

The monthly publication for the Parish of Capel & Ockley

Inspire



Alleluia Christ is Risen!
Happy Easter

Issue 81 March 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

**Dates for the soup lunches in March:
Wednesdays 6th, 13th, 20th and 27th March 2024**



Our Parish 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.

**Tuesdays beginning on 20th February starting at 3.00pm
at 1 Old Barn Drive, Capel.**



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*"Each morning we must raise the sails of our boat and go where the Spirit leads. He brings the wind and He governs the speed and direction, but we must cooperate by ensuring that we join Him on the journey."
Anon.*

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www.capelandockleychurch.org.uk/inspire-magazine

This issue is sponsored by

Andrew Forsyth
to celebrate his birthday!

Happy birthday Andrew and thank you for all that you contribute to our church.

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Rev Liz writes

Dear Friends,

So with March, the daffodils are blooming with many other blossoms to cheer us on our way to the first day of Spring falling this month. How wonderful it is to look forward to the earth warming up in our gardens and a return to the outdoors for many of us. This month at church we are in the throes of the season of Lent, enjoying our soup lunches in church at Capel and of course with Mothering Sunday also falling this month Capel Church Teas begin once again. Lent is another season in church life which is one of waiting in hope for God to meet us and sustain us through the storms and trials life brings. We are encouraged to draw close to our Lord and to each other as we journey through Lent, towards the Passion of Jesus, through to his glorious resurrection on Easter Sunday.

We must not lose hope in these difficult times in the world. There is much strength to be gained through faith in Christ and I urge you to find time to reflect on the things that are most important to you and to have conversation with the God who promises he will be with us always to the end of the age.

This year we are once more raising money for the Bishop of Guildford's Communities Fund Lent Appeal through our Wednesday Soup Lunches. Bishop Andrew's Appeal will help those faced with the continuing impact of the cost of living crisis and the psychological scarring of the pandemic. It seems strange now doesn't it that thankfully for most of us, the precautions that we all had to make in the pandemic are now mainly over. I recently did a talk in church which demonstrated the lengths we went to at that time and we measured out the two metre distance of separation we had to abide by. I cannot believe that is now five years since the pandemic began in the UK. Sadly of course Covid still is with us and can affect sometimes fatally the very vulnerable amongst us.

Holy Week begins near the end of this month with Palm Sunday, a Sunday when instead of a sermon we read one of the gospel accounts of the Passion. This year it will be Mark's gospel. A moving service, this, as we celebrate at the beginning with our palms, Jesus triumphant entry into Jerusalem. Then the mood darkens as Jesus is arrested and so his passion begins. Maundy Thursday is another very poignant time when we commemorate the Last Supper and this year we are joining our friends at St Mary Magdalene, The Holmwood for this occasion. Good Friday with the church stripped back sees us spend time in reflection at the foot of the cross along with our combined choir singing Pergolesi's Stabat Mater which reflects the sorrow of Jesus' mother Mary. Sorrow turns to joy however, as death never has the final word and Jesus is risen from the grave. Hallelujah! He is risen indeed. I do hope you might come and join us through this somewhat stripped back but also rich season of worship, reflection, prayer and fellowship knowing that whatever happens God is a God of surprises. Join us and find out more!!
Happy Easter!

With my love and prayers as ever

Liz

Revd Liz Richardson

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



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CHURCH SERVICES AND EVENTS - MARCH 2024

at St John the Baptist, Capel & St Margaret's, Ockley

MARCH

Sunday	3rd	Third Sunday of Lent
	9.30	Matins - Ockley
	10.30	Family Communion - Capel
Tuesday	5th	Lent Course @ 3pm
Wednesday	6th	Soup Lunch in Capel Church
	12 - 1.30pm	Homemade hot soup with bread and cheese
		<i>donations to be given to Bishop of Guildford's Foundation Lent Appeal</i>

Sunday	10th	Mothering Sunday
	9.30	Holy Communion CW - Ockley
	10.30	Mothering Sunday Cafe Church - Capel
	3-5pm	Capel Church Teas begin!
Tuesday	12th	Lent Course @ 3pm
Wednesday	13th	Soup Lunch in Capel Church - 12 - 1.30pm



Sunday	17th	Fifth Sunday of Lent
	10.30	Parish Communion - Capel
Tuesday	19th	Lent Course @ 3pm
Wednesday	20th	Soup Lunch in Capel Church - 12 - 1.30pm

HOLY WEEK

Sunday	24th	Palm Sunday
	9.30	Holy Communion BCP - Ockley
	10.30	Morning Worship and Reading of the Passion - Capel
Wednesday	27th	Soup Lunch in Capel Church - 12 - 1.30pm



Maundy Thursday	28th	Maundy Service at St Mary Magdalene The Holmwood
		6pm Maundy Service with supper - Tel: 07771 591457 to reserve place

Good Friday	29th	Service of reflection
	11 - 12.15	Service of reflection with recital of Pergolesi's Stabat Mater (<i>see article on page 11</i>)

Easter Sunday	31st	Easter Day
	9.30	Easter Celebration with Holy Communion - Ockley
	10.30	Easter Celebration with Holy Communion - Capel



APRIL

Sunday	7th	First Sunday of Easter
	9.30	Matins - Ockley
	10.30	Family Communion with Baptism - Capel
	11.45	Annual Parochial Church Meeting - Capel

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

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



Parish Quiet Day

The Parish Quiet Day was held at Micklepage, a rustic barn just outside Horsham. Thirteen of us attended to learn more about the Benedictine spirituality and way of life. After tea and coffee on arrival we were lead by Jo into its practice. We were all given the same short passage from the bible. Mark 7 v31 to 37. Jesus cures a deaf man. We read it to ourselves, then it was read aloud more slowly, and then again by another person even more slowly and contemplatively. This is the stage of Lectio Devine, lectio meaning to read and then meditatio, to ruminate. In so doing, by slowing down, certain phrases and words came out of the passage to different individuals. After a time of quiet individual reflection we discussed this then moved onto the next stage, Oratio, to respond. The third stage is Contemplatio, or resting. With practice, these three stages flow into one another. We then had a break for a delicious lunch by Capels Caterers! A bring and share lunch and what a feast it was.

In the afternoon we had an introduction to the lent course, Be Still. In such a hectic world which we live in, and technology frazzling our minds, and instant responses being demanded, it really is ever more important to still one's mind in the presence of the living God and be aware of how he speaks to us.

After a short service of Holy Communion we had tea and cake. I along with I hope the others came away feeling blessed and refreshed, very necessary for us all in today's world, to be still and listen to God speak.

Thank you to Jo who led this day and practices the Benedictine spirituality.

Sue Partridge.



Parish Lent Course 2024 - Be Still

This course started on Tuesday 20th February and is taking place weekly during Lent at 1 Old Barn Drive, Capel. 'Be Still' is 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. 'Be Still' will change the way you think and about prayer and devotion and equip you with the tools you need to deepen your relationship with God.

An excerpt from the first week.

How to have 10 minute quiet time (using **P.R.A.Y.**)

(1 min) **Pause** - sit quietly for a minute, stilling your soul.

(2 min) **Rejoice** - read a short Psalm or listen to a worship song.

(3 min) **Ask** - Tell God what has been on your heart. Pray through your day. If you have a prayer list or use the 24-7 Prayer Inner Room App, quietly name each person before God.

(3 min) **Yield** - Read a few verses from the New Testament until a phrase pops out at you and then talk to God about it. Are there any sins you need to confess? Ask the Holy Spirit to fill you afresh.

(1 min) **Amen** - Pray the Lord's prayer

Don't forget it's Mothering Sunday on Sunday 10th March 2024!

This year we will be celebrating with 9.30am communion at St Margaret's, Ockley and Café Church at 10.30am at St John the Baptist, Capel.

Also ... Church teas at 3pm ... so see you there!



From the Parish Registers

In Memoriam

We remember with love
and mourn the loss of

Sheila Joyce Barnes
25th January 2024

Violet Alice Wolfenden
29th January 2024

Hazel Helen Hurlin
4th February 2024

Toby George Edward Webster
11th February 2024

Eileen Saunders
29th January 2024

May they rest in peace and rise in glory



The Pavilion Café

Every Wednesday at Ockley Cricket Club Pavilion
9 am until midday

Come and enjoy a warm welcome and a delicious range of homemade cakes and savouries - including gluten/dairy free. 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.

If you would like to volunteer, please let Liz know! 07951 710176
lizthorne2053@hotmail.co.uk



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 732825908
leighdesouza@yahoo.com

or Revd Liz Richardson 01306 711260 liz@hostmyserver.co.uk

Update January 2024: New diocesan contact number for reporting safeguarding concerns:
safeguarding@cofeguildford.org.uk

Café Church— March 2024

Amazing Mums

Every year around this time we get the opportunity to celebrate Mothering Sunday - a day on which we can remember and celebrate the special person who brought us into the world. Originally, Mothering Sunday was the one day of the year when you were encouraged to return to your “mother” church - the main church or cathedral in your area. In time, this led to the custom of allowing your young domestic servants or apprentices one day off a year to visit their families. It wasn't until the early 20th century that the Mothering Sunday Movement was created. It's come a long way since then becoming, inevitably, a huge commercial opportunity for companies large and small to offer “special” Mother's Day gifts. A quick search on the internet came up with some amazing “Mother's Day” presents. Personalised polar bear socks; a pasta masterclass for two; a Freddy Mercury tea towel; tomato ketchup bottles with your mother's name on the label; more chocolates than it's healthy for one individual to consume and, as if all these things were not unbelievable enough, a book on how to tell if your cat is plotting to kill you!!!! Is it just me or does anyone else think that we've veered away from the true meaning and purpose of the day?

As it happens, Mothering Sunday this year falls on the second Sunday of March - which means it coincides with our monthly Café Church. So, it would seem appropriate to look at some of the mothers mentioned in the bible for this month's service. Without exception, they are all amazing, strong, faithful women who had a huge influence on the course of history. A far cry from the average mum in Capel you may say, but I'm not sure that that's true. You see, every mother gives birth to a unique child and each child, in turn, will grow to have an impact on the world around them. Not all will become famous and influential but *all* will have an influence on people they meet. Think about it. Think about your own life. Think about those people who have been a great influence - for good or bad - on you. Think about those whose lives you have influenced - for good or bad! I hope that you realise that the world would be a different, much poorer place without you.

So, on Sunday 10th March 2024 let's go “back to basics” and make that “once a year” trip to our mother church, St. John the Baptist, right here in the centre of Capel. You'll find Café Church is an informal, inclusive and inspiring service with plenty of laughter, music and the opportunity to have time for quiet reflection. If you're young, bring your mother with you. If you're old (like me!) then bring the memories of the person you were privileged enough to call Mum. Whatever, if you're a mother and you're reading this then my prayer is that you would know the blessing that the bible speaks of in Proverbs 31: verses 28 & 29. “Her children rise up and call her blessed; her husband also, and he praises her saying, ‘Many women have done excellently, but you surpass them all’”

Bob Cranham



**Café Church meets at
St. John's Church, Capel
on
Sunday 10th March at 10.30am**

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

Informal – Inclusive – Inspiring





NEWS FROM THE BELFRY

Muffles

When we rang half-muffled for the Remembrance Sunday Service last November three of the muffles were found to be severely worn with holes right through. The muffle is a leather pad strapped to the clapper to soften the sound it makes when striking the bell. Ringing half-muffled is so called because the pad only covers one side of the clapper head, resulting in alternate loud, unmuffled blows and soft, muffled blows. All the bells sound loud for one row and then soft for the next. The result is a melancholic sound, a bit like an echo, which is also used for funerals, if requested, as an alternative to tolling a single bell. Ringing fully muffled is reserved only for ringing on the death of a monarch as we did in 2022 for the late Queen Elizabeth II, when pads were fixed to both sides of the clapper.

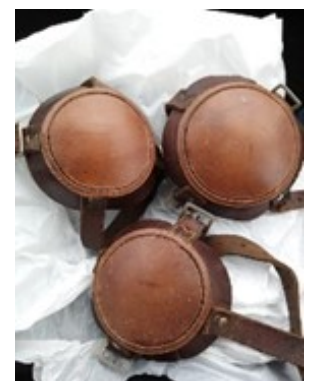


Presumably the extended ringing on muffles for the Royal Funeral had paid its toll despite a lot of preparatory work to renovate the elderly leather pads, as can be seen in this picture.

New muffles are surprisingly expensive and so we looked to get them repaired if possible. The obvious solution seemed to be a local saddler if we could find one. Then one of our ringers suggested trying a boot repair shop and so Jo and Graham took them to Cranleigh Cobblers. Neil the cobbler was very interested in the muffles as he had never been asked to do this kind of work before. He said they would need 9 iron leather which is the thickest, and he quoted just £15 a muffle. They were ready a week later, as good as new, double stitched all the way round. His workmanship is another example of a traditional skill that is gradually disappearing. See the picture below of the beautiful repairs!

If you would like to find out more about ringing and help to keep this tradition alive then please contact us. Bellringing is an art which has developed and passed from generation to generation in Britain for over three hundred years. It is a wonderful blend of sport, music, exercise, friendship, a challenge of wits and skill which gives great satisfaction when it goes right. Practice nights are at St. Margaret's in Ockley, on Wednesday evenings from 7.45 to 9.15, except first Wednesdays when we are at St John's in Capel.

For more details call **Sue on 01306 627168** or email ockleybellringers@btinternet.com



In addition to our Parish Lent course for 2024, the Church of England is inviting us to join in with 'Watch & Pray'. See details of how to join in below.




Follow the link below to sign up to receive daily reflections OR you can download it for Apple and Android devices.

<https://www.churchofengland.org/faith-calling/what-we-believe/lent-holy-week-and-easter/watch-and-pray-lent-reflections>

Watch and Pray invites us to seek God in both familiar and unfamiliar places this Lent: in darkness and in quiet; in movement and migration; in the healing and transforming work of the Spirit; in the weeping of Holy Week and in the joy of Easter morning.

Our award-winning Church of England campaign app for both iOS and Android – including daily audio – is now available to download. Anyone who has the Church of England's #FollowTheStar app already installed will automatically get the Lent update.

Download for Apple devices 

Download for Android devices 



Bishop of Guildford's Communities Fund Lent Appeal 2024

Lent Appeal 2024



Lent Appeal for those impacted by the cost-of-living crisis and the Covid pandemic

This year's Lent Appeal is to help those in the Diocese faced with the continuing impact of the cost-of-living crisis and the psychological scarring of the pandemic.

Bishop Andrew is asking parishes to make a special collection this Lent or to encourage members of their congregations to donate individually. *

The Bishop of Guildford's Communities Fund provides grants to support parishes and other church-linked organisations to reach out into the most challenged parts of our communities.

Last year the Fund made six grants totalling £21,000 to different projects throughout the diocese. This year the Fund has already received nine applications for grants and urgently needs donations to cope with this increasing need for help.

[To find out more, including the options for donations please go to the Bishop of Guildford's Communities Fund website](#)

* As a parish we are supporting the Bishop's Lent Appeal 2024 with donations from our Lent lunches.

STABAT MATER

On **Good Friday (29th March 2024) at 11.00 am**, the combined choirs of Newdigate and Capel will be singing parts of the Stabat Mater by Giovanni Battista Pergolesi.

STABAT MATER

Stabat Mater dolorosa,
Juxta crucem lacrimosa,
Dum pendebat Filius.

Quis est homo, qui non fleret,
Christi Matrem si videret
In tanto supplicio?
Dolentem cum Filio?

Pro peccatis Suae gentis,
Videt Jesum in tormentis,
Et flagellis subditum.

Inflammatum et accensum
Per te, Virgo, sum defensus
In die judicii.

Fac me cruce custodiri,
Morte Christi premunire,
Confoveri gratia.

Quando corpus morietur,
Faci ut animae donetur
Paradisi gloria.

AMEN.

Pergolesi



The Stabat Mater is a 13th-century Christian hymn of the suffering of Mary, Jesus Christ's mother, during his crucifixion. It was based upon the prophecy of Simeon that a sword was to pierce the heart of His mother, Mary (Luke 2:35). The title comes from its first line, "Stabat Mater dolorosa", which literally means "the sorrowful mother was standing". There are two hymns known as Stabat Mater, one of which (Stabat Mater dolorosa) and is in liturgical use, while the other (Stabat Mater speciosa) is not. They both celebrate the

STABAT MATER

Mother, bowed with grief
appalling.
Must Thou watch, with tears
slow falling,
On the cross Thy dying Son!

Is there any, tears withholding,
Christ's dear Mother thus
beholding,
In woe – like no other woe!
What suffering was ever so?

For the sins of every nation
She beheld His tribulation,
Given to scourgers for a prey:

Thus inspired and affected
Let me, Virgin, be protected
When sounds forth the call for
me.

May the sacred cross defend me,
He who died there so befriend
me,
That His pardon shall suffice!

When this earthly frame is riven,
Grant that to my soul be given
All the joys of Paradise.

AMEN.

emotions of Mary whilst the speciosa contains thirteen stanzas of six lines the Dolorosa has ten. In other respects the two hymns are the same. It is generally considered that the Stabat Mater dolorosa was written earlier than the speciosa version, and that they were written by different people.

It is not known for certain who wrote either Stabat Mater, but it is generally considered that the dolorosa is by Pope Innocent III who died in 1216. Many other Popes and hymn writers have been identified as possible writers, but academic opinion is that Innocent III was the original author and the others are variations.

The Stabat Mater was well known during the 14th Century but was suppressed by the Council of Trent (1545 and 1563) and restored to the missal by Pope Benedict XIII in 1727 for the Feast of the Seven Sorrows of the Blessed Virgin Mary (15th September). It is associated with the Stations of the Cross.

There are over 200 versions of the Stabat Mater set to music. Pergolesi wrote his in 1736 shortly before he died, at the age of 26, of tuberculosis in a Franciscan monastery in Pozzuoli having suffered from polio. It was written for soprano and alto soloists, two violins, viola, and continuo, but it has since been arranged for many combinations of singers and players. He composed it for a Neapolitan religious society, the Cavalieri della Vergine dei Dolori di San Luigi al Palazzo and it has become one of Pergolesi's most celebrated sacred works. He was a prolific composer despite his young age and gained fame during his life as a composer of comic operas. The Stabat Mater is said by some to be like one of his operas, *La serva padrona* (The maid turned mistress). He wrote masses, oratorio and settings for psalms as well as sinfonias, sonatas and concertos.

Written by Stuart Cole



Support for Russian priest who prays for peace

Thousands of Russian Orthodox Christians have been urging Patriarch Kirill of Moscow to reinstate a very popular priest in the capital, the Revd Alexei Uminsky, who has refused to recite an official prayer for Russia's victory over Ukraine.

An open letter, which attracted more than 11,000 signatures, including the heads of local charities, says:

"The decree banning this priest from serving will deprive thousands of people of spiritual support – a great tragedy for many believers, for children's hospice patients, for hundreds of prisoners and thousands of homeless people."

Uminsky had repeatedly warned that he could not endorse the invasion of Ukraine.

Now Russia's online news agency, Gazeta.ru, says that Fr Uminsky was banned from ministering under a decree issued by the Moscow Patriarchate, for suggesting in a YouTube interview that Christians should "pray for peace, rather than victory".

The Russian news agency went on to say that Uminsky has long been seen as "a thorn in the Kremlin's side" for his anti-militarism. He was branded a 'criminal in a cassock' by the Russian Orthodox Church's own TV channel Spas, after calling for mercy for the opposition leader Alexei Navalny, during his prison hunger strike.

For the moment, Uminsky remains banned, and may face defrocking as a priest. More than 300 Russian Orthodox priests, who signed an appeal against the Ukraine invasion of 2022, have since been silenced, or forced to emigrate.

Dramatic decline of religion on TV

There is less television being devoted to religion and ethics than there used to be. A *lot* less.

The latest statistics from Ofcom, the industry regulator reveal a dramatic reduction in television programmes about 'religion and ethics' broadcast by the public-service broadcasting networks (PSBs): BBC, ITV, Channel 4 and Channel 5.

Comparing 2022 with 2011, peak time hours of 'first-run' UK origination output fell by 85 per cent; while peak-time hours of 'all origin' output (that is, including bought-in material) fell by 76 per cent. Channel 4 dropped from being the most prolific network to providing no output at all; and the BBC output fell by 65 per cent.

Roger Bolton, a former BBC and ITV executive and independent producer, wrote recently in the Church Times:

"All this has happened without a peep from Ofcom or the boards of the PSBs, who are supposed to protect the public interest. There have been no peeps, either, from religious leaders. They seem to be asleep, or preoccupied with their own internal issues, unaware of this wanton destruction."

"In my opinion, television commissioners ... underestimate the power of religion and the continuing interest in it. They also seem to forget that people are moral creatures, often keen to do the right thing, but wishing to discuss and debate what that is."
(From Church Times, 19th Jan 2024, p14)

30 years since the ordination of women

It was 30 years ago this month, on 12th March 1994, that the first 32 women were ordained as priests in the Church of England. The service was officiated by Bishop Barry Rogerson at Bristol Cathedral.

Bishop Rogerson ordained the women in alphabetical order, so Angela Berners-Wilson was the very first woman to be ordained. She was a university chaplain.

The youngest woman to be ordained that day was aged 30. The oldest was 69. By 2004, ten years on, one of the women priests had died, and 14 had retired.

Continued on page 13

Bishop Rogerson reckoned it would take 10 years before the first woman would be ordained as a bishop. In the end, it took 21 years.

Then Libby Lane was ordained the first female bishop in the Church of England. She became Bishop of Stockport, a suffragan bishop in the Diocese of Chester.

The first woman to be ordained a diocesan bishop was the Rt Revd Rachel Treweek, Bishop of Gloucester, appointed on 26 March 2015

There are currently 25 women bishops in the Church of England.

Church of England welcomes Listed Places of Worship funding

Church of England Cathedrals and churches were among nearly 5,000 religious buildings to recently receive a share of up to £42 million in Government funding aimed at helping with the conservation of listed places of worship.

The Listed Places of Worship (LPW) Grant Scheme gives grants covering the VAT on repairs to listed buildings used as places of worship.

Beneficiaries of the scheme over the last year included Leicester Cathedral, which received more than £600,000 for restoration work; Chichester Cathedral, dating from the 11th century, received more than £195,000 for its roof and lighting projects; and the 12th-century Collegiate Church of St Mary in Warwick, which was granted more than £141,500 to repair its ancient tower.

Emily Gee, Director for Cathedral and Church Buildings for the Church of England said: "Our churches and cathedrals provide spiritual, pastoral and practical support to their communities, and are key to the cultural heritage of the country.

"Their presence boosts local economies and provides jobs and volunteer roles, and in many cases, they are the only publicly open building in their local place, where other amenities have closed.

"More than three quarters of our nearly 16,000 church buildings are listed, meaning they are of great significance to our nation's heritage.

"We are enormously grateful for the Government's Listed Places of Worship Grant Scheme and the support that it provides in helping our church buildings remain central to the life of this country."

Ministry Experience Scheme 'key' to C of E goal of reaching more young people

The Ministry Experience Scheme (MES) could play a key role in helping the Church of England achieve its goals of recruiting more people to work in ministry to children, youth and families by 2030, a conference has heard.

The Revd Helen Fraser, Head of Vocations for the Church of England, spoke of her hope that the MES Future Youth programme - training in children and youth work for young adults as part of a year-long ministry placement, will grow following its pilot launch in six dioceses this year.

The Revd Helen Fraser said: "We often think vocation just means ordination but vocation actually is all that God calls us to - it just means 'call' and that can be as simple as Jesus saying to His disciples 'come follow me' – that is a vocation, all the way through to something very much more specific," she said.

She went on: "For some people that will be the really clear and right outcome. But please keep an open mind and a broad mind if that is not clear to you yet because there are lots of different expressions of ministerial vocation that will all, over time, help us to be the Church that God is calling us together to be."

MES Chair and Chair of the Future Youth Steering Group, the Bishop of Jarrow, Sarah Clark said: "It is always a great joy for me to hear the stories of so many young adults utterly alive in their faith in Jesus Christ, actively exploring their vocation while serving their local church and community with love."

Editor: The Revd Dr Jo White considers church gates this month ...

Reflecting Faith: Lychgates

On the moors near to where I used to live in West Yorkshire, there were a couple of large stones with crosses marked on them. Many people thought that they were boundary or marker stones, and in so far as they marked the way towards the oldest church in that area they were. To be more exact, they were on the route towards the oldest churchyard.

In ages past bodies were carried by hand, sometimes over long distances, and there were restrictions placed on where they could be laid to allow the bearers to rest. These two stones were 'resting' stones.

When a body arrived at the church for burial, it would again be put down while the administrative formalities were carried out, and again the bearers could rest. So, a resting stone was placed at the edge or start of the consecrated land around the church.

The priest conducting the funeral would meet the cortege here, not originally out of respect, but rather to receive the required legal certificate for burial before he allowed them to enter the church grounds.

Because of typical English weather - rain and wind - it was usually sheltered, and benches were built for the bearers. There would also be a cross within the construction to signify the start of holy land. This is what today we call the 'lych-gate'; lych coming from the anglo-saxon word *lich* or *lic*, related to the modern German word *leiche*, all meaning corpse.

Few old lychgates remain today, as many were destroyed or damaged after the Reformation, and most of those that survived were constructed of timber and have since decayed. In the eighteenth century, when the use for the resting stones and thus lychgates declined, many were removed and replaced with gates, often retaining the shelter as it continues to be a meeting place for the priest to receive funeral parties.

This month

Try and visit a lychgate this month and actually spend a few moments under its shelter. Have a think about what burdens you want to lay down. What do you need to be sheltered from?



The lych gate at St John the Baptist, Capel

Dear friends,

Welcome to the Easter 2024 and Mothering Sunday issue. There are plenty of things are taking place in the Parish during Lent including the delicious **Lent Lunches** every Wednesday starting at 12.00 noon (more details on page 2). Each week, there is a choice of four delicious homemade soups, a bread and cheese selection, followed by teas/coffees and a sweet treat! A huge thanks must go to Helen Berry and Joy for giving up their time every Wednesday to put these lunches on for us all. There is a lot of preparation involved, not to mention clearing up after us all when we've enjoyed our lunch! Stuart and I have made it to the first two lunches and can highly recommend them! The monies raised are going to the **Bishop of Guildford's Communities Fund Lent appeal 2024** (more details can be found on page 10).

My thanks to Sue Partridge for kindly writing an article on page 6 on the **Parish Quiet Day**. I was very disappointed not to be able to attend, but everyone who did had clearly enjoyed it. The following is an excerpt from Sue's article: *'We were all given the same short passage from the bible. Mark 7 v31 to 37. Jesus cures a deaf man. We read it to ourselves, then it was read aloud more slowly, and then again by another person even more slowly and contemplatively. This is the stage of Lectio Devine, lectio meaning to read and then meditatio, to ruminate.'*

We have Holy Week to look forward to and the choir have already been preparing for Good Friday for some time. They will be singing the Stabat Mater by Pergolesi. The service will be begin at 11.00 am on Friday 29th March. Stuart Cole has written an article about the **'Stabat Mater'** and it's composer Giovanni Battista Pergolesi on page 11. There have been two sessions of this year's Lent course entitled 'Be Still' which encourages us to find time with God. You can find some more information and an excerpt from the first week on page 6 **'How to have 10 minute quiet time using P.R.A.Y.'** P.R.A.Y stands for **Pause, Rejoice, Ask, Yield**. On the subject of busy lives and endeavouring to find stillness and quiet time with God, do see Eddie Askew's poem **'Facing Reality'** on page 16. It fits in well with the 'Be still' course.

*'And sometimes
in the heat of life,
its stress and busyness,
so much to do,
so little time to do it in,
the opposite is true.
And drowning in my diary
I lose touch with you.'*

We look forward to Mothering Sunday on 10th March which, this year, will be celebrated at Café Church. Do see Bob's article **'Amazing Mums'** on page 8. Traditionally, Mothering Sunday was started to honour 'Mother Church' and you can read more about this on page 6 **'Thanking two kinds of Mother on Mothering Sunday'**. We also look forward to that Sunday being the first church teas to take place in 2024! Do make a note of the **Tea dates** which are again published on page 31. If you are able to volunteer at the teas during the 2024 season to help serve cakes etc., please do contact Joy Harman or Rev Liz, both of whom's contact details are on page 3.

I do hope you enjoy another packed issue and that you find time to 'Be Still' with God in this holy season of Lent.

Wishing you all every blessing at Easter.

Suzanne

inspire@capelandockleychurch.org.uk

(Please note NEW email address - thank you)



Happy Mothering Sunday

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:* Leviticus & Numbers

These books are concerned with Israel's wandering in the desert, on their journey from slavery in Egypt to the promised land of Canaan.

Leviticus focuses on the regulations about worship, ceremonial cleanness, moral laws and holy days. The key theme is that of *holiness*, as every detail of our lives is affected by the presence of a holy God. The aim of the sacrifices, feast and Sabbaths was to enable the people to enter God's presence. We should see the instructions and practices in Leviticus as pointing to Jesus. He totally fulfilled the law through the sacrifice of His life, as Easter reminds us. He demonstrated the love and holiness of God, so that we can share His life: *'Be holy, because I am holy'* (1 Peter 1:16, cf Lev 11:44-45; 19:2; 20:7).

The book of Numbers tells the story of Israel's journey through the wilderness. The people were coming to terms with their *identity* as God's people and the *call* to serve Him. They didn't always respond with faith, gratitude and obedience, but with unbelief, ingratitude and rebellion. As a result of their refusal to enter Canaan (ch 14), they were condemned to spend the rest of their lives in the desert. However, God in His grace allowed their children to enter the Promised Land. The book reminds us that the Church is called to be a community that honours God, learns how to deal with sin in ourselves and others, and lives out love and justice in daily life.

'The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.' (Numbers 6:24-26).

See associated quiz on page 27 (and answers on page 30)

Facing Reality

By Eddie Askew

Lord give me the wisdom
to know just when to pray
and when to act.
It's all too easy to confuse
the two.

To curl up
piously to pray
And leave the work to others,
Tempting at times
To lean on you
To such a point
I never see the need
To make decisions,
and call the accidental happenings
around my life's periphery
your will.

And sometimes
in the heat of life,
its stress and busyness,
so much to do,
so little time to do it in,
the opposite is true.
And drowning in my diary
I lose touch with you.

Yes that's the time I need
the stabilising ballast of your presence
to hold me to my course,
steady
in any storm that comes.
It's had to get the balance right,
to pray myself into action
and to hold you there,
a presence in the tempest
who will bring me through
to journey's end.

© *Music on the Wind* by Eddie Askew
Published by *The Leprosy Mission*

Editor: My thanks to Sue Partridge for the loan of
this book and others to use as content in *InSpire*.

Editor: We continue our occasional series looking at the stories BEHIND some of our favourite hymns.

The story behind the hymn: 'Christ Arose!'

This Easter marks the 150th birthday of this much-loved hymn, sung each year by millions of Christians worldwide. It all began on a little pump organ in the living room of a college professor in Pennsylvania, back in 1874.

Robert Lowry was professor of literature at Bucknell University, and pastor of a nearby church. He had a passion for poetry and music, and explained his 'muse' this way: "I watch my moods and when anything strikes me, whether words or music, no matter where I am, at home, on the street, I jot it down. My brain is a sort of spinning machine, for there is music running through it all the time. Sometimes the words come, and the music follows."

Easter 1874 was approaching, and on this particular day Robert Lowry had been meditating on the gospel narratives of the Passion and Resurrection. The angel's words at the empty tomb, 'He is not here, but is risen' kept running through his mind. There was something there... Lowry moved to the little pump organ in his living room and gave himself up to the moment. Soon the words and the music for this joyous Easter hymn just fell into place.

Christ Arose

Low in the grave He lay
Jesus my Saviour!
Waiting the coming day,
Jesus my Lord!

*Up from the grave He arose,
With a mighty triumph o'er His foes;
He arose a Victor from the dark domain,
And He lives forever with His saints to reign,
He arose! He arose!
Hallelujah! Christ arose!*

Vainly they watch His bed,
Jesus my Saviour!
Vainly they seal the dead,
Jesus my Lord!

Death cannot keep his prey,
Jesus my Saviour!
He tore the bars away,
Jesus my Lord!

By Robert Lowry (1826-1899)



PRAYERS, PROSE & POEMS

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen

© The Church of England

A prayer of approach

Faithful God, as we continue our journey of Lent,
We come together as your family, your church,
your people,
To worship and to learn from you.
None of us are too young or too old to follow you.
All of us can be surprised by new opportunities,
New challenges, new ways to serve you.
We are known by name and cherished as your children,
Whatever our age, whatever our circumstances,
For you call and love us all.
Amen

(Taken from Morning Worship on 25th February)

Prayers for peace in our world

O God, we pray for all the children of Abraham
in Israel and Palestine and in every country of
the world.

We pray for Muslims, Jews and Christians that
we will draw on the best of our traditions to
guide us away from words and acts of division
and discrimination so that everyone may be
free to live in safety.

Protect the vulnerable, strengthen the fearful
and comfort the grieving.

In Jesus Christ, our Lord.

Amen.

© The Church of England

In praise of mothers for Mothering Sunday 10th March 2024

Thank you God for the love of our mothers:
thank you God for their care and concern;
thank you God for the joys they have shared
with us;
thank you God for the pains they have borne
for us;
thank you God for all that they give us;
through Jesus Christ our Lord.
Amen.

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A Prayer for Mothering Sunday

Loving God,
Thank you for mums and children
and for all the joy of family life.
Be with those who are grieving
because they have no mother;
Be close to those who are struggling
because they have no children;
Be near to those who are sad
because they are far apart from those they love.
Let your love be present in every home,
And help your church to have eyes to see
and ears to hear the needs of all who come.
We ask this in the name of Jesus Christ our Lord.
Amen.



Editor: A poem by my late Aunt, June White

A RARE MIRACLE

She'd never rated orchids much,
their haughtiness,
imperious air,
as if by some perplexing chance,
they'd earned the grace
that placed them there

Until:
the day a neighbour led
the way into her garden room,
where, through a plant
on proud display,
she met God
... in one glorious bloom



Looking for the Resurrection

An old couple are driving down the motorway when the wife gets a call from their daughter. *'Mum, there's a car driving the wrong way down the motorway!'* The wife warns her husband that there is a lunatic on the motorway. Her husband, clutching the wheel in terror, replies: *'One lunatic? There are dozens of them, all headed straight for us!'* What we see is determined by our perspective on life.

In the Nicene Creed we say: *'We look for the resurrection of the dead, and the life of the world to come.'* In the gospel accounts of the Resurrection, there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb. They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: *'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him...He is going ahead of you into Galilee. There you will see Him'* (Mark 16: 6,7).

Like the women we would probably have been left *'trembling and bewildered'* by what we saw that morning. Had the body been taken? Was the young man an angel or deceiver? Was Jesus raised to life again, or was this an elaborate hoax?

Easter gives us a choice. We can approach life looking for disappointment, fear and despair. Or we can look for resurrection and find not just an empty tomb, but encounter the living Christ. He continues to meet us in our daily lives bringing new hope, forgiveness of sin, healing and wholeness and the assurance of His presence through the darkest of times. God invites us to see our lives differently and look for Christ's resurrection life at work in our lives and the people around us.

Thanking two kinds of Mother on Mothering Sunday

Mothering Sunday, the fourth Sunday in Lent, is the day for honouring our Mother Church, and has been celebrated since the Middle Ages.

Mother's Day is an annual day to honour our mothers, and it began in America in May 1907.

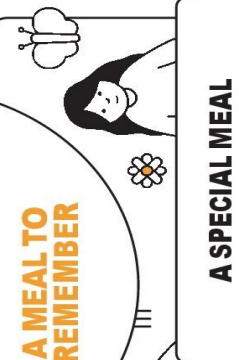
In the US, Canada, Australia and Mexico, Mother's Day is still held in May. In Britain, Mothers' Day is held on Mothering Sunday, so the two days are often merged in people's minds.

If you ask Google for ideas of how to be nice to your church on that day, you won't find much. But if you want to be kind to your mother that day, you will be spoilt for choice. High on all the lists are suggestions for taking her to lunch, giving flowers, a card, or paying for her to have a day doing something she loves.

Whatever you choose to do, probably the best thing to give your mother must surely be yourself: some time and some love. Remind her of the funny and touching stories of your childhood and thank her for all the things that she did for you. Give her some good company and show her some gratitude. Let her know that you love her and appreciate her.

Remember that the Commandment 'Honour thy father and mother' was the first commandment that came with a promise of blessing on you, if you obey.

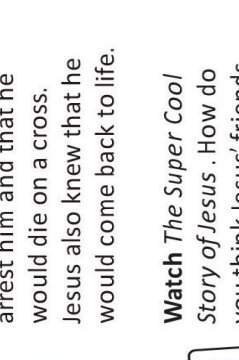
Children's Activity Pages



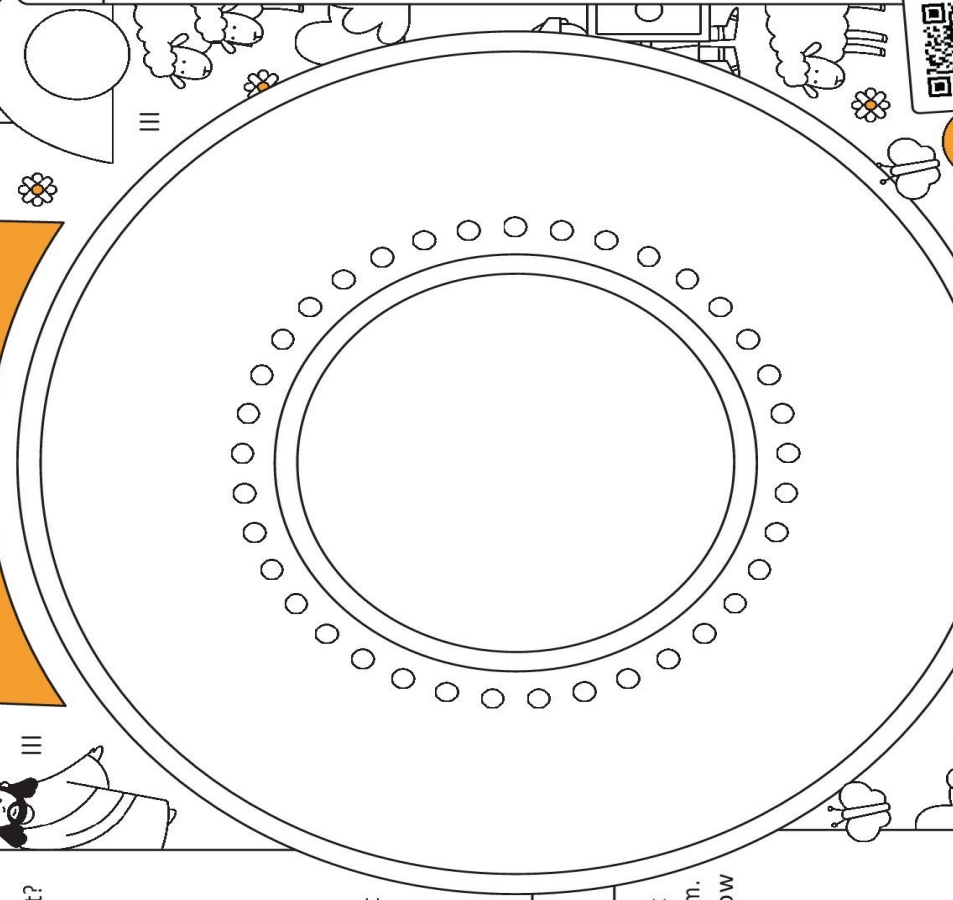
A MEAL TO REMEMBER

ALIVE

Kids Snack Sheet



A SPECIAL MEAL



WAY IN WONDERS

Have you ever had a special meal, a meal to remember?

What do you remember about it?

What did you eat?

What made it special?

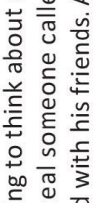
We're going to think about a special meal someone called Jesus had with his friends. At the time, Jesus' friends didn't know the meal was special, but afterwards it made sense.

A SPECIAL MEAL

Jesus and his friends ate bread and drank wine at their special meal. Jesus told his friends to remember him when they ate bread and drank wine. His friends didn't understand. Why would they need to remember Jesus if he was with them? Jesus was trying to help his friends understand what was going to happen to him.

Jesus knew that the rulers were going to arrest him and that he would die on a cross. Jesus also knew that he would come back to life.

Watch The Super Cool Story of Jesus. How do you think Jesus' friends would have felt?



ISPY

Jesus told his friends what was going to happen to him. Can you find the clues below on the sheet?

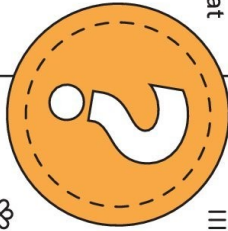
- Bread
- Wine
- Bag of coins
- Crown of thorns
- Cross
- Tomb with stone in place
- Tomb with stone rolled away

READ OR WATCH:
The Awesome Easter Surprise



HEAD SCRATCHING QUESTIONS

- 1 If this story happened today what would it look like?
- 2 What is the story showing and telling me?
- 3 Could it make a difference to my life? How?
- 4 Did it make a difference?



EXTRA

When Jesus came back to life, his friends saw him. There were special meals, conversations, and times outside together. The invitation for the next few weeks together is to talk about Jesus coming back to life and to think about being friends with Jesus.

OVER TO YOU

Have you got any questions?

PUT YOURSELF IN THE PICTURE

Do some foods remind you of special memories?

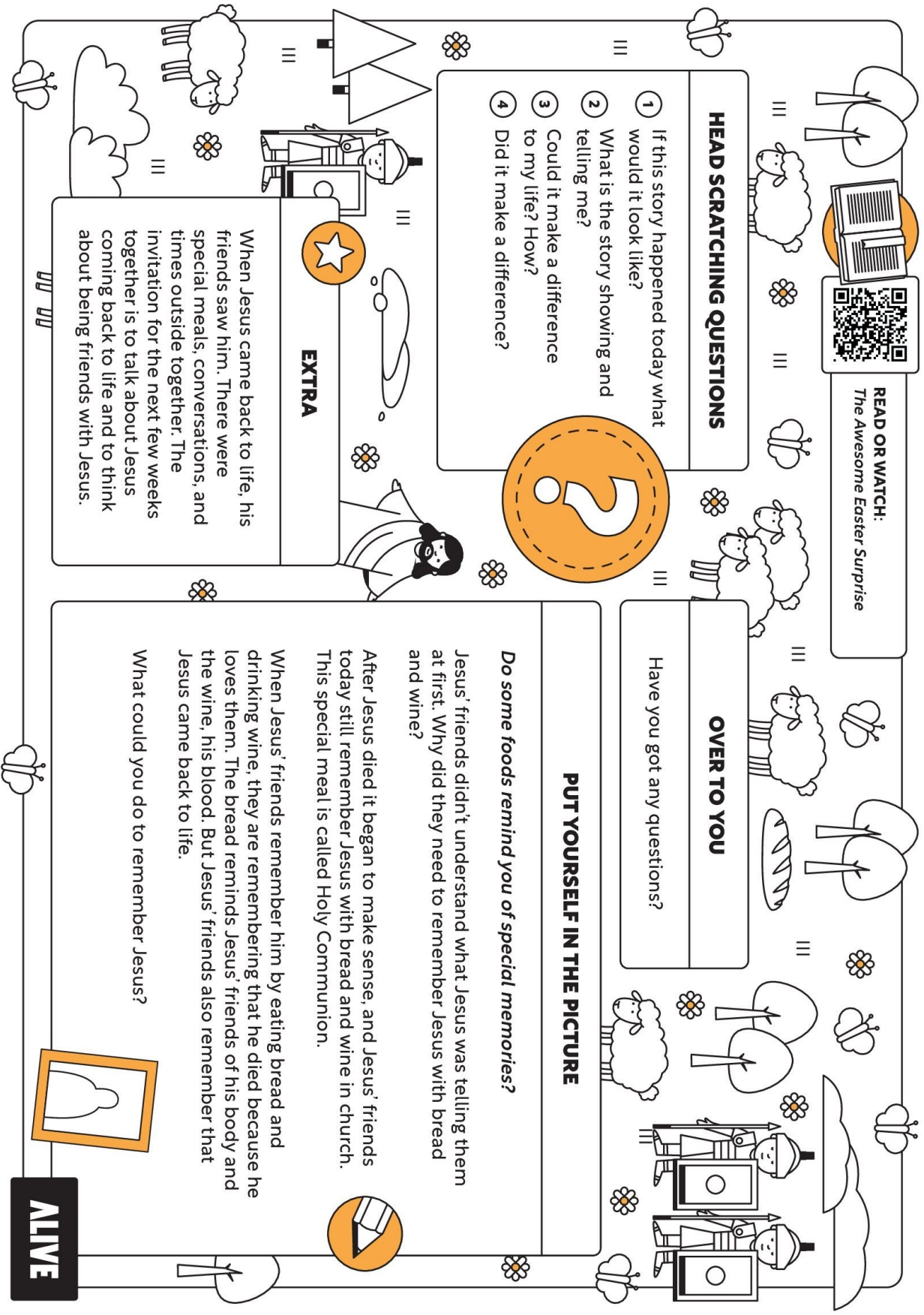
Jesus' friends didn't understand what Jesus was telling them at first. Why did they need to remember Jesus with bread and wine?

After Jesus died it began to make sense, and Jesus' friends today still remember Jesus with bread and wine in church. This special meal is called Holy Communion.

When Jesus' friends remember him by eating bread and drinking wine, they are remembering that he died because he loves them. The bread reminds Jesus' friends of his body and the wine, his blood. But Jesus' friends also remember that Jesus came back to life.

What could you do to remember Jesus?

ALIVE



Editor: Langham Partnership (UK and Ireland) has a '9-a-day' initiative to encourage Christians to grow their faith. More info at: www.9aday.org.uk/ Langham Partnership trains and resources pastors and leaders worldwide. The following article is adapted from their blog, and may well be useful at this time of Lent and Easter.

Inability does not equal inactivity

It is perhaps a well-polished truth, but one well worth remembering again: when it comes to salvation, "We were justified by faith alone, through grace alone, *but we are not sanctified by faith alone*".

In other words, we are made acceptable to God only through the death and resurrection of Jesus, who dealt with our sin. But then the Bible calls on Christians to take their transformation into Christlikeness very seriously. Repentance and conversion and receiving the Holy Spirit into our lives is just the beginning. Now we need to do all we can to allow the fruit of the Spirit to grow in our lives.

From now on, our daily walk is never alone: we are to keep in step with His Spirit, and to 'work out' our salvation in our daily lives. In other words, *obedience* to God is fundamental in our Christian pilgrimage.

St Paul stressed this again and again. In Romans 12 he set forth 23 directives to clarify what we must do as we cooperate with the Spirit in our transformation. St Peter adds (2 Peter 1:10,11) "...make every effort to confirm your calling and election. For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Saviour Jesus Christ".

When we truly want to "know Christ and the power of his resurrection", we will see the Holy Spirit beginning to transform us. As Augustine wisely noted about the walk into a sanctified Christlike life: "Without us, God will not; but without Him, we cannot".

As someone once put it: "Each morning we must raise the sails of our boat and go where the Spirit leads. He brings the wind and He governs the speed and direction, but we must cooperate by ensuring that we join Him on the journey."

© Parish Pump

Mother's reward

A man was decorating his new den and decided it was a good place to display all the awards he and his two sons had won at various athletic competitions. When he had filled two whole walls, he remarked to his wife that it was a shame she had no awards to contribute.

The following day, she produced, neatly framed, the birth certificates of their two sons, and added them to the display.



With Holy Week in mind ...

All the armies that ever marched, and all the navies that ever were built, and all the parliaments that ever sat, and all the kings that ever reigned, put together, have not affected the life of mankind on this earth as powerfully as has that one solitary life. - *James Francis*

He suffered not as God, but He who suffered was God. - *John Owen*

The death of Christ was the most dreadful blow ever given to the empire of darkness. - *William Plumer*

The world cannot bury Christ. The earth is not deep enough for His tomb, the clouds are not wide enough for his winding-sheet. - *E Thomson*

The best news the world ever had came from a graveyard. - *Anon*

The empty tomb of Christ has been the cradle of the Church. - *WR Nicoll*

The Christian church has the Resurrection written all over it. - *E G Robinson*

Christianity is the revelation of God, not the research of man. - *JA Stewart*

Our friends bring us to the grave and leave us there, but God will not. - *Anon*

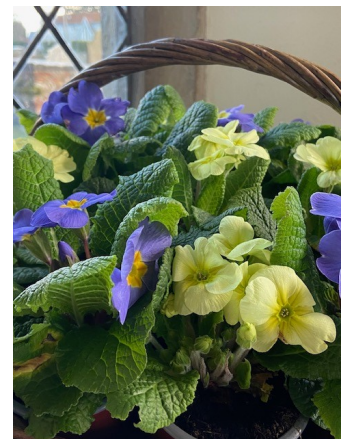


In praise of Primroses

There are few flowers whose coming is so eagerly awaited in the year as the Primrose and it is one of the early signs of spring that it received its name which means 'first rose'. It is not what we would call a rose today, but long ago the name was used more widely. In parts of western England the Primrose is still called the Butter-rose, because the colour of the flowers is so like that of the farmhouse butter which is made there.

Primroses became very popular in Victorian times and were Disraeli's favourite flower. Queen Victoria sent him many bunches from her gardens during her reign, and on his death she sent a large wreath of primroses as a token of her affection and respect.

Extract taken from 'Penhaligon's Scented Treasury of Verse and Prose' - The Language of Flowers



BOOK REVIEWS

by Parish Pump



The Empty Tomb - A Story of Easter By Brian Sibley, SPCK, £6.99

This easy to read and engaging retelling of the Easter story is a perfect introduction for 6+ year-olds to the stories of Palm Sunday, the Last Supper, the death and resurrection of Jesus, His Ascension, and Pentecost. They are written to be read alone or read aloud.

Learn about the procession of the singing crowd as Jesus entered Jerusalem, and the moment Jesus shared the bread and the cup at the Passover meal. Discover how the disciples sorrow turned to joy and wonder when they saw Jesus once again in their presence after His death, eating and drinking with them. Be immersed in the excitement of Pentecost and the inspiring speech by Peter that led to the baptism of 3,000 people.

Practicing the Way - Be with Jesus. Become like him. Do as He did By John Mark Comer, SPCK, £16.99

Do you feel like there's more to life than this? You're right. This book will help you discover and cultivate the countercultural practices to connect you with a vibrant lifelong faith.

John Mark Comer, *the New York Times* bestselling author of *The Ruthless Elimination of Hurry* and *Live No Lies*, shows readers what is holding them back from authentically following Jesus - and reveals the countercultural practices to connect us with a vibrant lifelong faith.

We all have experienced unwanted parts of our spiritual journey: distance from God, gaps in our character, the fear

that our lives will be trivial and empty... **Jesus is calling us into more.** Calling us to be shaped in His likeness. To experience His abundance of life.

But how, practically, can we do that? By becoming His apprentice. By practicing the Way. Outlining the timeless process of being with Jesus, becoming like Him, and living as He did, bestselling author and pastoral voice John Mark Comer delineates God's vision for the journey of our soul.

Candle Youth Bible - explore 90 passages from the NLT Holy Bible (Anglicized) SPCK, £11.99

The Candle Youth Bible provides an ideal introduction to accessing and understanding the entire story of the Bible. When viewed as a whole, the Bible is a wonderful story full of images and drama. 90 key Bible events are featured that show how the Bible's story unfolds and is connected, conveying how the Gospel of Christ and the Kingdom of God binds all of Scripture together.

Each carefully selected story is retold with Bible verses supporting information about the theme, setting, characters, and key plot outlines of each passage.

12 Things You (Probably) Didn't Know About Easter – By Bob Lepine, 10Publishing, £3.99

The perfect, light-hearted book for showing a friend the true meaning of Easter.

It pops up in a seemingly random Sunday each year, easing you gently into spring. The promise of candy and chocolate eggs makes it popular with kids, but it's hardly in the same league as holidays like Christmas.

... But perhaps it should be? Here are 12 weird and wonderful facts, spanning all the way from its origins through to the present day, that show the enduring significance of Easter for Christians.

The Wonder of Easter - an Easter Journey for the Whole Family By Ed Drew, 10Publishing, £5.86

This flexible, easy-to-use Lent devotional will allow the whole family to celebrate the limitless wonder of Easter. It is a discussion-based resource with differentiated questions for 3-4s, 5-7s, over 7s, teens and adults. At just 10 minutes each, these devotions are an achievable joy, not an unrealistic burden.

The Case for Christ - a Journalist's Personal Investigation Of The Evidence For Jesus
By Lee Strobel, Zondervan/10Publishing, £7.19

Is there credible evidence that Jesus of Nazareth really is the Son of God?

Retracing his own spiritual journey from atheism to faith, Lee Strobel, former legal editor of the Chicago Tribune, cross-examines a dozen experts with doctorates from schools like Cambridge, Princeton, and Brandeis who are recognised authorities in their own fields.

Strobel challenges them with questions like, How reliable is the New Testament? Does evidence for Jesus exist outside the Bible? Is there any reason to believe the resurrection was an actual event?

Winner of the Gold Medallion Book Award and twice nominated for the Christian Book of the Year Award, Strobel's tough, point-blank questions read like a captivating, fast-paced novel. But it's not fiction. It's a riveting quest for the truth about history's most compelling figure.

The new edition includes updated material on archaeological and manuscript discoveries, and an interview with the author that tells dramatic stories about the book's impact, provides behind-the-scenes information, and responds to critiques of the book by sceptics.



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

Observations for Lent

The shortest distance between a problem and its solution is the distance between your knees and the floor. - *Anon*

The one who kneels to the Lord can stand up to anything. - *Anon*

People are like tea bags - you have to put them in hot water before you know how strong they are. - *Anon*

Meditation has a digesting power and turns special truth into nourishment. - *Anon*

Many a man has thought himself broken up, when he has merely been made ready for the sowing. - *Hugh Redwood*

Adversity does not make us frail; it only shows us how frail we are. - *Anon*

Affliction by itself does not sanctify; it exhausts and embitters, it depresses and entices. It is the presence of God and the use made of it by Him, as He relates it to our lives as a whole... that makes adversity salutary. - *Donald MacLeod*

God tempers the wind to the shorn lamb. - *Laurence Sterne*

Self-emptiness prepares for spiritual fullness. - *Richard Sibbes*

Treasures in heaven are laid up only as treasures on earth are laid down. - *Anon*

An humble knowledge of thyself is a surer way to God than a deep search after learning. - *Thomas a Kempis*

The man who does not like self-examination may be pretty certain that things need examining. - *C H Spurgeon*

God only asks you to do your best. - *Robert H Benson*

Fight truth decay - study the Bible daily. - *Anon*

If you're headed in the wrong direction, God allows U-turns. - *Anon*

Do not wait for the hearse to take you to church. - *Anon*

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High Days & Holy Days

30th March – Easter Eve or Holy Saturday

Easter Eve is the last day of Lent. It is the day between Good Friday and Easter Day, and represents the one full day that Jesus was dead. It is a day of quiet reflection and anticipation for Christians worldwide.

In various church traditions it is known as Easter Eve, Holy Saturday, the Great Sabbath, Hallelujah Saturday, Saturday of the Glory, and Black Saturday.

Easter Eve is sometimes incorrectly called Easter Saturday. But Easter Saturday is the Saturday *following* Easter Sunday.

Most churches do not have any services on Easter Eve. In the Catholic Church, the altar remains stripped completely bare. Many Lutheran, Anglican, Methodist, and other churches observe many of the same customs as the Catholic Church; however, their altars may be covered in black instead of being stripped.

In the Catholic, Lutheran, Anglican, and Methodist traditions, Easter Eve lasts until nightfall, after which the Easter Vigil is celebrated, marking the official start of the Easter season.

What did Jesus do on that one full day in the grave? Christian understanding varies on this.

The Roman Catholic, Eastern Orthodox and most mainline Protestant churches teach that Jesus descended to the realm of the dead on Holy Saturday, to save the righteous souls who died before His crucifixion.

The catechism of the Catholic church calls the descent "the last phase of Jesus' messianic mission," during which He "opened heaven's gates for the just who had gone before Him."

Often called "the Harrowing of Hell," the dramatic image of Jesus breaking down the doors of Hades has proved almost irresistible to artists, from the painter Hieronymus Bosch to the poet Dante to countless Eastern Orthodox iconographers.

But some Protestants say there is little scriptural evidence for the detour to hell, and that even Jesus' own words contradict it. For on Good Friday, Jesus told the Good Thief crucified alongside Him that "today you will be with Me in Paradise," according to Luke's Gospel."

"That's the only clue we have as to what Jesus was doing between death and resurrection," John Piper, a prominent evangelical author and pastor from Minnesota, has said. "I don't think the thief went to hell and that hell is called paradise."

The Bible says little about the interlude between Jesus' death and resurrection. Churches that teach He descended to the realm of the dead usually quote 1 Peter 3:18-20. "Christ was put to death as a human, but made alive by the Spirit," Peter writes. "And it was by the Spirit that He went to preach to the spirits in prison."

The descent might not have become a doctrine if not for a fourth-century bishop named Rufinus, who added that Jesus went *ad inferna* - to hell - in his commentary on the Apostles' Creed. The phrase stuck, but it was officially added to the influential creed only centuries later.

For lo, the winter is past ...
Flowers appear on the earth.
The time of the singing birds is here.
The song of the dove is heard in the land.



The Song of Solomon

Quiz on the Book of Numbers

(See associated article on page 14)



1. How many chapters are there in the Book of Numbers?

- 34
- 35
- 36

2. "*Bemidbar*," the Hebrew title of the book "Numbers" means what?

- In the beginning
- In the wilderness
- Accounting

3. What does the book of Numbers describe?

- the priestly rituals and rules for conduct
- the exodus of the Israelites from Egypt
- the numbering of God's people

4. How many years will the Israelites wander in the wilderness?

- 30
- 40
- 50

5. What tribe was given the responsibility of doing the work of the tabernacle?

- Asher
- Judah
- Levi

6. In Numbers 16, a man named Korah led a rebellion against Moses. How did God end this rebellion?

- They were all stricken with leprosy.
- They were eaten by worms.
- The ground opened up and swallowed them.

7. Why does God prohibit Moses from entering Canaan in Numbers 20?

- because he spoke to the rock
- because he threw the rock
- because he strikes the rock

8. What did Moses hold up in Numbers 21, to heal the people who had been bitten by poisonous snakes when they looked at it?

- The Ten Commandments
- A Brass Serpent
- Aaron's Rod

9. When the twelve spies were sent to Canaan, how many returned with a good report?

- Two
- Twelve
- One

10. 'The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace.' What are these verse from Numbers 6 called?

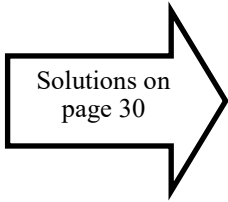
- The Shema
- The Mezzuzah
- The Aaronic Blessing

*** Answers on page 30***

Easy Sodoku

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

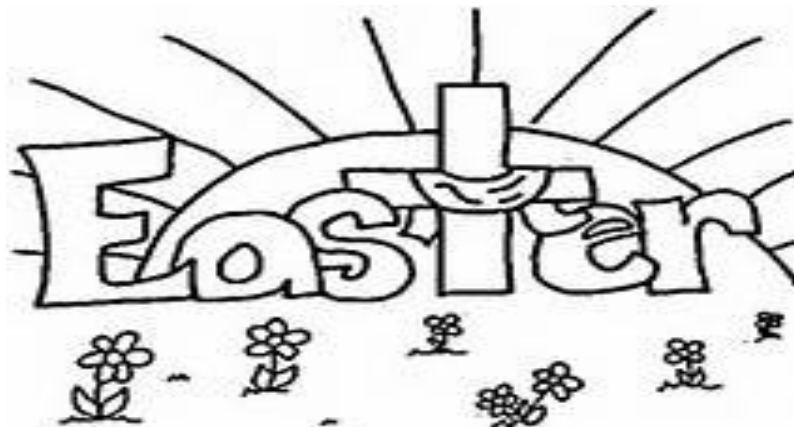
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Medium Sodoku

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

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This Mothering Sunday, could you give the Gift of Dignity?

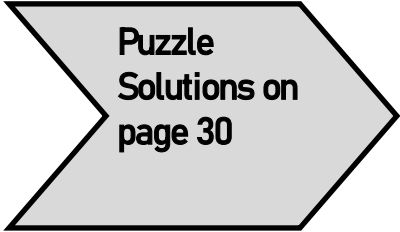
The Mothers' Union has launched 'Make A Mother's Day', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

The MU says: "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks."

And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential.

"When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union also says: "We look forward to hearing about the events, coffee mornings and church collections you hold to fundraise for our **Make A Mother's Day 2024** campaign." You can tag any posts using #MAMD24 or #MU



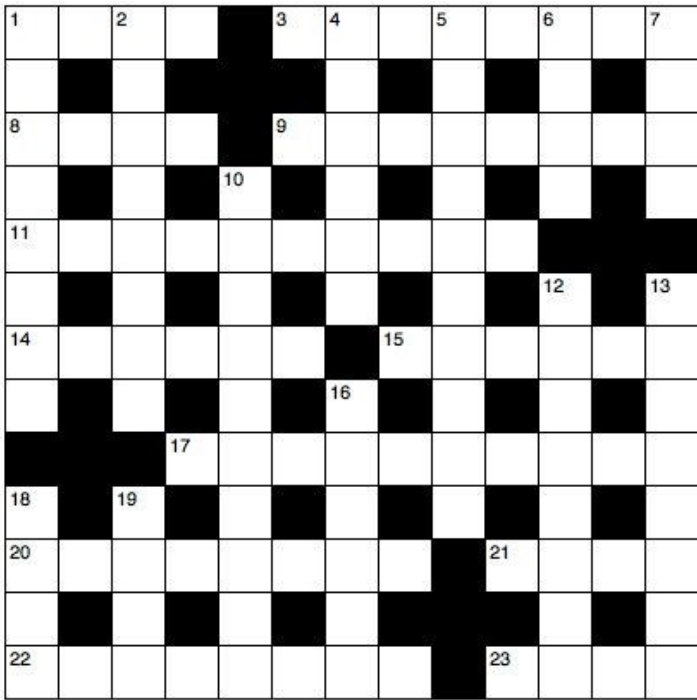
CROSSWORD CLUES

Across

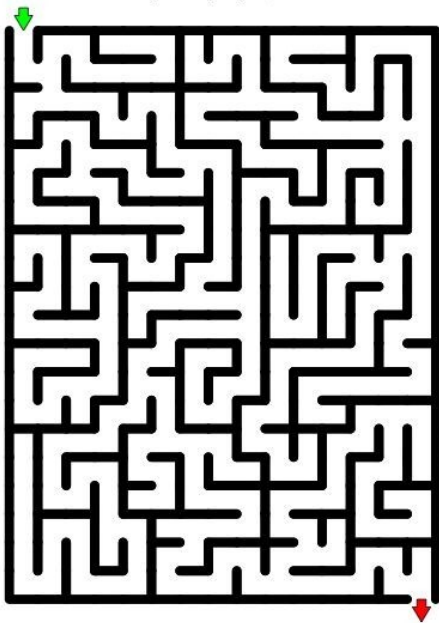
- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)
- 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — — ' (Joshua 8:4) (3,5)
- 8 Seep (4)
- 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
- 11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)
- 14 'A city on a hill — be hidden' (Matthew 5:14) (6)
- 15 He inherited Elijah's mantle (2 Kings 2:12-13) (6)
- 17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)
- 20 'Only in his home town and in his — — is a prophet without honour' (Matthew 13:57) (3,5)
- 21 Sail (anag.) (4)
- 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)
- 23 Eye sore (4)

Down

- 1 Can't grow (anag.) (5,3)
- 2 A servant girl to Peter, 'You also were with that — , Jesus' (Mark 14:67) (8)
- 4 Well-being (Proverbs 3:8) (6)
- 5 Pentecostal denomination, — of God (10)
- 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
- 7 'I preached that they should repent and — to God' (Acts 26:20) (4)
- 10 ' — — , the world will not see me any more, but you will see me' (John 14:19) (6,4)
- 12 He betrayed Jesus: Judas — (Luke 6:16) (8)
- 13 Jesus to Peter: ' — — of my sheep' (John 21:16) (4,4)
- 16 The centurion said, 'Surely this man was — — of God' (Mark 15:39) (3,3)
- 18 Baked bread (Mark 8:14) (4)
- 19 'Blessing and honour, glory and power, be — Him' (Handel's Messiah) (4)



February's Maze



Puzzle Solutions

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

CROSSWORD ANSWERS

ACROSS: 1, Wine. 3, The alert. 8, Ooze. 9, Passover.
11, Garden Tomb. 14, Cannot. 15, Elisha. 17, Gethsemane.
20, Own house. 21, Lisa. 22, Flogging. 23, Stye.

DOWN: 1, Wrong act. 2, Nazarene. 4, Health. 5, Assemblies.
6, Envy. 7, Turn. 10, Before long. 12, Iscariot. 13, Take care.
16, The Son. 18, Loaf. 19, Unto.

Easy Sodoku solution

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

Medium Sodoku solution

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

Leviticus and Numbers Quiz answers (Quiz on page 27)

Answers:

- 36
- In the wilderness
- The numbering of God's people
- 40
- Levi
- The ground opened up and swallowed them.
Because he struck the rock instead of speaking to it
- A brass serpent
- Two
- The Aaronic Blessing

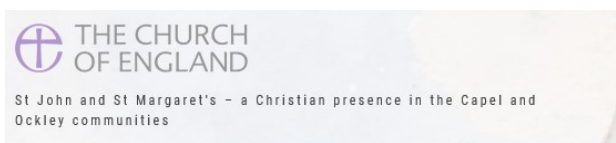
Church Tea dates 2024

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

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





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