humour and honesty are essential for these transitional decades too. The author's background in Benedictine life, with its profound understanding of what makes for a balanced and rich life, enhances this book.

For Your Marriage

By Various Authors, Kevin Mayhew, £6.99

To be joined in life-long love with another, in body, mind and spirit; to share the joy and responsibly of creating a new family; to meet life's experiences together and not alone;

such are some of the privileges and challenges of Christian marriage. A useful book for anyone preparing to get married, or getting used to be married.

Comfort in Uncertain Times

By Rachel Turner, BRF, £8.99

Uncertainty and change can be hard, and even more so for a child. Their feelings of confusion, powerlessness and insecurity may be overwhelming.

Scripture is full of people just like our children, who had to cope with uncertainty and transition, but who flourished as they saw God's hand and presence within it all.

Designed as a series of stories and discussions for families, this book lays out a biblical foundation for who God is in uncertain times, and how to stay connected to Him.

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*Trinity Sunday
4th June*



*Father's Day
Sunday 18th June*

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Peter Bradley

*Thank you Peter for your continued support
of this magazine and our churches.*

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Rev Liz writes

Dear Friends,

From the moment the choir at Westminster Abbey sang that first "I was glad" when they said unto me.... I have to say I was completely mesmerised by the moving and quite beautiful Coronation Service for King Charles and Queen Camilla. Not only that but I have to say "I was thrilled" the following morning at our special service of commemoration to see so many families from Scott Broadwood School coming through our church doors. Dressed in their various outfits and topped with their crowns they did us proud! Our Deputy Lord Lieutenant Brigadier Roger Hood also resplendent in his uniform stood on the chancel steps to greet them as they processed down the aisle. We haven't had such a wonderful service with all ages for a long time. It was such a joy! The children had also lined the church path with their jam jars full of flowers as part of our Church Flower Festival which was also a resounding success. Thank you to everyone who worked so hard to make this happen. We raised a total of £600 through visitors' donations which we have donated to Scott Broadwood School, along with the other monies raised by the community events. The whole weekend went like clockwork, from the brilliant Capel's Got Talent, to the screening in the village hall of the Coronation service itself. Fantastic to see it on the big screen and the bacon baps were incredible! Then afternoon tea in The Crown, with lovely singing from Sally Cranham - so delicious!! Church services in Ockley and Capel the next day and some volunteering work on the Monday. All underpinned by welcome refreshments throughout the four days. Thank you everyone!



So its time for a bit of a breather after all this excitement but we are already gearing ourselves up for the next event which is our refreshment stall at the Military Show. Following Pentecost at the end of last month we now enter into what the Church calls Ordinary Time or Trinity. This stretches right up until late Autumn. However as we know there are times in all our lives that are far from ordinary. Just before the Coronation we heard that one of our most loyal and longstanding members of the Capel community and Capel Church died quite suddenly following a fall. Many of you will know Wendy Birch and her lovely family and we send them all our love and blessings as they mourn her loss. It is always such a privilege in these circumstances to meet with the family and hear about their lives. Wendy was a constant presence and friend to many in our lovely community, responsible for setting up the first playgroup with her friend Betty Mitchell and their adventures in making beautiful soft toys and other craftwork. We shall miss her.

We have then in our new King and Queen, people who have known many joys yet many sorrows. Like Christ who lived as one of us and knew the same joys and sorrows, we are called not to be served but to serve others. Yes we have celebrated but for many this is also a difficult time for many different reasons. We do not forget them. Let us in our wonderful communities continue to love and serve our neighbours in whatever way is appropriate. Thanks be to God!

With my love and prayers

Liz

Revd Liz Richardson

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

JUNE

Sunday	4th	Trinity Sunday
	9.30am	Morning worship with Holy Baptism - Ockley
	10.30am	Family Communion - Capel
	3-5pm	Ockley Church Teas - St Margaret's
Sunday	11th	Trinity 1
	9.30am	Open Air Worship on Ockley Green
	10.30am	Cafe Church at The Crown - Capel
	10.30am	Holy Baptism - St John the Baptist Capel
	3-5pm	Capel Church Teas - St John the Baptist
Sunday	18th	Trinity 2
	9.30am	Matins at Ockley
	10.30am	Family Communion with Holy Baptism
Sunday	25th	Trinity 3
	9.30am	Holy Communion BCP - Ockley
	10.30am	Family Communion and Patronal Festival - Capel
	3-5pm	Capel Church Teas - St John the Baptist

JULY

Sunday	2nd	Trinity 4
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel
	3-5pm	Ockley Church Teas - St Margaret's

Note Church Teas on ...

Sunday 4th June at Ockley

Sunday 11th June at Capel

Sunday 25th June at Capel

Sunday 2nd July at Ockley



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



From the Parish Registers In Memoriam

We remember with love
and mourn the loss of

Wendy Emmeline Birch
19th April 2023

*May her soul rest in peace
and rise in glory*

Pictured left: 'Remembering Wendy with Love & Gratitude' a floral tribute at the Flower Festival.

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.

CAN YOU HELP ON THE CHURCH REFRESHMENTS STALL AT THE CAPEL MILITARY SHOW 2023?

Can you help on the rota for the following:
Friday 30th June 9am—12.30pm
Saturday & Sunday 1st & 2nd July - either
morning shift of 9am—12.30pm OR
afternoon shift of 12.30—4pm?

If so, please contact **Helen Burt:**
helenmb0909@gmail.com

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:

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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 June 2023



As I write this month's column, we have just completed a hugely successful Coronation weekend in the village. There was a tremendous sense of community across the 4 days of activities as people from all points in the village met together to celebrate an historic event that will live long in the memory - the sight of Clay Griffin in a mini-skirt with a blond wig and high heels performing as Nancy Sinatra in Capel's Got Talent. An image that will take some time to erase from my mind! Oh, and there was also the small matter of King Charles III being crowned.

My abiding impression from the weekend, and of the coronation in particular, was that of history gently going about its business, ensuring that all things move forward in an ordered and respectful way, providing a sense of assurance and continuity in an otherwise fractious and difficult world. I guess that a sense of security in our future is something that we all desire and hope for. But it's not guaranteed by any means. We all experience the surprise of things taking an unexpected direction at times. Sometimes it's just a minor inconvenience in the plans we'd made. Other times it's a sudden and traumatic turn of events that leaves lasting scars. The cliché Christian response is one of, "Don't worry, God is in control and all will be well". The problem is that there are some situations where it is clear that life will never be "well" again. We can't impose a dogmatic creed on people for whom pain and grief will be a lifelong reality.

So, there you go, God is not the mighty power we all hoped and believed He would be! Really? I guess it depends on your view of God (if you have one) and what you expect of Him. Careful study of the bible reveals a God who knows and understands that we are imperfect people living in an imperfect world where suffering is a daily reality and hope is difficult to come by sometimes. But it also reveals a God who knows, understands and feels the pain of our circumstances and promises to walk alongside us through the most difficult times in our lives. Why would He even bother to do that? Something that is a life-changing event for an individual will look pretty insignificant against a world-wide pandemic, a natural disaster or an international conflict. But the truth is He is *all* about the individual. Do you think He doesn't know about the pain of separation? Look at His son, Jesus, on the cross of Calvary. If there was ever a point in history where God was true to His word in the life of one man, it was then. "I will never leave you nor forsake you", He promised His people in

Deuteronomy, and the resurrection is the ultimate outworking of that promise. There is *no* place too dark that God cannot see you; no place too distant that He cannot reach you; no grief that you face that He has not already encountered Himself. It's what led Peter to write, "Cast all your anxiety on Him because He cares for you." That's it. The assurance that whatever we face in our lives, He cares for *you* and He will never forsake *you*.



Bob Cranham

*Café Church meets at The Crown pub on Sunday 11th June at 10.30am.
Expect music, discussion, poetry, laughter and free coffee and croissants!*

NEWS

UK foodbanks busier than ever

More food parcels were given out in the UK this past year than ever before. During December 2022, an emergency food parcel was handed out the equivalent of every eight seconds.

These are the most recent figures from the Trussell Trust, which supports more than 1300 foodbanks in the UK.

In all, the charity says it gave out nearly three million food parcels between April 2022 and April 2023. More than one million of these were for children.

These three million parcels from the charity's foodbanks represent a 37-per-cent increase in England on 2021. And more than 760,000 people used a foodbank for the first time, which is up more than one third in 2021-22.

Soaring inflation and energy costs have driven the increase in demand. The charity reports an unprecedented rise in the number of employed people using their foodbanks, because they are "no longer able to balance a low income against rising living costs."

The problem now, says the trust, is that food donation levels are not keeping up with the need. "This is putting us under a lot of strain."

Archbishop of Canterbury speaks about depression – and Winnie the Pooh

The Archbishop of Canterbury has said that he takes antidepressants so that he can maintain an "Eeyore status", instead of "something much worse."

He referred to his depression during a recent lecture he gave in Canterbury Cathedral, where he also spoke of having sought professional help for his mental health.

Archbishop Welby said: "As the psychiatrist I see tells me, the aim is not to make me so laid back that I'm horizontal, but just to settle things enough that I react like an average sort of human being. I'm sad when things are sad, and happy when they're happy, and so on and so forth."

The Archbishop went on to say that he likens human emotions to the characters in Winnie the Pooh, and compared himself to Eeyore, the often melancholy donkey, as opposed to a "bouncy" Tigger.

The Archbishop said that taking antidepressants "restore me to Eeyore status from something much worse." He went on: "Some of us are Tiggers, some of us are Eeyores. Probably, some of us are many of the other characters in Winnie the Pooh."

Archbishop Welby then recalled a conversation he'd had with a former Archbishop of Canterbury. "Rowan Williams once said to me: 'There is almost no human situation that cannot be explained with the hermeneutical tools of Winnie the Pooh.' Only Rowan could say that and be both humorous and profound at the same time."

'Love Matters': Archbishops' Commission on Families & Households publishes its final report

In a recently published report ('Love Matters'), the Archbishops' Commission on Families & Households has made a series of recommendations about how families and households can best flourish.

It calls on institutions – from the Church of England to the Government – to put 'family' at the centre of their thinking; and individuals – whether married, single, or in a couple – to commit to relationships of all kinds that lead to the flourishing of one another.

'Love Matters' says that the quality of family relationships matters more than the form a family takes. It argues that although for many the concept of family has evolved, the essential values underpinning flourishing family life remain the same.

Drawing on a rich body of primary data collected through extensive research, the Commission outlines five ambitions to support and strengthen family life.

It urges that society must:

Value families in all their diversity, meeting their basic needs by putting their wellbeing at the heart of Government policy-making and our community life, including religious communities.

Support relationships throughout life, ensuring that everyone is able to develop and maintain loving and caring relationships, manage conflict well and promote the flourishing of individuals and families.

Honour singleness and single person households, recognising that loving relationships matter to everyone.

Empower children and young people, developing their relational skills and knowledge, recognising their value and agency, and protecting them from harm and giving them the best start in life.

Build a kinder, fairer, more forgiving society, removing discrimination, division and deep inequality for the sake of every family and household.

Established in March 2021 by the Archbishops of Canterbury and York, the Families & Households Commission was asked to explore what families and households of all shapes and sizes need in order to flourish. The report lays out a number of recommendations to the Church of England and the Government about how this can be achieved.

Welcoming the report, the Archbishop of Canterbury, the Most Revd Justin Welby said: "'Love Matters' encourages us to prioritise the hopes, needs and aspirations of families – in all their diversity. As followers of Jesus Christ, we are called to share the overflowing love of God... As this report demonstrates, there is much to celebrate but there is a great deal still to do if we are to ensure the flourishing of every family and household."

Man and wife

With Bible in hand, I read to my Sunday school class: "'For this cause shall a man leave his father and mother and cleave to his wife.' Okay," I said, "from this Scripture, what do we learn is important in marriage?"

A voice at the back blurted: "Cleavage!"

© Parish Pump

I Vow to Thee, My Country

During King Charles III's Coronation Service in May we sang I vow to Thee, My Country. This has become a staple of any 'patriotic' service and many weddings and funerals too. Cecil Spring Rice wrote the original words in 1908 as a poem called "Urbs Dei", City of God or The Two Fatherlands. The first verse concentrates on the loyalty owed to one's country whilst the second concentrates on the kingdom of heaven. Originally the poem was:

*I heard my country calling, away across the sea,
Across the waste of waters, she calls and calls to me.
Her sword is girded at her side, her helmet on her head,
And around her feet are lying the dying and the dead;
I hear the noise of battle, the thunder of her guns;
I haste to thee, my mother, a son among thy sons.*

*And there's another country, I've heard of long ago,
Most dear to them that love her, most great to them that know;
We may not count her armies, we may not see her King;
Her fortress is a faithful heart, her pride is suffering;
And soul by soul and silently her shining bounds increase,
And her ways are ways of gentleness, and all her paths are peace.*

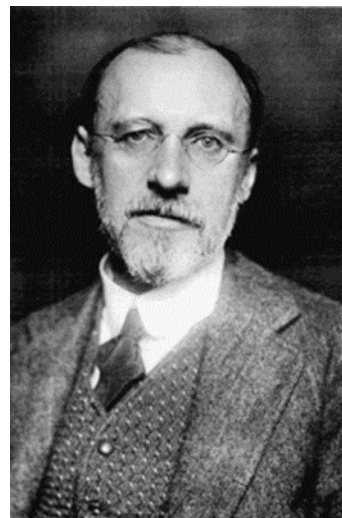
He wrote the poem when he was the British Ambassador in Stockholm, and in 1912 was posted to the same position in the USA. There he influenced President Woodrow Wilson during the First World War to abandon their neutral stance and join with the UK in their fight against Germany. He was already a close friend of President Theodore Roosevelt having been his best man at his second wedding in 1886. In early 1918 having fallen out with Lord Northcliffe, the head of the British war mission to America he was recalled to the UK. Planning to return via Canada he rewrote the first verse to what we all know today concentrating on love and sacrifice reflecting the loss of life in the First World War.

*I vow to thee, my country, all earthly things above,
Entire and whole and perfect, the service of my love;
The love that asks no questions, the love that stands the test,
That lays upon the altar the dearest and the best;
The love that never falters, the love that pays the price,
The love that makes undaunted the final sacrifice.*

He died in Canada in February 1918 from Graves' disease exacerbated by exhaustion and stress. The poem was circulated amongst friends until it was set to music by Gustav Holst to a tune he adapted from Jupiter in his Planets Suite. It first appeared as a hymn in the 1925 edition of Songs of Praise edited by his friend Ralf Vaughn Williams who had himself composed "Abinger" for the words. Holst's setting was originally sung in unison but was later harmonised and is now known as "Thaxted" after the village where he lived. He wrote many other poems and translated many Persian poems into English. He also spoke French and German and many of his diplomatic writings are still in print.

In recent years the words have been challenged because they do not mention God, and the words compare the service to the country as equal to that "other country" of faith. Some consider the concept of dying for "King and Country" to be outdated whilst many others are inspired to remember the sacrifices of others and to recommit themselves to peace. Whatever its merits, I am sure that the words and its tune will continue to be used at memorial services and national events for many more years.

Written by Stuart Cole



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: Simplicity

'Clutter is not just the stuff on your floor. It's anything that stands between you and the life you want to be living.' (Peter Walsh).

The spiritual discipline of **simplicity** is about living more simply and ensuring that possessions don't end up possessing us! Jesus expresses the heart of simplicity in the Sermon on the Mount (Matthew 6:19-34). He emphasises trusting God, not worrying about material things but *'seeking first his kingdom and his righteousness,'* (Matthew 6:33).

'The Christian Discipline of simplicity is an inward reality that results in an outward life-style. Both the inward and the outward aspects of simplicity are essential.' (Richard Foster).

What happens in our hearts impacts the way we live our lives. But what does this look like in practice? Richard Foster lists a number of outward expressions of simplicity in his book ***Celebration of Discipline***. These include:

- Buy things for their usefulness rather their status value eg cars, clothes.
- Reject anything that is addictive to us eg drinks, TV, social media.
- Develop the habit of giving things away to others who need them.
- Don't get caught up with buying the latest electronic gadget.
- Develop a deeper appreciation of creation.

How can we simplify our life?

Step 1: Find something that needs simplifying, eg decluttering the house or limiting the time consuming TV or social media. It's about stopping whatever prevents us from making the kingdom of God our top priority.

Step 2: Take time to reflect and write down how we will embrace simplicity in that area eg. stop using the phone one hour before bed and keeping it outside the bedroom.

Step 3: Ask someone to keep us accountable!

'Always remember the essence of Christian holiness is simplicity and purity: one design, one desire: entire devotion to God.' (John Wesley)

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Editor: With Trinity Sunday falling this month, the following notes may be of interest.

God - the Three in One

This month we celebrate Trinity Sunday. The doctrine of the Trinity is one of the most important of the Christian faith, for it goes to the very heart of what God is like. The Bible is quite clear: there is one God, but He is revealed in three 'persons' – the Father, the Son, and the Holy Spirit.

Have you ever wondered at what point in the Bible God is revealed as being more than one person? Well, you don't have to read very far: only to Genesis 1:26, where God (Elohim – a plural noun) says: Let US make man in OUR image. (Gen. 1:26)

The Bible reveals a pattern: God the Father lives in heaven and has never been seen. God the Son became the incarnate Jesus Christ, who made known to us the Father, and God the Holy Spirit, who is unseen, has been sent to live within and to equip His people, the Church.

The Trinity is basic to our salvation – for these three persons in the one Godhead have combined to save us from our sins: it is the WILL of the Father, the saving WORK of the Son, and the indwelling WITNESS of the Holy Spirit. (John 14:16, 23-26).

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High Days & Holy Days in May

3rd June The Martyrs of Uganda

The Ugandan Church had dozens of martyrs within just ten years of Christianity arriving there. At first, it had gone so well: the first Anglican missionaries arriving in Uganda in 1877 were welcomed by the Kabaka (king) of Buganda, Mutesa. Mutesa also welcomed the Roman Catholics and Muslim Arabs, and, being a natural diplomat, retained his power by cleverly playing off the three groups against each other.

His son, Mwanga II, who became king about 1883, was very different. Mwanga II wanted to retain absolute power, and deeply resented the missionaries and new converts, whom he felt were giving their allegiance to Christianity, instead.

And so it was that on 31st January 1885 he ordered the execution of Yusufu (Joseph) Rugarama, Makko (Mark) Kakumba, and Nuwa (Noah) Serwanga. That October, even the Anglican Bishop, James Hannington, was murdered.

When Joseph Mukasa Balikuddembe, a senior advisor to the king and a Catholic convert, condemned Mwanga for ordering Hannington's death, Mwanga had him arrested. Mukasa became the first Catholic martyr on 15th November 1885, when he was beheaded at Nakivubo.

Between December of 1885 and May of 1886 many more converts were murdered. The crisis came in May, when Mwanga ordered all the converts to choose between Christianity and complete obedience to his orders. (Mwanga had been furious and humiliated when the Christian pages in his own court refused his homosexual advances; it was unheard of to deny the king anything.)

Courageously, the young Christians chose their faith. And so it was that 26 pages were wrapped in straw and burned to death at Namugongo on 3rd June, 1886. In the following months, many other Christians throughout the country died by spear or fire for their faith. They included two Christians who were in the king's court, Joseph Mukasa Balikuddembe and Charles Lwanga. Both had rescued royal pages from Mwanga's sexual advances.

The last Christian to die in this persecution was Jean-Marie Muzeeyi, beheaded at Mengo on 27th January 1887. The final list of 45 known Protestant and Catholic martyrs includes only those who could be formally accounted for.

The end result of the Namugongo martyrdoms was directly opposite to Mwanga's intentions. The sight of these young Ugandan Christians, who could die singing hymns and praying for their enemies, inspired many bystanders. They wanted to know about such a faith as this. Within a few years Christianity had taken firm root in Uganda.

***New 5th June Boniface of Crediton – Apostle to Germany, Martyr**

Boniface is the saint for all preachers and teachers who wonder if they can make a lasting difference to anyone's life. For this monk-teacher from Crediton went on to become the apostle to Germany, and is considered to have been the most influential Englishman in the history of Europe.

Boniface began life as Wynfrith, when he was born in at Crediton, in what was then Wessex, in 675. He became a monk in Exeter, moved to Nursling, near Southampton, and worked in the community as a teacher. He became an expert in biblical exposition and compiled the first Latin grammar ever written in England.

Writing the first Latin grammar was a peaceful occupation. But then in 718, when he was 43, Wynfrith felt called by God to go as a missionary to the pagan tribes of Frisia, an area on the present-day border between the Netherlands and Germany. He was not welcomed! In fact, the hostility against him was so great that soon he fled for his life. The following year he was offered a good post as an Abbott back near Southampton, but he refused, and instead went on to Rome to ask for help for his mission.

By 722 Pope Gregory II had given his support, and consecrated Wynfrith as Boniface, a missionary bishop to the pagans of Bavaria and Hesse. With the support Boniface now had from Rome, he returned to Frisia, and began to see some success.

Boniface devoted the rest of his life to evangelising Frisia and building up the young church there. He was fearless, famously felling a sacred oak tree dedicated to the worship of Thor. When nothing bad happened to him, the people decided that perhaps Thor was not so strong after all, and many converted to Christianity.

Boniface was also a gifted administrator. He founded monasteries and in 741 made a joint commitment with the Frankish King Pepin to reform corrupt clergy. Boniface went on to improve leadership for the church throughout Europe, which won him the respect of both Pope and Kings.

In about 747 the Pope made Boniface Archbishop of Mainz, but he soon resigned, and returned to his beloved Frisia. Boniface carried on preaching the gospel of Jesus Christ until he was martyred in Dokkum in 754, by a group of pagan bandits.

Later, Hildegard of Bingen wrote of him:

*O Boniface, you are the friend of the living God
And the true crystal shining
In the benevolence of the straight way
Where you ran wisely.*

9th June Ephrem the Syriac, prolific hymn writer

Here is a saint for you, if you have ever been touched by the words of a song.

Ephrem the Syriac was born 306AD in Nisibis, Turkey. Baptised in 324, he joined the cathedral school in Nisibis, where it was soon obvious that he had an outstanding gift for writing both music and lyrics.

Ephrem would have agreed with St Paul about the value of using music to express our faith in God. In an age of widespread illiteracy, he saw that hymns could be powerful carriers of orthodox Christianity, even when sung by uneducated people.

And so Ephrem wrote – and wrote. His poetry was so powerful, and his melodies so evocative, that soon his hymns were spreading far and wide across the Roman Empire. And wherever they went, his hymns took the Christian gospel along with them.

Some of Ephrem's hymns were written to refute heretical ideas, while others praised the beauty of the life of Christ. To Ephrem, everything around us could become a reminder of the presence of God, and thus an aid to worship.

Ephrem became the most prolific and gifted hymn-writer in all of eastern Christianity. His hundreds of hymns influenced the later development of hymn-writing in both Syriac and Greek Christianity.

Ephrem was also a well-respected Christian theologian and writer, always keen to defend orthodoxy from the widespread heresies of the time. Ephrem stressed that Christ's perfect unity of humanity and divinity represented peace, perfection and salvation.

After Nisibis fell to the Turks in 363, Ephrem fled to Edessa, where he continued to work. But plague struck the city in 373, and while nursing others with the plague Ephrem finally died of it himself on 9th June. But his music lives on - more than 500 of his hymns still survive today.

Editor: The Revd Dr Roger Roberts, pastor of International Baptist Church Brussels, considers light...

What makes June so special

June is the month of light – the month of the summer solstice, when millions of people in northernmost Europe stay out late to enjoy the sight of the midnight sun. To have light and glory where there is usually darkness is something we celebrate, we welcome.

In John 9 Jesus said: “I am the light of the world.” He wasn’t comparing Himself to the summer solstice, but preaching at a Jewish occasion which celebrated light every bit as much. It was the Feast of Tabernacles (John 7:14), which was a celebration not only of God’s provision of water, but also of the light of God’s presence with the Israelites in the wilderness.

During the Feast of Tabernacles there was a joyful celebration. The priests would light four huge lamps in the Court of Women. The flames would reach as high as the temple walls and would provide a light that could be seen all throughout Jerusalem. Men of deep piety would dance throughout the night for the entire week of celebrating. A choir, accompanied by an orchestra of instruments, would sing psalms like Psalm 27, which declare “The Lord is my light and my salvation.”

At the height of this grand celebration, the Lord Jesus had the temerity to stand and say that HE was the light that was foreshadowed by the light for the Israelites in the wilderness.

The Jewish leaders were furious, and tried to stone Him to death. Jesus did not fight back, He simply illustrated His claim to be the Light of the World by immediately giving sight to a man born blind. (John 9).

In the 20 centuries since then, the Word of God, when it is proclaimed, has drawn people out of the darkness and into the light of Jesus. The Word is, as the psalmist said, “a lamp to my feet and a light for my path” (Psalm 119:105). David said, “In your light we see light” (Psalm 36:9b). Today, by the light of the Word of God, we can see Jesus as He is: truly the Light of the World.

© Parish Pump

Worried that your life is changing beyond recall?

A wise farmer rotates his crops. No one thing should always be grown in the same place. In fact, change and diversity are the key to long-term health. It is the same for us: for us to be at our most productive, we must not be surprised if God suddenly rests us from ‘growing corn,’ and gives us something else to do instead. Often it is something we would never have imagined!

Life is lived in seasons: in each of our lives, there is a time to do this, a time to do that. Too many of us lose our sense of self-worth and direction because we don’t understand when we’re leaving one season and entering another in life. We struggle and want to hang on to what we had.

But sometimes God wants to give us something new, to make us productive at every stage of our life. God will never put you in a place too small to grow. You may be asked to grow in ways that seem uncomfortable at first, but He is out to develop you fully, in every aspect of your being – not just the ones at which you are already good!

Celebrating Fatherhood

By Canon Paul Hardingham

'What is a Christian? The richest answer I know is that a Christian is one who has God as Father. If you want to know how well a person understands Christianity, find out how much he makes of the thought of being God's child and having God as his Father.' (J I Packer, *Knowing God*)

The month we celebrate fathers on Father's Day. Unlike Mothering Sunday, this doesn't have a distinctly Christian origin. However, it does provide an opportunity to celebrate God's fatherhood and what it means for us.

At His baptism, as Jesus came out of the water: *'heaven was opened, and He saw the Spirit of God descending like a dove and alighting on Him. And a voice from heaven said, 'This is my Son, whom I love; with Him I am well pleased.'* (Matthew 3:16,17). What can we learn about Jesus' relationship with His Father, the role of fathers and our relationship with God?

The Father's presence

When Jesus was baptized, the Father made His presence real by the Holy Spirit. It's the Spirit who enables us to call God *'daddy'* (abba, Galatians 4:6). God is with us and knows our joys and sorrows, fears and trials. In this way, dads can relate to their children.

The Father's love

The Father described His Son as *'beloved'*, who like us, is subject to His unconditional love. Dads should be constant in assuring their children of their love.

The Father's pleasure

The Father tells Jesus that He is *'well pleased'* with Him. We also need to hear this, if we feel that we are disappointing God or letting Him down. This can arise with harsh words spoken by our parents. Fathers should use every opportunity to demonstrate their pleasure in their children, especially when things go wrong.

The Loss of a Father

Is the anchor pulled from the seabed
the steering wheel unhinged
the mast split by lightning
and the bow broken by storm.

The ship you sail
now feels unsafe
no longer weatherproof
without direction
or brave heart
to speed its way.

Perhaps you did not even know
that he was your compass
that you gazed upon his lead
like a north-star in the night.

He gave you all of this
you see
without notice or congratulation
diligently
consistently
continuously guiding
always showing the way
in the way he knew how.

And whilst you are cast adrift
I know this to be true
you will anchor yourself once more
when you realise
that his voice still speaks
still guides
still brings a brave heart your way
in the roughest of storms.

And the answers you seek
he already planted deep
for he knew one day

you would need to sail alone.

So he buried little pieces of himself
within your heart
your mind
your spirit
and your soul

little breadcrumbs of love
to show the way

home.

By Donna Ashworth from her book 'Loss'

Editor: The Revd Dr Jo White continues her series.

Reflecting faith – the Lectern (part 2)

Why not have a good look at the lectern in your church, to see what it was made from and if it has a particular design.

There seem to be two distinct styles for lecterns, either a 'simple' plain book holder or one in the shape of a bird. Both styles are usually made from either wood or gilt metal (brass).

The bird is an eagle - often holding the world in its talons. The intention being that the eagle is known as the most powerful bird, which can fly the highest and longest without pausing and so can take the Word of God - the Bible that it holds - to all the places in the world.

There are 44 mentions of eagles in the Bible, but just two to include here:

In Exodus after the Israelites have left Egypt and crossed the Red Sea they camp in the wilderness, where they are not surprisingly worried about what will happen next. Shall we say 'there's a bit of grumbling and groaning' going on?

So God calls to Moses with words to encourage them, *'The Lord called to him from the mountain, saying, 'Thus you shall say to the house of Jacob, and tell the Israelites: You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself.'* (Ex 19: 3- 5)

And the second is one to uplift us all when we are in need of support:

Isaiah in chapter 40 is trying to describe how awesome and powerful God is and concludes that even our youth will grow weary in comparison. However, *'those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.'* (Is 40: 30 – 31)

So perhaps as we hear the words of the Bible passage read to us from that symbolic figure we are reminded to both trust in the Lord and to gain inner strength.

This month

As you hear the Bible passage(s) read from the lectern during this coming month, listen not just to the words themselves but reflect on their intention to encourage you.



The lectern in St John the Baptist, Capel

LETTER FROM THE EDITOR

Dear friends,

Welcome to the June 2023 issue of InSpire! With all the excitement of the Coronation over, it's time to reflect on some of the many things that took place that weekend. The **Flower Festival held in St John the Baptist, Capel** was the first one in nearly 30 years! And what a success it was! Joy Harman, Helen Berry and many people involved from local organisations put on a splendid display in every corner of the church! Do see David Hall's collage of pictures on the back page and the photo of the very touching tribute to our dear friend **Wendy Birch** on page 6. We will miss having Wendy amongst us in church very much and what a lot of time and love she has contributed over the years, most notably with hers and Betty's wonderful craft creations that were so popular and so beautifully made.

As we sang the stirring hymn '**I Vow to Thee My Country**' at the recent Coronation, there is an article on its background and writer on page 10. We also have an article on the hymn '**Lord, for the years**' on page 23. The 'extra' verse, added for the Queen, can now become our prayer and hope for King Charles.

*Lord for our hopes, the dreams of all our living,
Christ and his kingdom one united aim,
Rulers and peoples bound in high thanksgiving,
Lord of our hopes, our trust is in your Name.*

There are notable dates in June, with **Trinity Sunday on 4th** and an interesting piece on page 11 entitled '**God—the Three in One**'. Also, there is **Father's Day on Sunday 18th June**. Unlike Mothering Sunday, this doesn't have a distinctly Christian origin. For those like myself who have lost their much loved fathers, there is a special poem on page 15. Equally, for father's everywhere, there is a prayer for them on page 19. As we celebrate '**God our Father**', there is an article on page 15 '**Celebrating Fatherhood**' where Canon Paul Hardingham looks to celebrate God's fatherhood and what it means for us.

June sees the summer solstice and the longest day of the year. '**What makes June so special**' is looked at by The Revd Dr Roger Roberts, pastor of International Baptist Church Brussels, where he considers light...

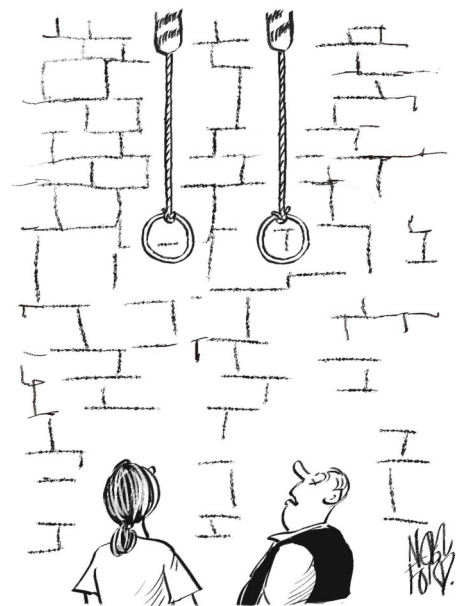
Also this month, there is **Refugee week** (see page 18). This is the first in a short series on how some refugees have found life in the UK. These stories come from conversations in the Diocese of Canterbury, and simply represent the experiences of the refugees who have chosen to contribute. On page 23, you can find details of **Support National Week of the Ocean 4th – 10th June**. The National Week of the Ocean is held each year during the second week of June. It aims to spotlight the threats faced by marine habitats and species, and also to offer some solutions on how to solve them.

On page 11, we continue the '**Spiritual Disciplines**' series and this month Canon Paul Hardingham considers '**Simplicity**'. '*Always remember the essence of Christian holiness is simplicity and purity: one design, one desire: entire devotion to God.*' (John Wesley).

There are lots of opportunities for tea and cake at both our churches in the Summer season so do pop a note in your diaries of the dates the Church Teas are available on page 5. Also, we will be taking part in the hugely successful **Capel Military Show** again in early July and we are appealing for help on our **Refreshments stall**. It was a huge fundraiser for our two Parish churches last year and we would love to repeat the success. For anyone wishing to **bake cakes**, there are lists in our churches and the contact for any queries is Leigh Smith on: leighdesouza@yahoo.com **For anyone able to help on the rota** on the morning of Friday 30th June or morning/afternoon of Saturday 1st/ Sunday 2nd July, please contact Helen Burt on: helenmb0909@gmail.com Thank you!

With my best wishes,

Suzanne



"Apparently, the new member of the bell-ringing team is a keen gymnast"

Editor: This is the first 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 John Barton.

In celebration of Refugee Week, 19th - 25th June

How are the refugees who have come to the UK getting along?

Refugee Week, a UK-wide annual festival which celebrates the contributions and resilience of refugees, provides a programme of arts, cultural, educational and media events, through which refugees can find their voice in the UK.

This year the refugees have chosen to share their experiences on the theme of 'what compassion looks like in action'.

Hanna from Ukraine tells her story:

We are all very traumatised, even if it doesn't show. Every day we read news about our country, talk with relatives there. We are also trying to work, study English, manage our home, raise children, and understand the UK culture. People in Ukraine are constantly in danger. Those who have left feel guilty. It tires and exhausts.

Life has changed for everyone; the whole world feels the worsening economic situation due to the war, yet you in the UK continue to support us. It's incredible.

My heart is torn in half. I am afraid for everyone who stayed in Ukraine. I am angry with Russia for everything she is doing. My anger will pass. What remains unchanged is a feeling of deepest gratitude to the British for opening their hearts and families to us. Your kindness and mercy help us not to despair. We understand that without you, we would not exist long ago. Perhaps this is how God created people.

Canterbury resident Richard Llewellyn writes of his experience:

I had volunteered to be a 'mentor' to a young man from Chad, so two years ago I met Adam from Chad, to help him learn English. Since then we have tried to meet weekly for about an hour simply to have a conversation about whatever seems appropriate at the time.

I am not able to tell you anything about how, why, and when Adam became a refugee and arrived in England. In the training I received I was told never to ask, but only to wait until the refugee wants to tell his or her story. I am still waiting.

I know Adam wants to stay here, and train as a plumber. I also discovered that he is a devout Muslim, saying his prayers five times a day and going to the mosque on Friday. I told him that I am a committed Christian and therefore we have something very important in common, in that we have put our trust in the same God – the only God. With a puzzled expression he asks me, "Then what about Jesus?" I reply that for Muslims Jesus is a Prophet, and for Christians something more than a Prophet, but that we both worship the same God. I don't think that he was entirely convinced but, for all our differences, we have remained good friends.

Sahed, 18 last month, has been living in a small English town for a year, after she and her family fled Jordan.

I came here with my parents and my two brothers and little sister, and I arrived knowing only 'Hi' and 'How are you' in English. So I set myself the goal of learning the language online, going to college and volunteering at the local library.

Now I am virtually fluent, which means that I am the only one to act as interpreter for my family. It's vital, as my 20-year-old brother has a severe mental health illness, which means frequent hospital admissions.

Some of our neighbours, alarmed at the noise my brother was making during an episode, called the police. They were actually very kind and just wanted to make sure everyone was alright; in fact all our neighbours are kind and welcoming - except one who is always very rude.

I want to get my GCSEs, and then go to University - maybe York or Manchester. I want to study business management.

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

For more on Refugee Week, please go to: <https://refugeeweek.org.uk>

PRAYERS, PROSE & POEMS

Prayer for June 2023

Dear Father,

As we come to this beautiful time of year, the month of June, we thank you for the wonder of your creation and the way our spirits are lifted as we see all around us the freshness of a new summer.

This month we remember Barnabas, whose name means, *child of encouragement*. He was a good person, full of the Holy Spirit and faith. Lord, help each of us to be a *Barnabas* to someone today, to encourage and lift up, led by your Holy Spirit and full of faith.

Help us to share your love and goodness, especially with those whose circumstances are difficult. Help us all to trust you through good times and testing times, knowing you are always with us, always encouraging us, always faithful.

In Jesus' name. Amen

By Daphne Kitching

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Dear God,

*Bless all the fathers in the world who have accepted the responsibilities of being a parent. Guide them to be outstanding role models to their children. Let them look to your example and to parent with patience, unconditional love and understanding.
Amen.*

Loving God,

*We thank you for the gift of good dads, and everything that they do for us.
Help them to have patience when we're difficult, wisdom when we can't see the way, strength when we need comforting, and love at all times, so that, through them, we get a little glimpse of how you feel about us.*

*Our heavenly Father,
Amen*



See page 15 for a special prayer for those who have lost their Fathers.

International Day of Prayer for the Emergency Services

Each year, the Christian Police Association hosts an International Day of Prayer for the Emergency Services. This year it will be on Thursday, 22nd June.

There are various ways to get involved.

Watch the [CPA YouTube channel "International Day of Prayer" playlist](#)

Use the Pray 4 Your Police (P4YP) material on our [Publications page](#)

Engage in the CPA's Social Media, using the hashtag **#WaveofPrayer**

The Christian Police Association asks: "Please join us in praying for our Emergency Service colleagues around the world, as they face a variety of challenges."

For Refugees

Almighty and merciful God,
whose Son became a refugee and had no place to call his own;
look with mercy on those who today are fleeing from danger,
homeless and hungry.
Bless those who work to bring them relief;
inspire generosity and compassion in all our hearts;
and guide the nations of the world towards that day when all will rejoice in your Kingdom of justice and of peace;
through Jesus Christ our Lord.
Amen.



Does the past haunt you?

A lady had driven her car into a ditch, and there she sat. When the police arrived, they asked her what had happened. "I was looking in the rear-view mirror, instead of looking at the road ahead," she explained.

What a thought! There is no way to go forward if your eyes are focused on what's behind – either in driving, or in life. A lot of people 'ditch' themselves because they can't take their eyes off the past, can't focus on the future, and move ahead, with hope in God.

Give up all hope for a better yesterday. You can't change the past. It is dangerous to obsess over it. Instead, consider that there are over 500 verses in the Bible that tell us that God is merciful and longing to forgive us and restore us if we only turn to Him. As Isaiah wrote: 'Do not remember the former things, neither consider the things of old. For behold, I am doing a new thing...' (Is 43:18,19). So why let the past ruin your future? Let God begin to do that 'new' thing in your life.

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Finding the right Key

by Lester Amann

Ever since early times it has always been necessary for something to be locked up. Keys, in all kinds of shapes and sizes, have been needed to protect valuable commodities from thieves. Also, when people had to be punished or protected from others, they were confined in prisons with suitable locks and keys.

Apparently, the oldest discovered keys, made of wood, were found in ancient Nineveh – the city visited by the prophet Jonah. They are some 6,000 years old. Later, the Romans invented more sophisticated locks and keys made of metal.

At the time of Jesus, the Jews needed access to the Kingdom of Heaven, and He came to open it up to them. Jesus spoke to the disciple Peter and said He was going to give him the 'keys' of the Kingdom. (Matthew 16:18-19) Peter would unlock priceless Gospel truths. These keys were given to a trusted servant to open the doors of faith to all who wanted to hear.

Later, Paul described Jesus as an important key. The apostle was concerned that people in Colossae were in danger of following false doctrines and philosophies. Paul knew that all understanding and perception about God was found in Jesus. Only Jesus had the key to all concealed spiritual treasures. Paul wanted people to know Jesus, who would open the door to all they needed to know about their relationship with Him and their purpose in the world.

Sometimes we can lose a key. May we never lose hold of Jesus who is *our* key to life today and for evermore!

He (Jesus) is the key that opens all the hidden treasures of God's wisdom and knowledge. (Col 2.3)

DIY

Our churchwarden has the courage, but not always the skills, to tackle any DIY job that needs doing around the church. For example, in the church shed are still pieces of the church lawn mower that she once tried to fix. So, our vicar wasn't surprised the day he found her in the vestry, attacking the vacuum cleaner with a screwdriver. "This thing won't cooperate," she complained.

The vicar thought for a moment: "Why don't you drag it out to the shed and show it what you did to the lawn mower?"

Editor's Note: No offence intended against our very capable churchwardens!

Everything I need to know... I learned from Noah's Ark

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're very old Someone may ask you to do something really big.
5. Don't listen to critics. Just get on with the job needing to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float awhile.
10. No matter the storm, when you are with God, there's always a rainbow waiting.

Author unknown

How to prepare for your new puppy (or: what the dog training manuals will never tell you)

Begin now – and build up your stamina!

1. Pour cold apple juice on the carpet in several places and walk around barefoot in the dark.
2. Wear a sock to work that has had the toes shredded by a blender.
3. Immediately upon waking, rush outside in your pyjamas in the rain and dark and say several times: "Be a good puppy, go potty now - hurry up - come on, let's go!"
4. Cover all your best suits with dog hair. Dark suits must use white hair, and light suits must use dark hair. Also, float some fur in your first cup of coffee in the morning.
5. Play 'catch' with a wet tennis ball.
6. Run out in the rain in your bare feet to close the gate.
7. Tip over a basket of clean laundry, scatter clothing all over the floor.
8. Leave your underwear on the living room floor, because that's where the dog will drag it anyway. (Especially when you have company.)
9. Jump out of your chair shortly before the end of your favourite TV programme and run to the door shouting, "No, no! Do that OUTSIDE!" Be sure and miss the end of the programme.
10. Put a little heap of chocolate pudding on the carpet in the morning, and don't try to clean it up until you return from work that evening.
11. Scratch the legs of the dining room table several times with a screwdriver – they are going to get chewed on anyway.
12. Take a warm and cuddly blanket out of the dryer and immediately wrap it around yourself. This is the feeling you will get when your puppy falls asleep on your lap.

75 years since the arrival of Windrush

by Tim Lenton

It was 75 years ago, on 21st June 1948, that the passenger ship *HMT Empire Windrush* docked in London, bringing the first large group of immigrants from the West Indies to the UK.

It was a result of the British Government's invitation to people from Commonwealth countries to settle in Britain and help rebuild the country after the devastation of the Second World War. The promise was one of prosperity and full employment, and the *Windrush* – ironically built and launched in Germany in 1930 – carried more than 1000 people, though the figure is often given as 492. In fact, there were probably 492 men from Jamaica, but also men and women from other islands, plus Polish men and women.

Most of the Caribbeans remained to settle permanently, despite mixed reactions. The first of what became known as the Windrush generation were housed temporarily in the Brixton area, where Windrush Square – an open space in front of the Brixton Tate Library – marks their arrival.

The Windrush generation generally defines everyone who emigrated to Britain from the Caribbean between 1948 and 1971, at which point all Commonwealth citizens living in the UK were given the right to remain. In 2018 a scandal emerged involving ineptitude by the Home Office which had resulted in people from this generation being wrongly detained, denied legal rights and threatened with deportation. It was calculated that more than 80 had been wrongly deported.

These people had been living and working in the UK for decades but had never been provided with the official paperwork, and the Home Office had kept no record of those granted leave to remain. The UK Government apologised, and the Home Secretary at the time, Amber Rudd, described her department's performance as "appalling".

The leasing of Hong Kong

By Tim Lenton

Just 125 years ago, on 9th June 1898, Britain leased Hong Kong from China for 99 years, and it became a British Crown Colony. It was transferred back to China in 1997.

The original contract was arranged to ensure that the territory could be defended efficiently. Claude MacDonald, the British representative in the talks, said he decided on a 99-year lease because he thought it was "as good as for ever": at the time the UK did not think it would ever have to give the territories back.

The Chinese Government had already agreed to make Hong Kong a Crown colony in 1842, following British victory in the First Opium War. Although the 1898 lease specifically referred to the New Territories, a productive inland area north of Hong Kong Island, it was agreed that the island and the Kowloon Peninsula would also be returned to China in 1997, and at midnight on July 1 of that year it was handed over in a ceremony attended by international dignitaries including Prime Minister Tony Blair and Prince Charles.

The new Hong Kong chief executive agreed on behalf of China to maintain a two-system capitalist government with some independence from China, although China had sovereignty.

Since then, there have been civil disobedience protests about increasing Chinese influence, notably in 2014, 2019 and 2020. Some Christians have supported these protests, but so far there have been no overt curbs on religious freedom, except where religious activities have been interpreted as political.

Hong Kong's population is now in decline – a process precipitated by harsh restrictions during the pandemic.

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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: Lord, for the years

*Lord, for the years your love has kept and guided,
urged and inspired us, cheered us on our way,
sought us and saved us, pardoned and provided:
Lord for the years, we bring our thanks today.*

*Lord, for that word, the word of life which fires us,
speaks to our hearts and sets our souls ablaze,
teaches and trains, rebukes us and inspires us:
Lord of the word, receive your people's praise.
By Timothy Dudley Smith*

This well-loved hymn was written in 1967 by the Revd Timothy Dudley Smith, who later became Bishop of Thetford. He later confessed: "I wrote it on a train when I was very pressed for time. I'm thankful if something I write gets picked up, but I suspect anyone who does something in a rush later regrets that they didn't find time to apply the sandpaper a bit more!"

Dudley Smith had been asked to write a hymn for the centenary service of the Children's Special Service Mission, now Scripture Union, in St Paul's Cathedral. His commission was to write words that could be fitted to Jean Sibelius's *Finlandia*, as it was to be accompanied by an orchestra with this tune in their repertoire. And so – 'Lord for the years' was written.

Dudley Smith need not have worried about lack of time – his lyrics were a 'hit' in the cathedral on the day, and went on to become so well-loved that George Carey chose the hymn to be sung at his consecration as Bishop of Bath and Wells, and then again later, in 1991, at his consecration as Archbishop in Canterbury Cathedral.

The hymn continued to be widely sung and loved, until in 2002 Timothy Dudley Smith was asked to write an extra verse for it so that it could even be sung around the time of the Queen's Golden Jubilee.

Many of the words in the hymn were true for the Queen herself. She did indeed thank God 'for the years your love has kept and guided, urged and inspired us, cheered us on our way'...

The 'extra' verse, added for the Queen, can now become our prayer and hope for King Charles.

*Lord for our hopes, the dreams of all our living,
Christ and his kingdom one united aim,
Rulers and peoples bound in high thanksgiving,
Lord of our hopes, our trust is in your Name.*

© Parish Pump

Support National Week of the Ocean 4th – 10th June

The National Week of the Ocean is held each year during the second week of June. It aims to spotlight the threats faced by marine habitats and species, and also to offer some solutions on how to solve them.

The health of the oceans is critical to the health of our planet. The ocean makes up about 70% of the world's surface, and supplies about 50% of oxygen in the world. It acts as a vital source of carbon and even regulates the weather. It is the main source of protein for more than a billion people around the world, and as such, is essential to the economy of many nations, with an estimated 40 million people likely to be employed by ocean-based industries by 2030.

More information at: <https://worldoceanday.org>

Junior InSpire

Bible Bite

A short story from the Bible

It can be read in the Bible in
Genesis ch 25:19-33, 27:1-42

Jacob had cheated his father and brother, and had run away to stay with his uncle Laban. On the way there..

Jacob saw angels and heard God.

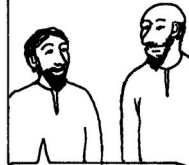


At Laban's house, Jacob met his cousin Rachel



Work for me for 7 years and you can marry her

7 years later



Can I marry Rachel now?

But Laban tricked him into marrying her sister Leah

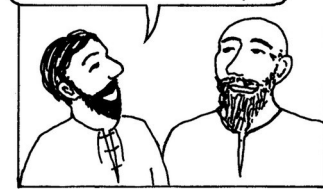


So Jacob worked 7 more years to marry Rachel



Then he said to Laban

As you aren't paying me wages, can I have the black sheep?



Laban agreed, but that day he moved all the black sheep far away



But God blessed Jacob and his black flock grew



Laban became very jealous of Isaac



Your father doesn't like me any more. We need to go back to my home.

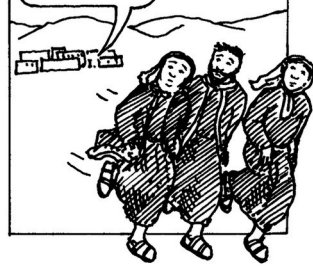


They waited until Laban was away..



but he was told ...

Jacob!



Word search

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

sheep

Leah

years

run

flock

agreed

God

work

sister

Rachel

black

father

angels

jealous

away

marry

Jacob

wages

seven

brother

home

Laban

cousin

moved

WORD SEARCH SOLUTION on page 33

Puzzle Solutions and this month's maze on page 29

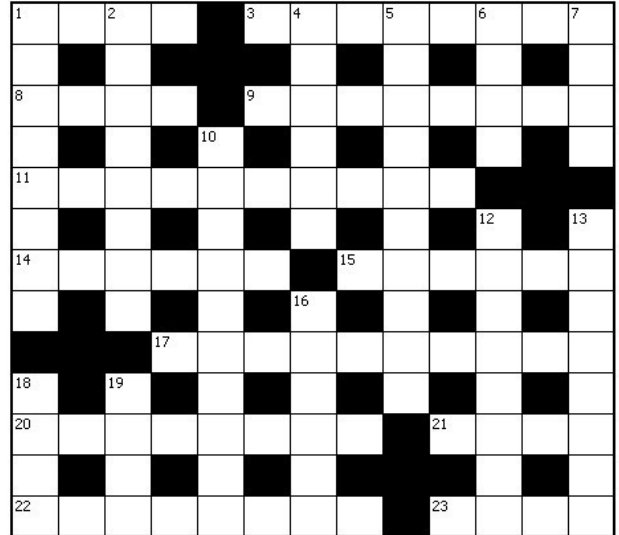
CROSSWORD CLUES

Across

- 1 See 23 Across
- 3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
- 8 Invalid (4)
- 9 Blasphemed (Ezekiel 36:20) (8)
- 11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
- 14 Shut (Ecclesiastes 12:4) (6)
- 15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
- 17 Mary on Isis (anag.) (10)
- 20 Agreement (Hebrews 9:15) (8)
- 21 Native of, say, Bangkok (4)
- 22 Deaf fort (anag.) (5-3)
- 23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)

Down

- 1 Struggle between opposing forces (Habakkuk 1:3) (8)
- 2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
- 4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
- 5 'Be joyful in hope, patient in —, faithful in prayer' (Romans 12:12) (10)
- 6 St Columba's burial place (4)
- 7 Swirling current of water (4)
- 10 Loyalty (Isaiah 19:18) (10)
- 12 'God was pleased through the foolishness of what was —, to save those who believe' (1 Corinthians 1:21) (8)
- 13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
- 16 'There is still — — Jonathan; he is crippled in both feet' (2 Samuel 9:3) (1,3,2)
- 18 David Livingstone was one (4)
- 19 Driver and Vehicle Licensing Authority (1,1,1,1)



Easy Soduko

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

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Medium Soduko

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

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Wordsearch clues & answers for June

Each June, the Church of England holds its Petertide ordinations, to coincide with the feast day of the great apostle Peter, who led the Church at Pentecost. Simon had been a fisherman from Bethsaida, near the Sea of Galilee, when his brother Andrew introduced him to Jesus. When Simon made his famous confession of faith, that Jesus was the Christ, Jesus gave him a new name – Cephas, or Peter, which means rock. The ‘gates of hell’ would never prevail against Jesus’ Church, and He gave Peter the power of ‘binding and loosing’, and also the ‘the keys of the kingdom of heaven’. Peter witnessed the Transfiguration, the raising of the daughter of Jairus, and Jesus praying in Gethsemane. Peter betrayed Jesus but after the Resurrection, Jesus entrusted him to feed both the lambs and the sheep of Christ’s flock. Peter was the first apostle to work a miracle.



Simon	Andrew	Daughter	Crowed	Keys
Peter	Jesus	Garden	Feed	Kingdom
Fisherman	Rock	Gethsemane	My	Gates
Bethsaida	Transfiguration	Betrayed	Lambs	Hell
Galilee	Raising	Cock	Sheep	Binding
				Loosing

Observations on our Christian pilgrimage...

Have you ever noticed the difference in the Christian life between work and fruit? A machine can do work; only life can bear fruit. - *Andrew Murray*

We can do more good by *being* good, than in any other way. - *Rowland Hill*

When we invent our own ideas of God, we simply create Him in our own image. - *Kenneth Prior*

When we take least notice of our good deeds ourselves, God takes most notice of them. - *Matthew Henry*

Churches in cities are most wonderful solitudes. - *Thomas Merton*

Jesus Christ demands more complete allegiance than any dictator who ever lived. The difference is, He has the right to. - *Vance Havner*

Meekness is having a teachable spirit. - *Ronald Dunn*

Every age is an age for evangelism. God has no grandchildren. - *E Smith*

The fruit of the Spirit is not excitement or orthodoxy: it is character. - *G Duncan*

Miscellaneous observations on life...

One test of a person's strength is his knowledge of his weakness. - *Anon*

He who tells a lie is forced to invent 20 more to sustain it. - *Alexander Pope*

The measure of your real wealth is how much people would still value you if you lost all your money. - *Anon*

The nice thing about living in a small town is that when you don't know what you're doing, somebody else always does. - *Anon*

Silent company is often more healing than words of advice. - *Anon* ☹☹

Directly after God in heaven comes Papa. - *Mozart as a boy*

A father is a banker provided by nature. - *French proverb*

The child had every toy his father wanted. - *Robert C. Whitten*

Gossip is halitosis of the brain. - *Anon*

It is better to go straight than to move in the best of circles. - *Anon*

Kindness is a language that the deaf can hear and the blind can see. - *Anon*

The hurrier I go, the behinder I get! - *Lewis Carroll*

© *Parish Pump*

Puzzle Solutions

Easy Soduko solution

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

Medium Soduko solution

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

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

ANSWERS

Across

1 care; 3 paradise; 8 null; 9 profaned; 11 legalistic; 14 closed; 15 stores; 17 missionary; 20 covenant; 21 Thai; 22 trade-off; 23 Eden

Down

1 conflict; 2 religion; 4 arrest; 5 affliction; 6 Iona; 7 Eddy; 10 allegiance; 12 preached; 13 Assyrian; 16 a son of; 18 Scot; 19 DVLA

Wordsearch Solution

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

Junior InSpire Wordsearch solution

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

Capel Church Garden of Remembrance

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 Liz, Norman, Joy or David Silliman

THANK YOU

A Big Thank You to all of the kind friends and village groups who gave so much - especially in thought, time and moral support, together with lots of greenery to help create our Church Coronation Flower Festival.

Thank you ALL so very much,

Helen and Joy



Flower Festival 2023

Photos by David Hall

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:-