

The monthly publication for the Parish of Capel & Ockley

# InSpire

Now these three continue . . .



Of these, the greatest is . . . 1 Cor 13:13

*Lent 2024 news and articles, a new monthly QUIZ for 2024 and puzzle pages! **Lent Lunches are back too!***

**Issue 80 February 2024**

Free of charge - donations welcome in honesty box in wall

## Lent lunches

Following great success last year, St John in Capel will be holding soup lunches again in Lent and raise money for the Bishop of Guildford's Communities Fund. Come in for a bowl of hot soup or take away on 6 Wednesdays in Lent all for a donation to the Lent appeal. Read more about this:

[www.cofeguildford.org.uk/mission/growing-community/bishop-of-guildfords-communities-fund/bishop-of-guildfords-communities-fund](http://www.cofeguildford.org.uk/mission/growing-community/bishop-of-guildfords-communities-fund/bishop-of-guildfords-communities-fund)



**Dates for the soup lunches:  
Wednesdays 21st and 28th February plus Wednesdays 6th, 13th,  
20th and 27th March 2024**



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No man ever said, at the end of his days, 'I have read my Bible too much, I have thought of God too much, I have prayed too much, I have been too careful with my soul.' - J C Ryle

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

This issue is sponsored by

**David Silliman**

Thank you David for your continued support of InSpire magazine and all you do for our churches.

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## Rev Liz writes

Dear Friends,

Well I hope this letter finds you well?! January was a really nasty winter month for those pesky winter germs, coughs, and all sorts, as well as the cold weather. As we come into February I am sure we will be encouraged by the growth of the early flowering spring bulbs and blossoms.



February for us at church looks to be quite a busy month. The season of Lent is early this year beginning with Ash Wednesday on the 14th of this month and of course it is also Valentine's Day! This year we are invited for a special service of Holy Communion with what is called the Imposition of Ashes (you get a lovely black mark on your forehead!) at St Peter's Church Newdigate. Then we will be running a Lent Course this year called 'Be Still'. The course is about prayer and explains how we don't necessarily have to be physically still in order for our hearts to be still and how even in the midst of a full, busy life, we can all spend quiet time with God. I am really looking forward to doing this course! Each of the five sessions takes about an hour and includes a video session with teaching, some group discussion, plenty of tea and cake of course, and lots of take away resources. We are planning to run the course on Monday evenings and Tuesday afternoons. As I write the venue is not decided, as if possible it would be good to meet in a warm space!! Please do join us. There is a sign up sheet inside church.

We are concentrating quite a lot on prayer and how to pray at the moment. We are offering a Parish Quiet Day on prayer and if you would like more information on that please pop into church and see the leaflet or contact me. All are welcome! As well as plenty of spiritual food on offer this month in your parish churches, there will also be soup, bread and cheese to warm you up on these cold February days. These are always popular and will take place in Capel Church. The heating will be on and any donations for the lunches will be given to support the Bishop of Guildford's Lent Appeal this year. So we begin the month with our annual Christingle service in aid of the Children's Society which we always hold on the Sunday nearest to what is called Candlemas in the Church Calendar. It is also called the Feast of the Presentation of Christ in the Temple, when Mary and Joseph take the infant Jesus to the temple at Jerusalem. There he is revealed as the light of the people of Israel. Hence it is good fun to make our Christingles and light them to once again remind ourselves that Jesus is the light of the world. Did you know that snowdrops are known as Candlemas Bells because they often bloom early in the year?!

With my love and prayers as ever

*Liz*

**Revd Liz Richardson**

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

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

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



## CHURCH SERVICES AND EVENTS - FEBRUARY 2024 at St John the Baptist, Capel & St Margaret's, Ockley

<b>Sunday</b>	<b>4th</b> 9.30 10.30	<b>Second Sunday before Lent</b> Matins - Ockley Christingle Service - Capel <i>in aid of The Children's Society</i>
<b>Sunday</b>	<b>11th</b> 9.30 10.30	<b>Sunday next before Lent</b> Holy Communion CW - Ockley Cafe Church - Capel
<b>Wednesday</b>	<b>14th</b> 9.45am	<b>Ash Wednesday</b> Holy Communion with Revd Andrew Coe at St Peter's Newdigate with imposition of ashes (said service) followed by coffee under the bells
<b>Sunday</b>	<b>18th</b> 9.30am	<b>First Sunday of Lent</b> Parish Communion - Ockley
<b>Monday</b>	<b>19th</b> 7.30 - 9.00pm	<b>Lent Course - venue to be confirmed</b> <b>'Be Still'</b> - a course which explains that we don't need to be static for our hearts to be still, and how even in the midst of a full, busy life, we can spend quiet time with God. <i>Be Still</i> will change the way you think about prayer and devotion and equip you with all the tools you need to deepen your relationship with God.
<b>Tuesday</b>	<b>20th</b> 2.30 - 4pm	<b>Lent Course - venue to be confirmed</b> 'Be Still'
<b>Wednesday</b>	<b>21st</b> 12 - 1.30pm	<b>Soup Lunch in Capel Church</b> Homemade hot soup with bread and cheese <i>donations to be given to Bishop of Guildford's Foundation Lent Appeal</i>
<b>Sunday</b>	<b>25th</b> 9.30 10.30	<b>Second Sunday of Lent</b> Holy Communion BCP - Ockley Morning Worship - Capel
<b>Monday</b>	<b>26th</b> 7.30 - 9pm	<b>Lent Course - venue to be confirmed</b> 'Be Still' -
<b>Tuesday</b>	<b>27th</b> 2.30 - 4pm	<b>Lent Course - venue to be confirmed</b> 'Be Still'
<b>Wednesday</b>	<b>28th</b> 12 - 1.30pm	<b>Soup Lunch in Capel Church</b> Homemade hot soup with bread and cheese <i>donations to be given to Bishop of Guildford's Foundation Lent Appeal</i>
<b><u>MARCH</u></b>		
<b>Sunday</b>	<b>3rd</b> 9.30 10.30	<b>Third Sunday of Lent</b> Matins - Ockley Family Communion - Capel

### Advance notice for your diaries!

The annual APCM meeting will take place after the service at Capel on Sunday 7th April 2024. All are welcome.

*Note: For those interested in attending the Lent Course please sign the list inside churches so we can advise you of the venue.*

# NEWS from the Pews

## A Parish 'Quiet Day' and Lent Course 'Be Still'



### Quiet Day - Saturday 17th February

We are planning a parish quiet day to learn more about prayer as we prepare for an early Lent. The day will be led by both Rev Jo and Rev Liz and will take place on Saturday 17th February at Micklepage Farmhouse and Barn, Nuthurst Road, Nuthurst, Horsham, RH13 6RG. We have plans for an exciting day looking at Benedictine spirituality using Lectio Divina with lots of time for quiet prayer and reflection amongst friends. There will also be a lovely lunch included!

### Lent Course - Be Still

This course explains that we don't need to be static for our hearts to be still, and how even in the midst of a full and busy life, we can spend quiet time with God. **Be Still** will change the way you think about prayer and devotion and equip you with all the tools you need to deepen your relationship with God. (Evening or afternoon). Starting Monday 19th February 7.30—9.00pm venue to be confirmed OR Tuesdays from Tuesday 20th February 2.30—4pm; again venue to be confirmed.

*Please sign on the sheets in church if you would like to join either/both of the above. Thank you.*

### Letter of thanks from LeatherHEAD START

The following was sent to Andrew Forsyth from Myfanwy Tothill, Chair of LeatherHead Start  
"I walked into the office yesterday and saw the food donation you left us from the kind people at St John the Baptist in Capel. So I wanted to thank you for this donation and all the other donations you bring to us regularly and to wish you and all at Capel a very Happy New Year."

### SAFEGUARDING NOTICE

*This notice will appear each month in InSpire*

'The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.'

If you have any concerns please contact our Safeguarding Officer:

Leigh Smith 07732825908

[leighdesouza@yahoo.com](mailto:leighdesouza@yahoo.com)

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

**Update January 2024:** New diocesan contact number for reporting safeguarding concerns:  
[safeguarding@cofeguildford.org.uk](mailto:safeguarding@cofeguildford.org.uk)



## THE PAVILION CAFÉ

Every Wednesday

Ockley Cricket Club Pavilion

9am – 12 midday

Come and enjoy a warm welcome and a delicious range of homemade cakes and savouries – including gluten/dairy free – with bacon butties every fourth Wednesday, and freshly made teas and coffees.

The Pavilion Café was originally the idea of Kindred Spirits, the women's outreach group from Ockley, Okewood and Forest Green Parish, 11 years ago. It is run by a team of volunteers in support of charities, local charitable causes and Ockley events. Thanks to our customers' recent generous donations we've been able to support the following ...

- Disaster Emergency Committee (DEC)
- Finley's Touch
- Kidney Research UK
- Cups & Co.
- Local hardship payments
- OcSoc and Ockley Cricket Club events
- Local Parish Church projects

If you'd like to join  
our volunteers  
please let Liz know!  
07951 710176  
lizthorne2053@hotmail.co.uk

### **This statement is repeated from the January 2024 issue**

#### **PCC Net Zero Statement**

Following the lead of the central Church of England, the PCC of Capel and Ockley has adopted a Net Zero Carbon statement in their meeting of 8th November 2023. PCC members and members of the Congregation (and the wider community!) can hold their life and work against the light of this statement:

**'The Parish of Capel and Ockley, Church of England, is committed to reaching Net Zero Carbon by 2030. To achieve this requires action by all parts of our church. The priority is to reduce the emissions arising from the energy use of our buildings, our transport and the activities we run as a church'.**

# Café Church

## FEBRUARY 2024

### Trust

Now, there's a small word with huge implications! Trust. It's a thing that we do on a daily/hourly basis without usually giving it a second thought. I jump in my car and I immediately set out on a journey *trusting* that everyone else on the road is going to act sensibly and responsibly and allow to reach my destination unscathed. A visit to the GP or hospital requires us to put our *trust* in, often, complete strangers to do their very best to ensure that we get the treatment that we need to return to full health. You may well have woken up this morning next to the partner in whom you've invested a huge amount of *trust* to remain faithful, loving and caring.

There's a big difference between trust and hope. I could have used "hope" in any of the above examples (I *hope* to have a safe journey; I *hope* that someone can help me to get better; I *hope* that my partner is faithful) but hope lacks the sense of certainty that trust implies. And then there's a third word that is often used - faith. When it comes to matters of a spiritual faith there are many who will dismiss the concept as being a naïve hope based on unsubstantiated myths and legends. That's not the sort of faith that brings together those in our community who come along to St, John's church, either for the regular weekly services or the more informal and inclusive Café Church service. For me, faith is *trust* based on evidence not *hope* rooted in superstition.

But how should faith express itself? Is it something that is a "private matter", something that we should exercise in private away from the questioning gaze of the world? Well, there's certainly a place for those personal times we can spend alone with God. But I also like the way that James (the brother of Jesus) talks about it in the second chapter of his book in the New Testament:

*"What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead."*

This is the central calling for people of faith. If we can reach out to those in our community that are in need then perhaps, by our actions, those outside of the church family will see something of the love of God in action and help them to place their *trust* in the One who knows and understands all of their hopes and fears.

**Bob Cranham**

***Café Church meets at  
St. John's Church, Capel  
on  
Sunday 11th February at 10.30am***

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

***Informal – Inclusive – Inspiring.***





*Editor: The Rev Dr Gary Bowness considers the aim of Lent.*

## **Life on a spin**

Many years ago, at the Pleasure Beach at Blackpool, there was a certain 'ride' or amusement that was strictly for the physically fit. It consisted of a flat wooden disc about 20 feet in diameter and set at an angle of 45 degrees in the floor. When it began to rotate, the aim was to get to the centre where there was a pole. As the disc rotated faster and faster, everyone who failed to get to the pole got flung off. Nowadays there's probably a European Community regulation banning it as far too dangerous!

The principle of the game was a basic law of physics. When any wheel rotates, the outer rim moves fastest of all. Half way to the centre and you are moving a lot more slowly. And, at least theoretically, at the absolute centre will be a point which is totally still. That's why anyone who reached that pole could stand there quite comfortably.

We have just started the Church's season of Lent. It's generally thought of as being a time for giving up chocolate, wine, whatever. But it's really a time to remind us that in our own rapidly spinning world, God is the still centre.

All around God is motion, sound, change and decay – galaxies circling, seasons and years rotating, life developing and decaying. And at the still centre, where there is no variableness, is God, the same yesterday, today and forever.

Only about seven weeks ago Christians worldwide were thinking of God getting involved in a special way in the ever moving and changing life of the world. And one great characteristic of Jesus was His stillness. Busy, harassed, injured people found someone with neither clever chat nor idle gossip, neither vulgar boasting nor loud opinion. His life always seemed to rotate round a still central point, which gave Him balance and authority.

"Be still then and know that I am God" wrote the Psalmist. Lent is a time for us to try and do just that – to find the still centre of God in our own individual lives.

Of course, we're all of us very much in the world, and must live our lives in all of its busyness. But it may do none of us any harm to be a little more silent than we often are – quick to listen and slow to speak. And the more silent spaces we give ourselves, the more we'll give that still, small voice within each one of us the chance to be heard.



*Editor: Canon Paul Hardingham continues a new series which will run for the next two years.*

## **What's the Big Idea? *An Introduction to the Books of the Bible: Exodus***

This month we are looking at Exodus, the second book of the Old Testament. Its name means departure, reminding us that Israel's flight out of slavery in Egypt is the major focus of the book.

Exodus is a book of two halves! The first part (chapters 1-19 & 32-34) is the story of an oppressed people who are delivered from slavery into a life of freedom. The second half (chapters 20-31 & 35-40) consists of detailed instructions about the life and worship of God's people. The book introduces us to their *salvation* or deliverance, as *story*. God's promises to Abraham are fulfilled as the people journey to the Promised Land. He also renews His covenant with them at Sinai, expressed in the Ten Commandments (20: 1-17).

At the heart of Exodus is the person of God Himself. In chapter 3 God reveals His name as YHWH or '*I am who I am*' (3:14) to Moses. This is the name by which God is known throughout the Old Testament, expressed in the title '*the LORD*'. To know God's name is to know Him, as well as His character ie His justice, truthfulness, mercy, faithfulness and holiness. He is the God who controls history, delivering the people out of Egypt, while the death of the Passover lamb points us to Jesus' death on the cross (1 Corinthians 5:7).

God's promises of help remain true for us today: '*Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today*' Exodus 14:13.

*'This Exodus story continues to be a major means that God uses to draw men and women in trouble out of the mess of history into the kingdom of salvation.'* (Eugene Peterson).

**Now see quiz on Exodus on pages 12 & 13! (Answers on page 30)**

*Editor: by Tim Lenton*

### **The Day the Music Died**

It was 65 years ago, on 3<sup>rd</sup> February 1959, that American rock-and-roll performers Buddy Holly, Ritchie Valens and The Big Bopper were killed in a plane crash in Iowa. Thanks to Don McLean and his eight-minute hit song *American Pie*, it became known as "the day the music died".

Buddy Holly was a rock 'n' roll pioneer who is widely regarded as having sparked a 'quantum leap' in popular musical output in the post-war years, being admired by such stars as Elvis Presley and John Lennon. He was born in Lubbock, Texas, to a Christian family and attended a Baptist church where he made a commitment and was baptised.

At the time of the plane crash – attributed to their young pilot's inexperience in appalling weather conditions – Holly, 22, Valens, 17, and the 28-year-old Big Bopper (J P Richardson), together with other musicians, were on what they described as "the tour from hell", travelling hundreds of miles each day by bus in temperatures as low as minus 35F.

After a concert in Clear Lake, Iowa, Holly decided to rent a private plane to get to Fargo, North Dakota, for the next concert. He planned to take his band members, Waylon Jennings and Tommy Allsup, with him, but Valens tossed a coin for Allsup's seat and won. Jennings then gave his seat to the Big Bopper, who was unwell.

Holly's young wife Maria learned about his death on television and suffered a miscarriage. His mother heard the news of his death on radio. Since then, news media have introduced rules to prevent the names of people who die in accidents being revealed before the family itself is informed. Maria did not attend his funeral and has reportedly never been to his grave, but she preserved and promoted his music after his death.

## 'Lenten Valentines'

This month both Ash Wednesday and Valentine's Day fall on the same day! The link between the two can be summed up in terms of the nature of real love! Lent, beginning on Ash Wednesday, focuses on learning to love God more, as we give Him space in our lives. This is what Jesus found when He was led into the desert by the Spirit to be tempted by Satan. (Luke 4:1-13).

Jesus was tempted to turn stones into bread. Yet loving God and His word comes before satisfying physical desires.

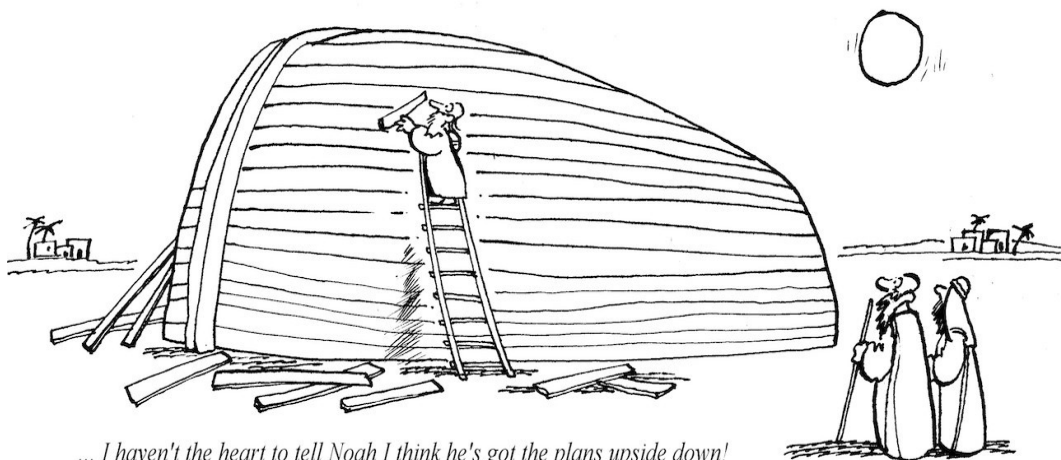
Satan tempted Jesus to worship him. However, worshipping God is an expression of loving God and serving Him.

Finally, He was tempted to put God to the test, by jumping off the Temple. Real love for God does not put Him to the test, but wants to obey Him.

Lent also teaches us how to live out the love of God in practical ways, as we follow Jesus in the way of the Cross. We see this clearly demonstrated in the life and death of Saint Valentine.

Valentine was a Christian who demonstrated the importance of sharing God's love with others. We know little about him, except that he was a priest who lived in the 3<sup>rd</sup> Century AD and that he was martyred on 14<sup>th</sup> February. Emperor Claudius felt that soldiers in the Roman Army were distracted from their duty by their wives, and so had attempted to outlaw marriage. It is believed that Valentine married couples in secret, which is why today we celebrate our love for one another on his day.

In trying to understand the meaning of her revelations from God, Julian of Norwich found:  
*'What, do you wish to know your Lord's meaning in this thing? Know it well, love was His meaning.'*



*Editor: This month we are launching a short 'quiz' to accompany the series on the books of the Bible. (see page 10)  
This will be a regular feature that runs throughout the year.*

## **Quiz on the Book of Exodus**

*How well do you know what happened in Exodus? Try this quiz!*

1. Who rescued Moses from the basket in the bulrushes?
  - a. Pharaoh's daughter
  - b. Pharaoh's maid
  - c. Pharaoh's wife
  
2. How many plagues did God send on Egypt?
  - a. 5
  - b. 10
  - c. 15
  
3. What was the second plague?
  - a. frogs
  - b. water turned to blood
  - c. locusts
  
4. What is the name of the sea the Israelites crossed to escape the Egyptians?
  - a. Dead Sea
  - b. Black Sea
  - c. Red Sea
  
5. At what place did the Israelites arrive to find the water was too bitter to drink and God made it sweet?
  - a. Marah
  - b. Elim
  - c. Horeb
  
6. Which bird did God provide for meat in the wilderness?
  - a. pigeon
  - b. quail
  - c. turtledove
  
7. What guided the Israelites through the wilderness?
  - a. a star in the sky
  - b. Moses had visions telling him where to lead the people
  - c. a pillar of cloud and of fire
  
8. When there was no water to drink, how did Moses provide it?
  - a. from earthen jars
  - b. from his rod
  - c. from a rock
  
9. On which mountain were the Israelites given the Ten Commandments
  - a. Mt. Sinai
  - b. Mt. Nebo
  - c. Mt. of Olives
  
10. What is the seventh commandment?
  - a. Thou shalt not covet
  - b. Thou shalt not commit adultery
  - c. Thou shalt not bear false witness



11. What was on top of the Ark of the Covenant?
  - a. two cherubim
  - b. candlestick
  - c. Aaron's rod
12. What compelled the Israelites to form and worship the golden calf?
  - a. they wanted to make a statue to the Lord
  - b. they made it as a symbol of their freedom from slavery
  - c. they didn't know what had happened to Moses
13. What was the name of a man who was given the Spirit of God, to enable him to become a good craftsman, and assist with the building of the tabernacle?
  - a. Caleb
  - b. Bezaleel
  - c. Buz
14. Who was Moses' successor?
  - a. Joshua
  - b. Caleb
  - c. Aaron
15. For how many years did the Israelites wander in the wilderness?
  - a. 20 years
  - b. 30 years
  - c. 40 years

*For Answers see page 30.*

### **What is the point of temptation?**

*'Happy is the man who doesn't give in and do wrong when he is tempted, for afterwards he will get ... his reward....' James 1:12*

Temptation becomes a stepping stone rather than a stumbling block, when you realise that it's *just as much an opportunity to do the right thing, as the wrong thing*. Temptation just gives you the choice!

It's helpful to remember that God develops the fruit of the Spirit in us by allowing circumstances in which we're tempted – to express the exact opposite quality! For instance, He teaches us to love by bringing unlovely people into our lives. It takes no character to love people who are lovely and loving you. God teaches us joy in the midst of sorrow by causing us to turn to Him for comfort and strength, when all our other supports are gone.

He develops peace within us, not by making things go the way we planned, but by allowing times of chaos and confusion. Peace comes when we choose to trust God in situations where we're tempted to worry or be afraid.

Likewise, patience is developed through circumstances in which we're forced to wait and are tempted to be angry or have a short fuse.

You can't claim to be good, if you've never been tempted to be bad; or be faithful if you've never had the opportunity to be unfaithful. Integrity is built through defeating dishonesty; humility grows as you refuse to give place to pride; endurance develops as you reject the temptation to give up. The truth is that each time you defeat a temptation, you become more like Jesus.

*Adapted from: UCB, The Word for Today.*



## Statement from the House of Bishops on the ongoing War in Gaza

*The following are extracts from the Statement.*

“We are dismayed that the place of our Saviour’s birth is once again wracked by violence, death and destruction.

We grieve that innocent children have been disproportionately affected by this conflict. Of the 1,300 people killed in the abhorrent terrorist attacks of Hamas on 7<sup>th</sup> October, 33 were children. Of the 250 hostages taken, 34 were children. In Israel’s exercising its right to self-defence, more than 18,000 people have reportedly been killed, over 40 per cent of whom were children. Thousands more have been injured.

We re-affirm our position of last autumn (31<sup>st</sup> October) that there is no equivalence between the atrocities of Hamas against Israeli civilians, and the right and duty of Israel to defend itself. We also want to be clear that we do not believe that the devastating loss of civilian life and humanitarian catastrophe resulting from Israel’s bombardment and siege of Gaza can be morally justified.

The nature and scale of death and destruction we are witnessing across the region is horrific and is inconsistent with the obligations of international humanitarian law as affirmed most recently by United Nations Security Council Resolution 2712. (15<sup>th</sup> November 2023).

“This war has claimed too many lives and destroyed too many homes. We appeal for the bloodshed and destruction to stop. An alternative strategy needs to be found that closes down on attacks on Israel from Gaza and ends the violence and blockade undertaken by Israel.

“Intensified diplomatic efforts should seek to secure the release of all remaining hostages, the protection of civilians and full humanitarian access to Gaza, alongside steps to establish a reinvigorated political track to address the overarching conflict.

“The Israel-Palestine conflict is more than another regional conflict, but one with both international and domestic resonances. The current war in Gaza risks sowing the seeds of the next several generations of vengeance and violence unless it is resolved equitably now. For this reason, we call on the British Government to appoint a dedicated Minister or Peace Envoy for the Middle East to work with other nations to focus diplomatic efforts and to signal a long-term commitment to support any future peace process.

“We condemn the fresh growth of antisemitism in Europe, a shameful feature of our Western Christian history that needs to be constantly rebuked. In schools, universities, on streets and in places of work and worship, antisemitism has been the root of so much racism. Once one group is allowed to be attacked, merely for religion, race or heritage it seems to open the gates of hell to all other forms of hatred.

“We condemn all those hateful voices stoking prejudice against anyone, for any reason and call on the church to walk alongside those from different communities. We also warmly encourage support for the [Archbishops’ appeal for the Al Ahli Hospital in Gaza](#)

## **Faith leaders call for change to asylum-claim system**

Bishops and other faith leaders have joined forces with the Bishop of London to call on the Government to make a change in the leave-to-remain status situation for asylum seekers.

They say they want practice to match policy, for there to be better communication with asylum seekers, and for the timeframe to be extended.

While the faith leaders welcomed the Home Office's efforts to tackle the backlog in asylum claims, they expressed concern "at the number of refugees who, on receiving their leave-to-remain, are becoming street homeless."

The faith leaders said this meant a growing demand on London's churches, mosques, gurdwaras, synagogues and temples, for support with accommodation for those who have just achieved refugee status.

The faith leaders ask that Home Office to abide by its policy that refugees be given a minimum of 28 days from the date when they receive their biometric residence permit (BRP) before having to leave their accommodation. They also ask that the eviction notice period be extended from 28 days to 56, to allow adequate time to apply for Universal Credit and other benefits.

Bishop Mullally said: "Our churches are doing what they can to meet the need, and we all want to avoid further strain on our crisis systems. Homelessness increases the burden on the NHS, and has an overall impact on health, well-being, and the economy."

## **Archbishop urges Government to scrap two-child benefit cap**

The Archbishop of Canterbury used his recent House of Lords debate on families and households to urge the Government to scrap the two-child benefit cap.

The two-child benefit cap means that parents can only get child tax credit or universal credit for their first two children. The cap is for the third child and subsequent children born after April 2017.

Archbishop Justin highlighted research from the End Child Poverty Coalition which stated that, "removing the two-child limit would lift a quarter of a million children out of poverty."

The Archbishop went on: "The unfair penalty applied to additional children affects their educational outcomes, their mental and physical health, and their likelihood to require public support from public services later on. It is not a good policy."

All above articles ©Parish Pump

## **Thank you to our InSpire sponsors**

A BIG thank you to all our sponsors over the last seven years for their support of the magazine. It enables us to continue reaching a wide audience at no cost to the reader. A sincere thanks to all who have offered to sponsor the 2024 issues!

If you would like to discuss sponsorship, please speak to either Suzanne Cole, Editor on 01306 711449 or Helen Burt, Treasurer (contact details on page 3). Thank you

*Editor: The Revd Dr Jo White continues her series on the Christian symbols in our churches.*

## **Reflecting Faith: Memorial Stones**

Last month we began to look at the outside of the church building. When you last visited a churchyard with very old memorials, what did you notice?

The oldest stones probably just had the name of the person, date of death and perhaps their age.

But the slightly more recent stones may well have included where the person had been born, lived, and who they had married. These stones probably belonged to the wealthier people, as they needed to be large, to include all this information!

As for the poorer folk, as cheaper stone became available, they also wanted to mark their loved one's place of rest, even with just the bare details.

With the advent of the railways, a firm in Scotland started a business for shaping the stone with recessing, into which a local stone mason would be able to carve the words. This is why you will see many similar shaped stones in every churchyard in England, Wales and Scotland for that period.

In different areas of the country, both locally sourced stones and the availability of the stonemason create very different looks – whilst within that area are many reproductions.

Also, the 'floweriness' of the inscriptions grew over the years. What started with just the name of the person later had added before the name, 'With affection', then 'With great affection', then, 'Greatly loved' and so on. It was almost as if people were trying to outdo each other on who loves who most.

Meanwhile, by the early 20<sup>th</sup> century many churchyards were 'full', and if adjoining land was available this was consecrated, but otherwise separate land was purchased – which became a 'cemetery' and was usually not the responsibility of the church.

A churchyard, on the other hand, is by definition under the auspices of 'the church', whether open or closed.

Because people continued to want to be interred in 'holy land', eventually all cemeteries were set aside and consecrated by and for the different religions and denominations, reflecting the needs of the local communities.

### *This month*

Think about where you'd like to have as *your* final resting place. Whether you choose cremation or burial, is being in a set-aside 'holy place' important to you and to those who will visit?

## **Don't forget those nestboxes!**



On 14<sup>th</sup> February our annual National Nestbox Week begins.

Now an established part of the ornithological calendar, it aims to encourage people to help out the birds in their gardens each Spring. Everyone is invited to put up more nestboxes in their local area, and a very helpful website gives full instructions on how to do this.

More details at: <https://www.nestboxweek.com>





## **The war in Gaza-Israel – Bishops urge people to pray – and act**

“The first thing Christians can do in response to war is to pray for peace and for those affected.” That is the message of the Archbishops of Canterbury and York.

The Archbishops are praying for “those mourning, those injured, and all those fearing for their safety,” and for “restraint on all sides, and renewed efforts towards a just peace for all.”

The Archbishops and Bishops are also encouraging Christians throughout the UK to join them in prayer, and to consider practical action, by supporting organisations “working to promote peace and human flourishing in the Middle East.”

The following is posted on the Church of England website:

Christian Aid is the official ecumenical arm of Churches in Britain and Ireland and has been working with the poorest and most vulnerable people in the Middle East since the early 1950s, when it provided humanitarian relief to Palestinian refugees.

The Church Mission Society is a historic Anglican mission society which supports mission partners across the region.

The Council of Christians and Jews is a leading interfaith charity which works to help Jews and Christians to meet, to understand each other better and to create meaningful engagement between the communities.

Embrace the Middle East is an ecumenical Christian charity working to help marginalised and vulnerable communities in the Middle East.

Friends of the Holy Land is a non-political Christian Charity whose mission it is to secure a resilient and enduring Christian community in the West Bank, Gaza, Israel and Jordan - the part of the world that Christians call the Holy Land.

The Jerusalem Middle East Church Association has supported the life and work of the Anglican Church across Jerusalem, the Middle East and North Africa for more than 120 years and other many ways for individuals to get involved in supporting the Church in the Holy Land.

USPG is a historic Anglican mission agency that has a long-standing partnership with the Episcopal Diocese of Jerusalem and the Middle East.

### **God's army**

Dewey was in front of me coming out of church one day, and the minister was standing at the door, as he always is, to shake hands. Suddenly he grabbed Dewey by the hand and pulled him aside. The minister said sternly, “Dewey, you need to join the Army of the Lord!”

Dewey replied, "I'm already in the Army of the Lord, Pastor."

The minister retorted: “Then how come I don't see you except at Christmas and Easter?”

Dewey replied in a whisper: "Well, I'm in the secret service."

## LETTER FROM THE EDITOR

Dear friends,

February 2024

We are rapidly approaching Lent and there is lots on offer to mark Lent in our Parish churches this year. The **Lent soup lunches are back!** They proved very popular in 2023 and will be taking place on six Wednesdays, beginning on Wednesday 21st February - more details on page 2. All these lunches will be in aid of the **Bishop of Guildford's Communitas Fund** - more details of that on page 29.

There is a continuation of Canon Paul Hardingham's new series which will run for the next two years on the books in the Bible. This month's article is about the **book of Exodus** and to tie in with that there is a new monthly quiz which you can find on pages 12 and 13. I hope these new quizzes are enjoyable for everyone and a welcome addition to our regular content!

With Lent in mind, there are various articles including one by The Rev Dr Gary Bowness where he considers the aim of Lent entitled '**Life on a spin**'. There are details on page 6 of the forthcoming **Quiet Day** on Saturday 17th February and the upcoming Lent Course '**Be Still**'. Do read the details of both on page 6 and then sign up in church if you would like to attend either/both to give an idea of numbers. This month both **Ash Wednesday and Valentine's Day** fall on the same day! The link between the two can be summed up in terms of the nature of real love! Lent, beginning on Ash Wednesday, focuses on learning to love God more, as we give Him space in our lives - see '**Lenten Valentines**' on page 11.

This year's '**Church Action on Poverty Sunday**' is on **11<sup>th</sup> February**, when Christians around the country are urged to remember those in real need. Do see the article on this on page 22. On a totally different note, on 14<sup>th</sup> February our annual **National Nestbox Week** begins. Now an established part of the ornithological calendar, it aims to encourage people to help out the birds in their gardens each Spring. Everyone is invited to put up more nestboxes in their local area. Do see page 16 for more details.

Our Lent course will be on prayer and devotion and there is an article on page 18 '**The war in Gaza-Israel – Bishops urge people to pray – and act**'. The message from the Archbishops of Canterbury and York is "*The first thing Christians can do in response to war is to pray for peace and for those affected.*"

We have much to look forward to in February, including our annual Christingle service in aid of The Children's Society. I wish you all every blessing this coming Lent.

***"In happy moments, praise God. Difficult moments, seek God. Quiet moments, worship God. Painful moments, trust God. Every moment, thank God. - Anon"***

*Suzanne*

[inspire@capelandockleychurch.org.uk](mailto:inspire@capelandockleychurch.org.uk) (Please note NEW email address - thank you)

### ***Miscellaneous observations on our life and faith...***

The 'heart' in the biblical sense is not the inward life, but the whole man in relation to God. - *Dietrich Bonhoeffer*

Hatred and bitterness can never cure the disease of fear; only love can do that. Hatred paralyzes life; love releases it. Hatred confuses life; love harmonises it. Hatred darkens life; love illumines it. - *Martin Luther King*

Whenever you read the Gospel, Christ Himself is speaking to you. And while you read, you are praying and talking to Him. - *St Tikhon of Zadonsk*

God is as present as the air. - *Michael Hollings*

We are, because God is. - *Emmanuel Swedenborg*

There is a net of love by which you can catch souls. - *Mother Teresa*

# BOOK REVIEWS

by Parish Pump



## Lent and Easter for Everyone - from Wilderness to Glory

By Tom Wright, SPCK, £10.79

Join Tom Wright on a transformative journey through the Gospels, as he explores the life and impact of Jesus. Offering seven weeks' worth of daily readings and reflections, the book enables you to relive Christ's journey - from His temptations in the wilderness to the darkness of the cross and beyond, into the glory of Easter.

Whether used individually or in groups, *Lent and Easter for Everyone* can be a trusted companion, encouraging spiritual growth, deepening understanding, and fostering a renewed sense of hope and purpose in your Christian journey.

## Holding Onto Hope: 40 days of God's encouragement through art and reflections

By Amy Boucher Pye & Leo Boucher, BRF, £12.99

Here is a 40-day journey exploring the themes of hope and new life, through vivid biblical images.

It starts with how all creation praises God, from the flowers of the field to the streams in the desert and the trees clapping their hands. It then explores the agricultural pattern of sowing, growing and harvesting, before moving to the gracious promises and invitations God makes to His people, such as how He writes eternity onto our hearts.

There are compelling images of God as our help and refuge, our shade and rear guard. God also changes His people – clothes us, renews our minds and strengthens us.

Finally, we focus on our new life in Christ through images such as new wineskins, the imperishable seed and the City to come.

## Our Radiant Redeemer - Lent Devotions on the Transfiguration of Jesus

By Tim Chester, 10Publishing, £7.54

This devotional looks at the transfiguration of Jesus in depth, giving readers a glorious lens through which to view Jesus during Lent and Easter. As we see Jesus in His glory, we are reminded of how marvellous He is and how brilliant our future with Him will be. We will be moved to worship Jesus with our whole lives, giving thanks for all that He is and all that He has done.

Each of the 40 devotions includes prompts to reflect and to pray.

## Lent with the Beloved Disciple - the 2024 Lent Book

By the Rt Revd Bishop Michael Marshall, Bloomsbury, £10.99

The 2024 Bloomsbury Lent Book invites you on a six-week journey in the company of the 'beloved disciple' as found in the narrative of the Gospel of St John. As the only disciple to have stayed close to Jesus at every stage from the Last Supper to the Crucifixion at Calvary, John records certain subtle details and signs which indicate a deeper and far lasting significance.

Michael Marshall explores what these signs are and how, with prayerful reflection, they draw us ever more deeply into the personal, eternal and cosmic significance and awareness of all that Christ accomplished by His death and resurrection. Ideal for both individual use and for small group study.

## Mapping Your Spiritual Journey - a companion and guide

By Sally Welch, Canterbury Press, £12.99

Mapping your spiritual journey is a technique used in spiritual direction, as a way of recognising and interpreting God's presence in the highs and lows of your life experiences.

This book offers creative ways to explore your own spiritual journey, helping you to trace your relationship with God from the beginning, whether looking at your entire life or exploring significant moments. It can be done in multiple creative ways – drawing, collages, timelines, maps, collections of objects or photographs, modelling, journaling, making a garden and more.



## Mapping Your Spiritual Journey - a companion and guide continued

It offers suggestions for ways to reflect on your journey and to deepen your understanding of God's presence in your life. This equips you to look forward and plan your future journey with God with confidence.

### Friend of God - the Inspiration of Abraham in an Age of Doubt

By John C Lennox, IVP, £14.36

Abraham is the only character in the Bible to be described as 'the friend of God'. This comprehensive study by John Lennox explores why.

Abraham is unquestionably one of the most outstanding and influential figures in world history. He had no political or military achievements, and he left no literary remains, yet today billions of people - more than half of the world's population - claim him as their spiritual father.

Throughout the Bible, Abraham is seen as a pivotal figure in God's plan of salvation. In this richly detailed account of his life and times, John Lennox helps us to see through mists of the past to the real flesh-and-blood man, with all his strengths and weaknesses, to better appreciate all that Abraham stands for as a model of faith today.

### Curious Contemplative - Daring to Discover New Depths with God

By Chris Webb, SPCK, £11.99

Many people would like to move beyond the superficialities of so much of church life, and explore the spiritual practices of silence, solitude, and stillness. These all help to cultivate a deeper relationship with God, with others and with ourselves.

This book explores Christian contemplation by following the remarkable journey of Elijah, from attention seeking self-appointed leader to reflective and deep-rooted contemplative.

It examines what we can learn from this story, and how we can incorporate such spiritual disciplines into our own lives.



## *With Lent in mind...*

God would not rub so hard, were it not to fetch out the dirt and spots that be in his people. - *Thomas Brooks*

God denies a Christian nothing but with a design to give him something better. - *Richard Cecil*

It is not great talents that God blesses, so much as great likeness to Jesus. - *Robert Murray M'Cheyne*

I am so busy at this present time I cannot do with less than four hours each day in the presence of God. - *Martin Luther*

Great eagles fly alone; great lions hunt alone; great souls walk alone – alone with God. - *Leonard Ravenhill*

No man ever said, at the end of his days, 'I have read my Bible too much, I have thought of God too much, I have prayed too much, I have been too careful with my soul.' - *J C Ryle*

A guilty conscience is a hell on earth, and points to one beyond. - *Anon*

Nature forms us; sin deforms us; school informs us; Christ transforms us. - *Anon*

That faith which is never assaulted with doubting is but a fancy. Assuredly that assurance which is ever secure is but a dream. - *Robert Bolton*

It costs to follow Jesus Christ, but it costs more not to. - *Anon*

If God brings you to it, He will bring you through it. - *Anon*

Happy moments, praise God. Difficult moments, seek God. Quiet moments, worship God. Painful moments, trust God. Every moment, thank God. - *Anon*

Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind; and love your neighbour as yourself. - *Jesus Christ*

The heart of man is like a creeping plant, which withers unless it has something around which it can entwine. - *Charles James Apperley*

## Supporting those in need on Church Action on Poverty Sunday

This year Church Action on Poverty Sunday is on 11<sup>th</sup> February, when Christians around the country are urged to remember those in real need.

Perhaps one of the most serious impacts of poverty is the dire state of homelessness. The numbers are staggering. More than 300,000 people are homeless in the UK; 119 families in England are made homeless every single day; and 140,000 children are currently without a home. The figures are the highest on record.

When you picture a homeless person, he or she will probably be a rough sleeper; but rough sleeping is only one manifestation of homelessness, and not the most frequent one.

Homelessness ranges from living on the streets, to living in emergency accommodation, in women's shelters, and in other temporary accommodation.

Homelessness is not always a visible problem. But the cost-of-living crisis, record rents hikes, stretched local services and withdrawal of emergency Covid measures have led to more people falling into desperate positions than ever before this past year.

Green Pastures is one organisation who is working to enable Christians to make a difference. It has been housing the homeless for 25 years, and it exists to help Christians do their bit to tackle the growing homelessness crisis.

Green Pastures has grown to now house more than 1500 formerly homeless people across the UK, in more than 100 towns and cities. To fund property purchases, Green Pastures has raised more than £47 million in funding, through everyday people who lend them some of their savings and receive interest in return. This model enables the organisation to buy property and work in partnership with local ministries to directly impact the lives of people in need.

*Kev (pictured left, with Green Pastures partner, John) lives in a Green Pastures home in Cumbria. At a visit, without prompting, Kev said, "This home saved my life, in fact this man saved my life."*

For those facing homelessness, it starts with the life change of a safe and secure home. Tenants like Kev are also offered compassionate wraparound support, pathways towards recovery and independence, and the opportunity to know Christ for themselves.

With many more people in need waiting for help, this month is a great time to consider how the Church can make a significant impact. You can find out more about Green Pastures' work, and how you might get involved, at <https://www.greenpastures.co.uk>.



### ***With Lent in mind...***

Still water and still religion freeze the quickest. - *Anon*

Some Christians are not only like salt that has lost its savour, but like pepper that has lost its pep. - *Albert George Butzer*

Christianity is the total commitment of all I know of me to all I know of Jesus Christ. - *William Temple*

Every action of our lives touches on some chord that will vibrate in eternity. - *E H Chapin*

It is dangerously possible for activity to be no more than a dizzy whirl around a central emptiness. - *Anon*

## “Jesus walks with us through our grief and isolation” - Church of England online service

Jesus accompanies those experiencing grief, loneliness, and sadness. That was the message of a recent national online service.

In a sermon recorded at St Nicholas Church in Rattlesden, Suffolk, where she is Rector, the Rev Sharon Grenham-Thompson spoke of her grief for her teenage son Leo, who died in 2021.

But Jesus, she said, is the ‘Good Shepherd’, and He knows us “behind the outer masks we wear.” He calls us by name, and He will never cease to reach out to us.

She said: “Jesus died in pain and loneliness upon the cross – and He understands our isolation and grief. This Jesus speaks to me. This Jesus doesn’t trivialise or deny my tribulations – He takes my hand and walks with me through them. This is Mary’s Jesus, my Jesus, and your Jesus.

If you are going through a time of grief and isolation, you can access the Church of England’s mental health resources at <https://www.churchofengland.org/resources/mental-health-resources> or make a space to pray by lighting a virtual candle.



*Editor: The Ven John Barton looks back on two years of the Russian-Ukrainian war.*

### **Ukraine - Two Years Later**

Although Russian troops were massing near the borders of Ukraine in February 2022, we naively believed their denial that an attack was imminent.

Since then, an all-out war has resulted in tens of thousands of civilian deaths, and hundreds of thousands of military casualties. A quarter of the Ukrainian population has been displaced. Eight million are now refugees, spread across Europe.

Few of us realised that a war between the two countries really started in 2014, when pro-Russian regions of Ukraine rebelled and Crimea was annexed.

Hostilities between the two countries had begun even earlier. Ukraine had joined the Soviet Union in 1922 and ten years later lost more than a million of its population in the ‘Holodomor’ famine, now widely regarded as genocide inflicted by Joseph Stalin, the Soviet leader.

Relationships between the two countries have always been turbulent, and Russia’s possessive attitude towards its neighbour is deeply resented.

Ukrainian refugees in the UK are mainly women and children, for their men are needed for war service. So, they have organised themselves into self-help groups, painstakingly learning to read and write in English, as well as working full or part-time and keeping up their morale by organising groups for young and old. Choirs have sprung up, often assisted by British musicians. One member wrote movingly of how singing helped her cope with the mental trauma of her homeland fighting for survival.

Ukrainians are unceasingly grateful for our hospitality, but they fear our compassion may wear thin, as our attention has been diverted by news of the barbarity between Israelis and Palestinians. That conflict also has a long history of smouldering hatred on both sides. Wars rarely solve disputes. When wearied people recognise their futility, settlements may be negotiated. Forgiveness takes longer.

Editor: by Tim Lenton

## Remembering Sir Ernest Shackleton

One hundred and fifty years ago, on 15<sup>th</sup> February 1874, Sir Ernest Shackleton was born in County Kildare, Ireland – into a family that was English in origin and had Quaker connections. Sir Ernest was one of the leading explorers during the Heroic Age of Antarctic Exploration. He led three British expeditions to the Antarctic.

His father, Henry, was a farmer, who then qualified as a doctor, and the family moved to Sydenham, London in 1884. Ernest learnt seafaring in the Merchant Navy, becoming in turn second mate, third officer and first mate, before certifying as a master mariner in 1898: this qualified him to command a British ship anywhere in the world.

Expeditions he led included the *Nimrod* (1907-09), the *Endurance* (1914-17) and the *Quest* (1920-22). He was also on Scott's earlier *Discovery* expedition, but was invalided home early. From early on he had health problems, and the medical officer on the *Nimrod* expedition believed he had a hole in the heart.

Shackleton was described as spiritual but not religious. While crossing the mountains in South Georgia with two others to complete his heroic rescue of the crew of the *Endurance*, he and his companions said they were aware of a fourth presence, which they called 'providence', walking with them.

Although Shackleton did not make any major discoveries or register any notable firsts in Antarctica, he took part in some amazingly courageous enterprises and, although he was largely overlooked for many years, is now regarded as one of the giants of polar exploration, always admired by his crewmen. He died of a heart attack on the *Quest* at the age of 47 and was buried – at his wife's request – in the graveyard of the English church at Grytviken in South Georgia.

### HIGH DAYS & HOLY DAYS -

#### **NEW \* 1<sup>st</sup> February – Seiriol, saint of Puffin Island**

You can find traces of old saints in most corners of the British Isles, but Seiriol is one of the only two saints connected to Anglesey, and certainly the ONLY saint connected to Puffin Island.

It was back in the 6<sup>th</sup> century that this gentle abbot first settled in Penmon, and built a little church. His ruined beehive cell still survives there today, as does the well from which he drew water, both for his own use, and also for baptising local people.

Like many other Celtic saints, Seiriol would have travelled by sea. So he felt comfortable near the coast on Anglesey, on low-lying land. Although he lived as a simple hermit, Seiriol soon attracted followers, and eventually he decided to establish a small monastery. He chose to build it on nearby Ynys Seiriol, now called Puffin Island.

That little monastery on Puffin Island saw some scary action in 632, when Edwin of Northumbria was chasing the Welsh king, Cadwallon, and ended up besieging him on the island. Cadwallon was finally conquered, and history moved on, but the monastic ruins of Seiriol's little monastery are still there today.

Seiriol seems to have been a purely local saint who never attracted a very great number of followers. The only known dedications to him are at Penmon and Puffin Island. But Seiriol's life and work are still a testimony today. He is a gentle and encouraging reminder of what an impact even a simple local Christian can achieve, by simply being faithful to Jesus Christ in the place where he is.



# God in Music

Editor: The Revd Michael Burgess continues his series looking at great works of music.

## 'Glorious the song when God's the theme': the Nunc Dimittis

St Luke tells us in his Gospel that the angels sang praises to God at the birth of Jesus, and he has given us three poems that have become part of Christian song: the *Magnificat*, the *Benedictus* and the *Nunc Dimittis*.

The first two are full of praise and rejoicing. The last comes as Mary and Joseph fulfil the Law of Moses and bring the child Jesus to Jerusalem. In the temple they meet Simeon and Anna. Simeon represents each of us who can look back over life with gratitude in the face of death as he says, 'Lord, now lettest Thou thy servant depart in peace.' It is a story that has inspired preachers and artists, and also composers.

In the Christian Church these words of the *Nunc Dimittis* have become part of worship at the end of each day, not just the end of life. Cathedral and parish church choirs have sung settings of these words in that great tradition of Anglican choral music at Evensong – settings that have captured the sense of quiet resignation, but also conveyed the glory of the light that is Jesus shining for all people. Rachmaninov's setting is part of his Vespers, the night-long vigil sung in the Russian Orthodox Church on the eve of great feasts.

Rachmaninov composed the work (and it comprises 15 pieces) at great speed, but even so, the Vespers are now seen as one of the great masterpieces of religious music.

This was no more so than in his beautiful setting of the 5<sup>th</sup> canticle, the *Nunc Dimittis*. Just 36 bars long, it begins with a rocking, undulating figure in the upper voices. A solo tenor enters as the voice of Simeon, and it ends with the basses moving down to a low B flat: 'a sigh of wonder and resignation on the threshold of eternal rest and peace,' one critic has called it.

Rachmaninov later recalled, "After I played the passage at the end of the 5<sup>th</sup> canticle where the basses slowly descend to that low note, the conductor shook his head, saying, 'Now where on earth will we find such basses? They are as rare as asparagus at Christmas!' Nevertheless, he did find them." It was one of the composer's favourite pieces, and he asked for it to be sung at his funeral in the hope that it would send his 'ship of death gently towards the unknown region.'"

On 2<sup>nd</sup> February we shall hear these words as part of the Gospel on the feast of Candlemas. Simeon prays them because his cup is now overflowing. He has looked on the salvation of God. Music allows us to look on that glory and salvation also, and Rachmaninov, in his moving setting, has captured the calm trust of that moment, which shines out like the brightness of the light of Jesus.

Easy Sodoku

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

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Medium Sodoku

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

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Solutions on page 30

## Traidcraft a year on and tea

It is now about a year since Traidcraft PLC went into receivership. Traidcraft was two parts – a trading part and a charity part. Any Traidcraft trading profit went to help fund the charity arm. Fortunately, before they went into receivership the charity was made self sufficient, and the demise of Traidcraft PLC did not affect them. It does mean is that the charity is now reliant upon generating their own income.

The trademark of Traidcraft has been sold to the charity which is now called 'Transform Trade'. They hope to be able to relaunch Traidcraft tea in the near future. It will be sourced entirely from Kenyan smallholders, and it is hoped that this will make a real difference to the lives of those employed in the supply chain of our nations favourite drink.

Tea first became fashionable in Britain in the 1700s but was available only to the elite. By the 18th Century, the UK was importing over 2,000 tonnes of tea each year. In 2020, the amount of tea imported into the UK was around 129 thousand tons – the British drink 36 billion cups a year. Tea originates in China, but by the 18th Century tensions between the British and Chinese led British companies to hunt for new sources of tea. To end Chinese monopoly on the tea trade, the British began to plant tea in Sri Lanka and India. Colonial tea planters set up estates in North Bengal and Assam, where conditions for tea growing were optimal. Many well-known household tea brands have their roots in colonial era India.

Cultivating tea is an incredibly labour intensive. With slavery outlawed in the British Empire from 1833, The East India Company began to use indentured labourers – for whom conditions were not noticeably far removed from slavery. People from Nepal and Adivasis tribes, among others, were forcibly resettled, unable to leave the estates they worked on, and paid exploitatively low wages. Today, over 350 million people in India are employed in the tea industry. Many are workers on the very same tea estates first planted by colonial settlers. 150 years later, and descendants of the first tea labourers face many of the same problems. Much of the tea we drink in the UK today is grown in unacceptable conditions. A tea worker will earn less than 2p for a box of teabags sold for £2 in a UK supermarket. Tea estates control the lives of their labourers, with child labour, malnutrition, poor educational provision, and appalling living conditions rife among workers who are unable to leave the estates. Workers and their families are afraid to speak out for fear of repercussions, and estates are often (illegally) closed to journalists and news outlets. Transform Trade 'Who picked my tea?' campaign led to six major brands agreeing to publish which estates their tea is grown, increasing transparency in the tea supply chain. At the end of last year, as a direct result of this campaign, the Business & Human Rights Resource Centre published their tea transparency tracker which lists over 3000 tea estates and led 17 companies to publish their suppliers.

Traidcraft Exchange is working alongside communities exploited by tea estates, raising awareness of their rights, and helping them to demand change, as well as providing skills training so communities can develop other sources of income, outside the tea sector. Once these tea sector communities in Assam and North Bengal are supported to get their basic rights, they can fulfil their human potential. They will be able work in dignified conditions, with safe housing and have access to land to grow their own food. Alongside this, they can get skills to work in other sectors and take up new opportunities, such as mobile phone repair and transportation.

Fairtrade tea comes from tea estates where a premium is paid to put help run initiatives which benefit the local community. Conditions can still be very hard for the workers, so it is better to buy tea from smallholders rather than estates where the farmers have a say over how the Fairtrade premium is spent. It is not only how workers are paid and treated that we should be concerned about. Organic certification is a good way to avoid pesticides being used and ensure better soil management. If possible, it is better to buy loose tea rather than teabags. If you buy teabags they should be bio-degradable. All tea should be packaged in boxes that are capable of being recycled and of recycled materials. Likewise, any inner packaging (foils and films) not only should be capable of recycling, but also possible to be recycled through local councils waste services.

So, a lot to think about the next time you have a cup of tea. Reward yourself with a biscuit or large slice of cake!

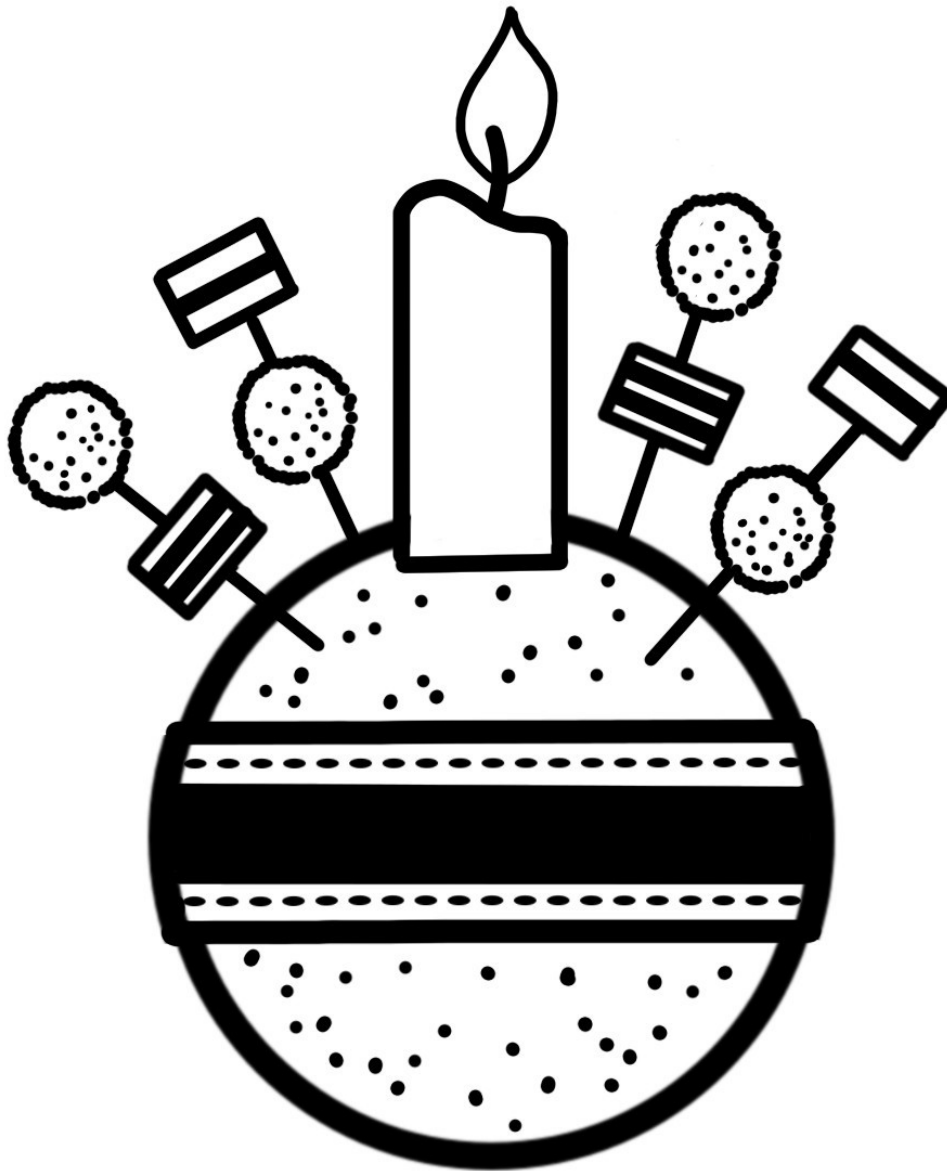
*Editor's note: Thinking about tea ... don't forget to make a note of the 2024 Church teas on page 31!*

# Junior InSpire

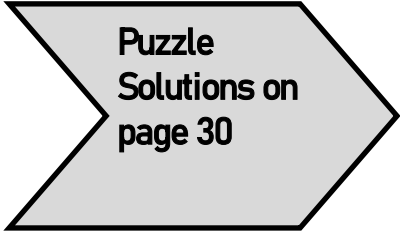
Christingle service is on Sunday 5th February. We hope to see lots of you there! In the meantime, why not colour in this Christingle at home? Imagine all the lovely sweets on the cocktail sticks and make them bright and good enough to eat!

## What is Christingle?

Christingle is a joyful celebration that brings families and communities together to share the light of Jesus and spread a message of hope.



Christingle celebrations are named after the Christingles that are lit during the ceremony. Christingles are oranges wrapped in red tape, decorated with dried fruit or sweets, with a candle on the top.



## CROSSWORD CLUES

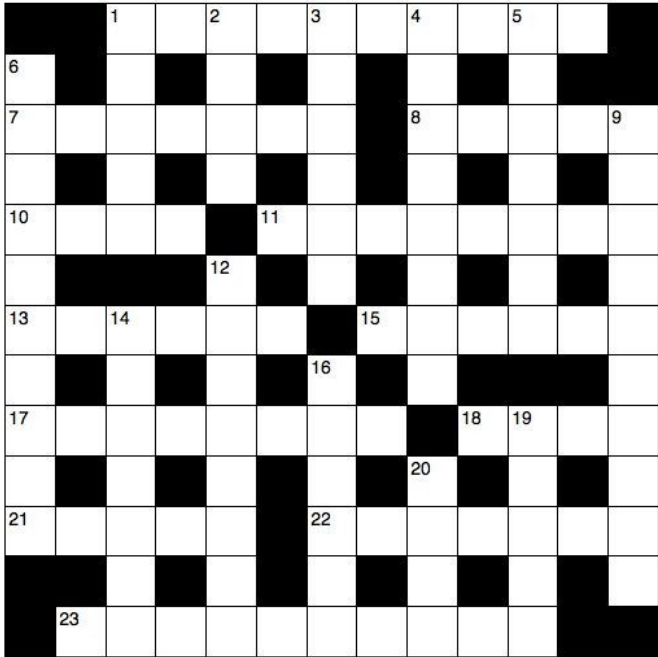
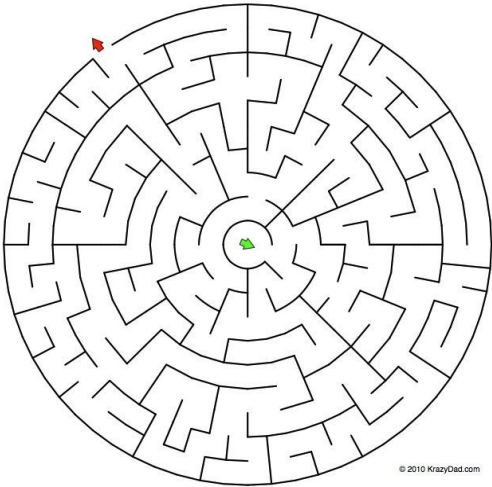
### Across

- 1 Success or wealth (Deuteronomy 28:11) (10)
- 7 Forbidden fruit for Nazirites (Numbers 6:3) (7)
- 8 Concede (Job 27:5) (5)
- 10 Look at (Psalm 48:13) (4)
- 11 Much in evidence after weddings (8)
- 13 Condense (Job 36:27) (6)
- 15 Breakwater (6)
- 17 Give a tan (anag.) (8)
- 18 More usually now called Pentecost, — Sunday (4)
- 21 After living for 365 years, it was said of him that 'he walked with God' (Genesis 5:23–24) (5)
- 22 Trampled (Judges 9:27) (7)
- 23 For example, Miriam, Deborah (Exodus 15:20; Judges 4:4) (10)

### Down

- 1 Arrogance (Proverbs 8:13) (5)
- 2 Roman poet from first century BC (4)
- 3 So rapt (anag.) (6)
- 4 Declare again (2 Corinthians 2:8) (8)
- 5 Paul's 'fellow worker', to whom he sent two epistles (Romans 16:21) (7)
- 6 God's foreseeing care and protection (Job 10:12) (10)
- 9 Traditional form of Roman Catholic Mass (10)
- 12 'The Lord... has given the — of Israel to David and his descendants for ever' (2 Chronicles 13:5) (8)
- 14 'My soul glorifies the Lord and my spirit rejoices in God my — ' (Luke 1:46–47) (7)
- 16 The central element in Nebuchadnezzar's dream, identified and interpreted by Daniel (Daniel 2:31) (6)
- 19 'On this rock I will build my church, and the gates of — will not overcome it' (Matthew 16:18) (5)
- 20 City where Paul was under house arrest for two years (Acts 28:16) (4)

## February's Maze



**See below for details of this Lent's Bishop of Guildford's Communities Fund. As a church, we are supporting the Fund with our Lent Lunches see page 2.**

### **This Lent, please support the Bishop of Guildford's Community Fund**

Please support Bishop Andrew's appeal for those impacted by the cost-of-living crisis and Covid pandemic.

The last few years have been a very challenging time for many in our communities, faced as they are with the continuing impact of the cost-of-living crisis and the psychological scarring of the Covid pandemic. In my weekly travels around the Diocese, I have been impressed time and again by the many ways in which our churches and schools have been looking to respond – but have also noticed an increasing gap between the needs of the communities and the ability of churches to respond to them. Both finances and volunteers can end up stretched very thinly indeed.

The Bishop of Guildford's Communities Fund is there to help bridge that gap, providing grants to support parishes and other church-linked organisations to reach out into the most challenged parts of our communities with the love of Christ. Last year we made six grants totalling £21,000 to different projects throughout the diocese, some of them featured below. We would have been able to do considerably more, had a greater sum been raised through the Lent Appeal and elsewhere, and we would love to be able to increase our donations in 2024.

The BGCF is run entirely by willing volunteers, so its running costs are negligible. Please could I encourage each one of us to consider making a one-off gift this Lent, and parishes to take a special collection for the BGCF at some point during this season?

Donations can also be made by card, electronically to The Bishop of Guildford's Communities Fund or BGCF, sort code 30-98-97, account number: 68771768 or by cheque sent to Willow Grange, Woking Road, Guildford, Surrey GU4 7QS

**Bishop Andrew**

**Bishop of Guildford's Communities Fund**





# Puzzle Solutions

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

## CROSSWORD ANSWERS

**ACROSS:** 1, Prosperity. 7, Raisins. 8, Admit. 10, View. 11, Confetti. 13, Distil. 15, Groyne. 17, Navigate. 18, Whit. 21, Enoch. 22, Trodden. 23, Prophets.

**DOWN:** 1, Pride. 2, Ovid. 3, Pastor. 4, Reaffirm. 5, Timothy. 6, Providence. 9, Tridentine. 12, Kingship. 14, Saviour. 16, Statue. 19, Hades. 20, Rome.

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## Easy Sudoku solution

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

## Medium Sudoku solution

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

## Exodus Quiz answers (Quiz on pages 12 & 13)

Answers:

Question 1: a (Pharaoh's daughter)

Question 2: b (10)

Question 3: b (Water turned to blood)

Question 4: c (Red Sea)

Question 5: a (Marah)

Question 6: b (Quail)

Question 7: c (A pillar of cloud and of fire)

Question 8: c (From a rock)

Question 9: a (Mt. Sinai)

Question 10: b (Thou shalt not commit adultery)

Question 11: a (Two cherubim)

Question 12: c (They didn't know what had happened to Moses)

Question 13: b (Bezaleel)

Question 14: a (Joshua)

Question 15: c (40)

# Church Tea dates 2024

Please note that all teas will take place  
between **3.00 and 5.00 pm**

<b>Sunday 10th March</b>	Mothering Sunday	St John the Baptist Capel
<b>Sunday 31st March</b>	Easter Sunday	St John the Baptist Capel
<b>Monday 1st April</b>	Easter Monday	St John the Baptist Capel
<b>Sunday 5th May</b>		St John the Baptist Capel
<b>Monday 6th May</b>	Early May Bank Holiday	St John the Baptist Capel
<b>Sunday 26th May</b>		St John the Baptist Capel
<b>Monday 27th May</b>	Late May Bank Holiday	St John the Baptist Capel
<b>Sunday 16th June</b>		St John the Baptist Capel
<b>Sunday 4th August</b>		St John the Baptist Capel
<b>Sunday 25th August</b>		St John the Baptist Capel
<b>Monday 26th August</b>	Summer Bank Holiday	St John the Baptist Capel
<b>Sunday 15th September</b>		St John the Baptist Capel
<b>Sunday 6th October</b>		St John the Baptist Capel
<b>Sunday 3rd November</b>		St John the Baptist Capel
<b>Sunday 24th November</b>		St John the Baptist Capel

***Don't forget you can find details of all events  
& services on our website***

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



THE CHURCH  
OF ENGLAND

St John and St Margaret's - a Christian presence in the Capel and  
Ockley communities

# Nativity Scene at The Vicarage 2023



"Unto us a Son is born"

Your contributions would be most welcome and any copy for this publication should be sent to  
Suzanne Cole [inspire@capelandockleychurch.org.uk](mailto:inspire@capelandockleychurch.org.uk) **By 20th of each month please.**  
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