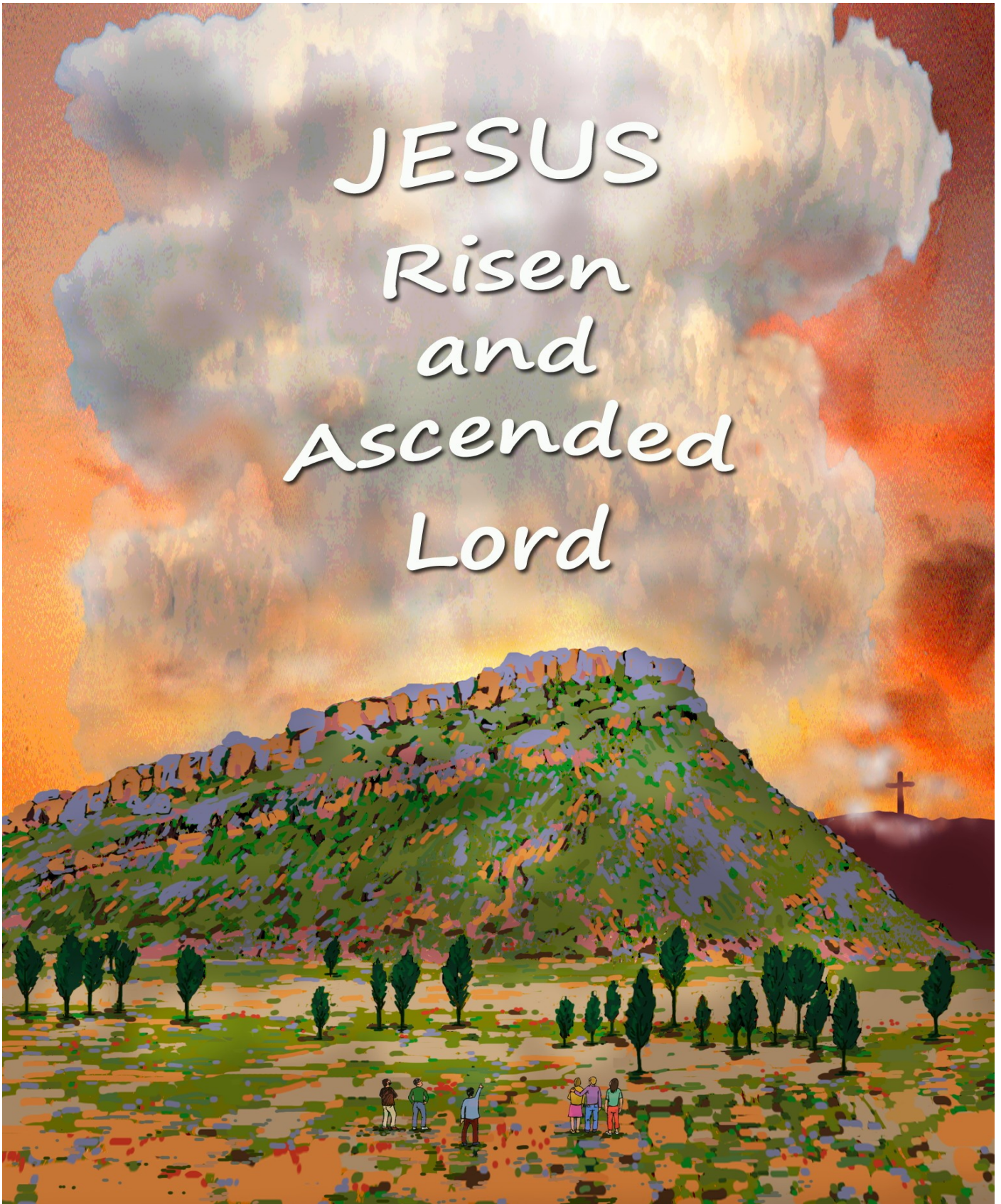


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JESUS
Risen
and
Ascended
Lord

InSpire

Issue 83 May 2024

The monthly publication for the Parish of Capel & Ockley

St. John's, Capel

invites you to

C C A
C H U

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SUNDAY
12th May
10.30am

LIVING
FAITH

Informal
Inclusive
Inspiring

Free Coffee
& refreshments

meeting in The Crown Pub garden

Made with PosterMyWall.com www.capelandockleychurch.org.uk

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 (NB: One change)

With Trinity Sunday (26th May) in mind ...

Tell me how it is that in this room there are three candles and but one light, and I will explain to you the mode of the divine existence. - *John Wesley*

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This issue is sponsored by

Peter Bradley

Thank you for your continued support of InSpire and all the other ways you continue to support our church

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NEWS from the Pews

From the Registers



Holy Baptism

We welcome into the family of the Church

**Willow Rose Moffatt
and
William Richard Henry Moffatt**

7th April 2024
St John the Baptist Chapel

Exploring how the wisdom of St Benedict Supports and Guides us through our Lives

The Group will meet monthly for 2-3 hours. Days and times to be decided. Each month the group will read a chapter of the Rule of St. Benedict and reflect on how the wisdom that it contains can guide and support us in the many challenges we face in our daily lives.

In between meetings, members of the group will practice aspects of Benedict's Rule that has been the subject of the meeting. At the next meeting, the group members may share and reflect on what benefits this has brought to our everyday lives. A couple of times a year, the group will spend a day at St. Mary's Abbey in West Malling. There will be talk on one key aspect of the Benedictine way of life. Time to reflect in silence and to join with the community in the Daily Offices (if wished).

This course is a part of our Parish Development Plan (PDP) - Discipling the Core. Going forward, members of the group may wish to run Benedictine Spirituality Groups within the Parish.

If you are interested in exploring Benedictine Spirituality and its relevance to our every day lives, please email:

joanna.elvidge1@googlemail.com with your name, together with the days and times that are best for you.

New! CollecTin

We will shortly be introducing our new collection taker: CollecTin as pictured. This is our new creditcard donations machine that we have purchased with help (and a grant!) from the central Church of England. By all means familiarise yourself and if you would like to test it out you are more than welcome!

Our sincere thanks to Dineke for organising this new initiative. We hope it proves a new and valuable source of income as so many people attending services including baptisms, weddings etc. do not have cash on them. A great new initiative!

Photo courtesy of Dineke van den Bogerd



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

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

MAY

Sunday	5th	Sixth Sunday of Easter
	9.30am	Matins - Ockley
	10.30am	Family Communion Capel
	3-5pm	Capel Church Teas
Monday	6th	Bank Holiday
	3-5pm	Capel Church Teas
Sunday	12th	Seventh Sunday of Easter
	9.30am	Holy Communion CW - Ockley
	10.30am	Cafe Church
Sunday	19th	Pentecost
	9.30am	Parish Communion Ockley
Sunday	26th	Trinity Sunday
	9.30am	Holy Communion BCP Capel
	10.30am	Morning Worship - Capel
	1pm	Wedding St Margaret's Ockley

JUNE

Sunday	2nd	Trinity 1
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel

Ascension Day - Thursday 9th May (see article on page 12)

More details of the following can be found on page 28

Christian Aid Week – 12th – 18th May

Prayer for Schools Fortnight – 6th to 20th May

13th-20th May - Mental Health Awareness week (see page 22)



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

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



With Rev Liz on extended study leave, we welcome a letter from Gill Christie this month.

Update from your Parish Ordinand

Just before the ordinands on the Local Ministry Programme in Guildford hit the half way point of their training, they are required to do a placement in the chaplaincy sector. Many people have come across chaplains in hospitals, hospices, prisons, colleges and the armed forces. However, my tutor approached me last December with the suggestion that I should do my placement with the WaterWays Chaplaincy (WWC) ... I had no idea who or what this chaplaincy was, but exploration and challenge is part of the ordination training so, of course, I agreed!!

As a result, I spent some very happy hours between January-March 2024 walking with various chaplains along the towpaths of some of the canals in England and part of the river path along the Thames. What I learned was fascinating!



A canal holiday can be a very special time, with a slower pace of life, the gentle splashing of ducks and swans, beautiful scenery, the iridescent blue flash of a kingfisher and the excitement of locks. However, for many who live permanently afloat, life on the water may be a very different experience.

The role of the WWC is to come alongside those who live on the water on boats (known as liveaboards) particularly on the canals of England and Wales.

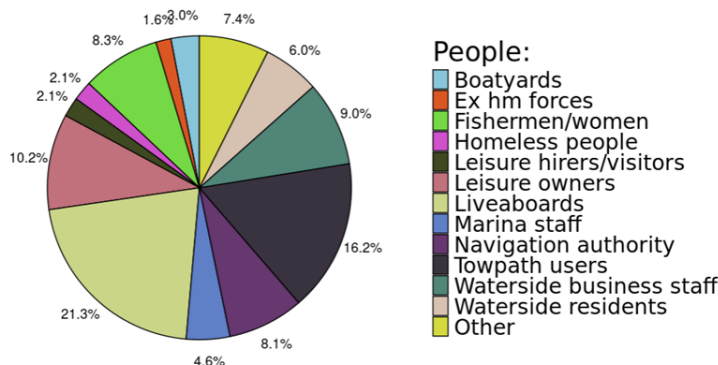
If a liveaboard purchases a permanent mooring licence then they can remain in one place moored to the bank, but even this level of stability may be rocked as there are cases of parents being reported to the Social Services because other members of society do not consider living on a boat is a suitable environment for a child to grow up in.

Other boaters have a continuous cruising licence which brings to mind the fun of always looking around the next corner, but it also means they are unable to remain at one mooring for more than 14 days. As a result, they have no postcode which is often a requirement for registering with a GP, opening a bank account and obtaining benefits. As a result, many who are in need are still battling to obtain the cost-of-living payment due to them.

Generally speaking, the liveaboards are a resilient and resourceful community, but when illness, financial difficulties or bereavement occurs then some find they have reached the limit of their self-reliance. The charts below show the range of work the WWC was engaged with in the first few months of 2024.

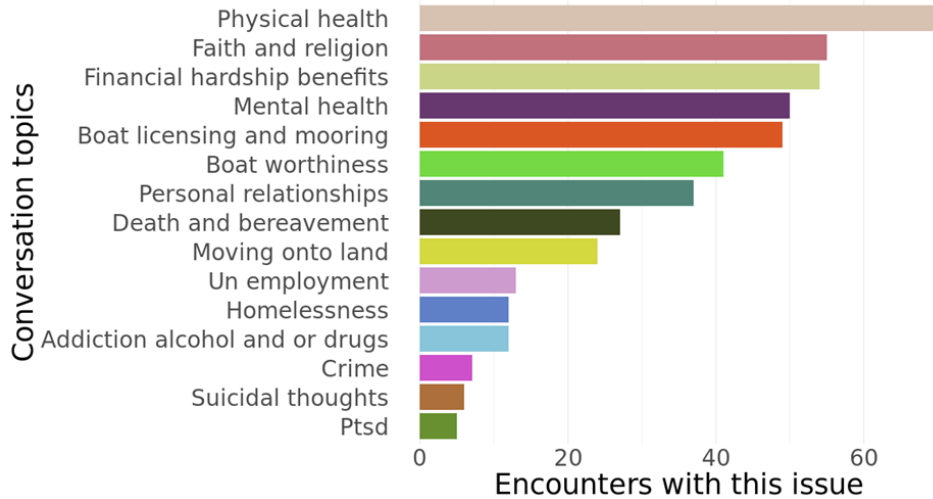
Who are we talking to?

Between 2024-01 and 2024-04



What are we talking about?

Between 2024-01 and 2024-04



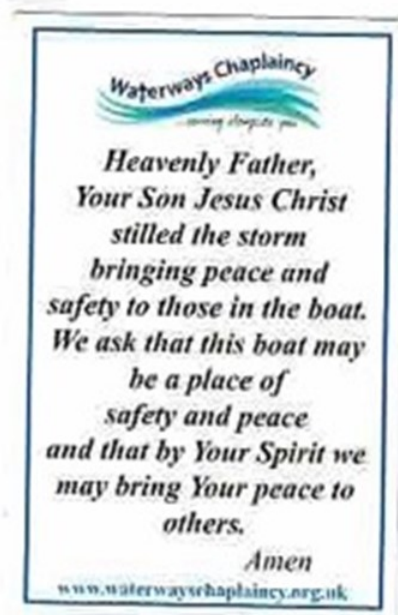
The WWC has the ethos of being practically proactive and spiritually reactive. The chaplains are always happy to give the reason for the voluntary work they undertake, but will not impose their faith on anyone they meet. Whilst I walked with them, I met and spoke with canoeists, walkers, runners, duck feeding mothers and toddlers and people living on the canals in the East End. I also visited the tent camp of some homeless people on the side of a London canal.

The WWC is NOT funded by the state and relies on some grants from charities and donations to pay for the essential running costs. The ecumenical chaplains are volunteers who are filled with a desire to 'love their neighbour' and this is reflected in the chaplaincy's strapline - Micah 6:8" Act justly, love mercy and walk humbly with your God."

The fridge magnet prayer (picture below) is given to those whom the chaplains help with some words along the lines of, "perhaps you might like to put this up in your home and if not, perhaps you might like to pass it on to someone else."

If you would like to know more about this chaplaincy (and perhaps consider supporting them), please do visit their website www.waterwayschaplaincy.org.uk And, as always, if you would like to know any more about the ordination process which I am undergoing and which the parish is most kindly financially contributing to, please do email me at gill@c21mediagroup.com.

Gill Christie



Café Church— May 2024

"I'll go to church when I see people coming out smiling!"

The problem with church is that people think that it is place where you go to be told all the things you *can't* do. Even committed Christians will sometimes tell you that they found church to be warm and welcoming up to the point that they decided to take a step of faith and join - and then they were confronted with a whole series of hoops to jump through to be considered worthy of membership of the particular denomination that they had "signed up" to. How can we have possibly got it so wrong? Sure, there are plenty of "Thou shalt nots" in Ten Commandments, but they include not murdering people, not sleeping with your neighbour's wife, not stealing and not lying and those are principals that even the most ardent atheist is likely to consider reasonable!

For me, the Good News encapsulated in the New Testament is summed up in two verses, Galatians 5 v1 where it says, *"It is for freedom that Christ has set us free"* and John 8 v36 where Jesus says, *"So, if the Son sets you free, you will be free indeed"*. And that's the starting point for Café Church, a very informal and inclusive service that happens on the second Sunday of every month. We are "free". Free to ask difficult questions; free to express our own thoughts; free to *thank* God in our own way for all He has blessed us with; free to sing or just sit and listen; free to laugh together and learn together; free to experience God in the middle of the joy or grief that we find ourselves. Of course, it may be that you prefer a more traditional type of service. St. John's has got that covered too! But wherever you are in your spiritual journey, be assured that Jesus promises freedom. Not freedom *from* the trials and tribulations that affect us all from time to time but the opportunity to feel a sense of freedom and peace in the middle of the storm.

And, talking of being free, there's always *free* coffee and croissants at Café Church!

Bob Cranham

Café Church meets at St. John's Church, Capel
on
Sunday 12th May at 10.30am



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

Informal – Inclusive – Inspiring

St. John's, Capel invites you to

Café Church

Sunday 12th May @ 10.30am

in the garden of The Crown, The Street, Capel

INFORMAL - INCLUSIVE - INSPIRING

Think you know what Church is like?

Think again!



NEWS FROM THE BELFRY

New Peal at Ockley

A peal was rung at St Margaret's last month by a band of visiting ringers. They had been trying to arrange this for over a year as the bells had not been available to ring, firstly for work being carried out in the church and then because the treble was waiting to be repaired. Taking around three hours to ring makes a peal the bell ringers' equivalent of a marathon, requiring concentration and stamina to complete. To be scored as a peal the bells must be rung continuously in the different sequences, without visual aids, with the pattern of ringing determined by the chosen method which can be depicted by a line in a diagram. Notices were put out on social media and at the church and we hope that this rare event did not inconvenience our neighbours unduly.

Over 300 years ago ringers were aware that the maximum number of different orders for seven bells to sound was 5040 – factorial 7, for the mathematically-minded ($7 \times 6 \times 5 \times 4 \times 3 \times 2 \times 1 = 5040$). Most change ringing then was done on six, seven or eight bells and as 5040 changes would take around 3 hours to ring, it was feasible to attempt. The maximum number on 8 bells ($5040 \times 8 = 40,320$) would take around 24 hours to ring and was considered impossible (although it has since been done). In the early 18th Century much effort was spent working out how to compose a peal of 5040 different changes, in a recognised pattern or method so that no sequence was repeated. There were many attempts to ring a peal, some probably successful, but a peal rung in Norwich in 1715 is the first one for which there is a record of where it was rung and by whom.

There had been 33 peals rung in our tower since the bells were installed in 1701 although the first was not until 1891 and the most recent was in 2012. The band that rang in April were complimentary about the tone of the bells but admitted they had found them challenging to ring. It is not something our local ringers have any desire to attempt, we find a quarter peal, taking about 45 minutes enough of a challenge.

Bellringing has developed 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. If you would like to find out more, and perhaps help to preserve the tradition, please come along and have a go, under supervision, or contact me. Practice nights are at St. Margaret's in Ockley, on Wednesdays from 7.45 to 9.15pm, *except the first week of the month when we are at St John's in Capel.*

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



Church wins gold eco award

A church in Wales which turns surplus supermarket fresh food into a nutritious two-course hot meal for people in the community has won a top environment award.

St Sadwrn Church in Henllan, near Denbigh, has become the second church in the Church in Wales to achieve Gold Eco Church Status from the Christian conservation charity [A Rocha UK's Eco Church Award scheme](#).

Among the key reasons for St Sadwrn's success has been the weekly Henllan Warm Hub, which serves a two-course hot meal, created entirely from food which would otherwise go to landfill.

The warm hub, held in Henllan Church Institute next door to the church, has been running for more than a year and a dedicated team of volunteers collect surplus food from local supermarkets each week.

£8.5m for parish outreach

The Church of England has awarded nearly £8.5 million for projects to help churches spread the Christian faith, including parish renewal programmes and children's and youth work in rural and urban areas.

Grants have been approved for mission from the north of England to the Kent coast, much of it in low-income areas, covering parish revitalisation programmes, 'hubs' for children's and youth work, church planting and the expansion of a model of family church that has grown 'exponentially' after it was set up in 2020.

The awards, to Canterbury, Durham, Hereford and Southwark Dioceses, have been made by the Church of England's Strategic Mission and Ministry Investment Board (SMMIB).

Church Commissioners for England welcomes Oversight Group's report

The Board of Governors of the Church Commissioners has warmly welcomed the recent report of the independent Oversight Group, the recommendations from which will shape the new Fund for Healing, Repair and Justice.

The Oversight Group was tasked with advising on the Church Commissioners' response to its historic links with African chattel enslavement.

"In seeking justice for all, we must continue to work together remembering that all are created in the image of God," said the Most Reverend Justin Welby, Archbishop of Canterbury and Chair of the Board of Governors.

He said that the Oversight Group's independent work is "the beginning of a multi-generational response to the appalling evil of Transatlantic chattel enslavement. My prayer is that this work will stimulate further visionary and practical co-created action."

Spreading hope in Gaza – 'amid the darkness'

Baptist organisations in Palestine and Israel are continuing to support people amid the 'heart-wrenching reality' of the war in Gaza.

One such organisation is [Christian Mission to Gaza](#), whose founder and president is Hanna Massad, the former pastor of Gaza Baptist Church.

In regular newsletters to supporters, Hanna details how CMG is actively involved in providing essential aid to those affected by the conflict.

This includes winter clothes, groceries, meals for people sheltering in churches and beyond (many Christians are sheltering at St. Porphyrios Greek Orthodox Church and the Holy Family Roman Catholic Church), as well as financial support to help families meet basic needs.

Benefact Trust announces £1.5 million for churches to achieve Net Zero goal

A £1.5 million grant that will help a group of churches pay for items such as solar panels and heat pumps has been recently announced by the Benefact Trust.

The grant-giving charity will provide additional support over two years to up to 60 'demonstrator' churches who in turn will lead the way in inspiring and encouraging other churches to achieve net zero carbon emissions.

Under the plans, £750,000 of additional funding will be allocated to support a group of churches this year with a further £750,000 pledged for 2025.

The grant from the Trust is in addition to £3.8 million allocated by the Church of England for funding and technical support to help demonstrator churches make as much progress as possible towards achieving net zero carbon by the end of 2030, in line with the Church's Routemap to Net Zero.

The Bishop of Norwich, Graham Usher, who is the Church of England's lead bishop on the environment said: "By taking practical action we show God's love for creation as well as ensuring that our buildings are fit for our worshipping life and service to local communities."

Scottish Parliament recognises 'iconic' St Giles' as the congregation celebrates 900 years

A recent motion has been laid in the Scottish Parliament recognising St Giles' Cathedral as "a prominent part of the life of Edinburgh and Scotland for 900 years".

It commends the "iconic" cathedral, which was probably founded by King David I in 1124, for "its various projects, designed to reach out to people of all ages, backgrounds and faiths across the city".

The citation continues stating that "1.5 million people from around the world visited St Giles' in 2023, underlining its status as a dynamic centre celebrating Scotland's heritage and culture, as well as being an active place of worship".

The motion was laid down by Miles Briggs, a Lothian MSP, and will now be circulated for other MSPs to sign. If you would like more information about the 900th anniversary, please check for updates on the [St Giles' website](#).

Faith in Families to run Wales' first multibank

Cwtch Mawr, Wales' first 'multibank', has been officially opened by First Minister Mark Drakeford and Gordon Brown, the former Prime Minister.

Multibanks are based on the foodbank model, but provide a wider range of non-perishable goods, enabling businesses to redistribute surplus unsold items to people for free.

Cwtch Mawr will be run by Faith in Families, with support from Gordon Brown and Amazon, who co-founded the multibank initiative. The Welsh Government is providing £125,000 for the start-up of the project, with other support coming from local partners including Swansea Council, Pobl Housing Association and The Moondance Foundation.

Cwtch Mawr will be supported by donations from Amazon and other companies, including cleaning wipes, sanitary products, toilet paper, kitchen rolls and toys. New and reusable household goods, food, clothes, toiletries, furnishings, bedding, children and baby goods are expected to be provided in future.

The multibank model encourages businesses to cut down on waste through the creation of a bank of surplus household goods. Cwtch Mawr plans to donate more than 300,000 surplus essential goods to 40,000 families in poverty this year.

Duke of Edinburgh appointed as Lord High Commissioner

Prince Edward, the Duke of Edinburgh, has been appointed as the Lord High Commissioner to the 2024 General Assembly of the Church of Scotland, a decade after he last took on the role of royal representative at the annual gathering.

The Lord High Commissioner is the Sovereign's personal representative to the General Assembly of the Church of Scotland and is appointed by His Majesty the King to attend proceedings on his behalf. The Duke of Edinburgh is also expected to participate in other events and functions while visiting the capital.

Prince Edward was previously Lord High Commissioner in 2014, when he held the title of Earl of Wessex, and represented his mother, the late Queen.

The Truth of the Ascension

'While He was blessing them, Jesus left them and was taken up into heaven.' (Luke 24:51).

The Ascension is a hugely neglected festival, which deserves to have a bigger place in our church life. How do we understand it?

The Ascension tells us that Jesus is in control: 'Jesus has gone into heaven and is at God's right hand' (1 Peter 3:22). Jesus occupies the top spot in the universe; the control of our world is in the safe, scarred hands of Jesus. We can offer Him our worship and allegiance, knowing that His plans are better than those of any Prime Minister or President.

The Ascension tells us that God is committed to His world: 'And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus' (Ephesians 2:6). Jesus did not leave His humanity behind when He ascended, for we are raised with Christ to heaven. Therefore, God is bound to His world and we can trust Him to fulfil His purposes for our lives and world.

The Ascension gives us a job to do: 'All authority in heaven and on earth has been given to Me. Therefore, go and make disciples of all nations' (Matthew 28:18,19). God's way of working in the world is through us. He commissions us for this task at the Ascension and equips us at Pentecost. We are called to make disciples, starting in our workplace, family and community.

'Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which He looks compassion on this world. Yours are the feet with which He walks to do good. Yours are the hands through which He blesses all the world.' (Teresa of Avila).

Editor: With Ascension Day (9TH May) and Pentecost (19th May) in mind, you might like the following ...

The U in JesUs

Before U were thought of or time had begun,
God even stuck U in the name of His Son.

And each time U pray, you'll see it's true
You can't spell out JesUs and not include U

You're a pretty big part of His wonderful name,
For U, He was born; that's why He came.

And His great love for U is the reason He died.
It even takes U to spell crUcified.

Isn't it thrilling and splendidly grand
He rose from the dead, with U in His plan?

The stones split away, the gold trUmpet blew,
and this word resUrrection is spelled with a U.

When JesUs left earth at His upward ascension,
He felt there was one thing He just had to mention.

"Now go into the w
orld and tell them it's true
That the love I have shown is not just for U."

So many great people are spelled with a U,
Don't they have a right to know JesUs too?

It all depends now on what U will do,
He'd like them to know,
But it all starts with U.

Editor: 26th May is Trinity Sunday. Many people, when they think about it all, struggle to understand the concept of a God that is Three in One. So, the following article by the Revd Michael Harding may help...

Why your television is like the Trinity



Here is a trick question: How many colours does your television set use?

Answer: Just three: red, green and blue. And in that order, just like a rainbow (where reds are at one side, blues at the opposite side, green in the middle). This is known as "RGB".

These are TV's three primary colours which, when their luminescence is fired at your eyes, give all the colours of the visible spectrum. These are all 'additive' colours. In fact, mix these three together in different proportions, and your screen can offer you 16 million colours.

You thought the sequence was red/yellow/blue? No, that's for painted or printed colours. A TV set positively gives out light in three different colours, whereas paint daubed on paper absorbs and removes some colours, to reflect back merely a small part of the light falling on it the colour that you see.

You'll soon call out the repair man if your television loses one of its three colours and all the presenters look as though they came from Mars. But change the intensity of any one colour (red, green or blue) even slightly and you change the overall colour.

Switch them all off, and you are left with black. Let all three of them shine at full brightness, at the same point – and then as if by magic you have a totally different colour: WHITE!

It's a parable which illustrates the Holy Trinity. Three completely distinct persons (Father, Son and Holy Spirit), just as your TV set has three quite separate colours: red, green, blue.

Take away any One member of the Trinity, and you slip into theological error; take away any one of the three colours, and you call out the TV repair engineer!

So -

It DOES matter that God is our Creator and Father - otherwise our whole life is merely a meaningless illusion.

It DOES matter that Jesus is God the Son, for otherwise His death is simply a human tragedy, with no promise of salvation or eternal life.

It DOES matter that the Holy Spirit is with us here and now, otherwise we are disconnected from God.

Yes it really does matter! Just as it is essential that a TV set can produce white by the equal intensity of all of its three colours. In fact, the more you think about it, the more it seems that the doctrine of the Trinity is far from being a complicated bit of theological nonsense, but is a sort of theological test-card, to make sure that we've got the right picture of God, without distortion.

Memorial Window in St Margaret's

A new Memorial Window has been installed in the North Aisle of St Margaret's next to the new emergency door. Designed by Amanda Blair of Abinger Stained Glass and installed by John Mahoney of Horsham.

The design is modern in vibrant colours in contrast to the rather dark Victorian windows. A strong cross, a dove at the top, a biblical quotation and a pastoral view with a miniature Leith Hill tower at the top of the hill. The initial design included Jayes and Elderslie and farm animals but was deemed too fussy.

The window is in memory of Charles and Patience Lee-Steere and John and Joan Prideaux, my parents and uncle and aunt.

Gordon Lee-Steere

See photo of the new window on the back page

Editor: The Revd Dr Jo White considers the stones and mortar

Reflecting Faith: The Church as a building

Today's church buildings are rich and varied in their designs, sizes, materials, plans and groupings; from large cruciform churches to simple single room designs; from red brick to stone, and so on.

I wanted to look up some information about the fact that today's church buildings, although they may be 'modern', are usually built upon or very close to a previous church building. In other words, they stand quite literally in a long succession of church buildings.

However, on entering 'church building footprint' into the computer search engine, it responded in a related but unexpected, to me, way: *'The Energy Footprint Tool is a great way of monitoring your church building's carbon usage and energy efficiency.'*

A very real issue for today's world! - and one we are very conscious about when we enter the building on a Sunday morning to find, even with the heating turned on for a number of hours, that it is considerably cooler than our own centrally heated homes.

Whilst it is theologically wonderful to have high ceilings, we can see how future remodelling might well lower the ceilings, bring in the walls, and shrink the glassed areas.

And so it has been through the ages – church buildings have constantly been amended. When you look carefully at a church that is more than a few hundred years old, in any part of the world, you can trace the development of its use by its architecture. Perhaps you'll see a door or window bricked up or a new one opened. The widening of the nave by the addition of arches and one or more aisles. Change in stone or building materials as later technology was available or even a change in design as new techniques came into safe use.

This month:

Have a look at a couple of local churches and spot the changes in their buildings over the years. Why do you think they took place? What changes would you make and why?

Good dog!

Recent scientific research has found evidence that having a dog is good for you.

"Science is finally catching up with what humans have intuitively known for thousands of years." So says Professor Emeritus Aubrey Fine of Cal Poly University, a paediatric clinical psychologist.

A recent study at Konkuk University in Korea found that participants' alpha-band brain waves increased while playing and walking with dogs, while their beta-band brain waves increased while grooming, massaging, or playing with dogs. All participants were left feeling "less fatigued, depressed and stressed".

In one American academic journal, *Circulation: Cardiovascular Quality and Outcomes*, a study found that, overall, dog owners have a 24 per cent decreased risk of all-cause mortality, and that that percentage rises to 31 per cent for cardiovascular-related issues.

According to Tommy Wood, assistant professor of paediatrics and neuroscience at the University of Washington School of Medicine, dogs "support our health and wellbeing in many ways."

LETTER FROM THE EDITOR

Dear friends,

May 2024

Welcome to the Pentecost 2024 issue of InSpire. Currently Rev Liz is on four weeks extended Study Leave which she was due to have during the Covid pandemic. I'm sure everyone hopes she will return to duties on May 7th feeling refreshed after a well-deserved break. Our thanks must surely go to Rev Jo and Martin Gilpin for holding the fort for us and conducting our services so well for us whilst Liz has been on leave. Also our visiting organist on Sunday 28th April and my apologies for not remembering his name! Don't forget there is a list to sign up for Rev Jo's 'Taster session' of the Benedictine Group in church.

A new Memorial Window has been installed in the North Aisle of St Margaret's next to the new emergency door. It was designed by Amanda Blair of Abinger Stained Glass and installed by John Mahoney of Horsham. The window is in memory of Charles and Patience Lee-Steere and John and Joan Prideaux, parents and uncle and aunt of Gordon Lee-Steere. There is a photo of the new window on the back page of this issue and some details by Gordon on page 13. It a beautiful modern glass window and it's interesting to tie that in with the article opposite by the Revd Dr Jo White, where she refers to constant amendments to our ageing church buildings. It is wonderful to see modern craftsmanship at work too and we now have this stunning example in St Margaret's as a lasting memorial to Gordon's family.

This month sees Pentecost and if you've ever struggled to understand the concept of a God that is Three in One, the article by the Revd Michael Harding may help on page 13: **Why your television is like the Trinity**. Do see Bob Cranham's monthly article on **Café church**. This month *"It is for freedom that Christ has set us free"* and John 8 v36 where Jesus says, *"So, if the Son sets you free, you will be free indeed"*. And that's the starting point for Café Church, a very informal and inclusive service that happens on the second Sunday of every month. We are "free".

In the absence of a letter from Rev Liz whilst she is on leave, we have a wonderful update from Gill Christie on her Ordinand training on pages 6 & 7 and her placement with the WaterWays Chaplaincy. *"I spent some very happy hours between January and March 2024 walking with various chaplains along the towpaths of some of the canals in England and part of the river path along the Thames. What I learned was fascinating!"* My sincere thanks to Gill for taking the time to fill us in on her training and her very interesting placement. I'm sure we all join together in sending our prayers and blessings as she continues her Ministry training. We will be all the richer for having Gill ordained!

Those of us who are dog lovers and owners will be interested in the article opposite that having a dog is good for you! I'm sure like many others, walking every day with my dog, gives me physical exercise but mental therapy too with the joy of Creation all around me. I know from our recent Lent group, that for several of us, walking is also a time of prayer.

There is an interesting article on page 19 by David Pickup, a solicitor, who considers the potential pitfalls of helping others... **'Supporting people in trouble'** *"Sometimes supporting others can be difficult. Some people are easy to help. They know what the problem is and what help they need. St Paul reminds us that we should bear each other's burdens, and no-one is expected to carry some things by themselves. The law of Christ that Paul was referring to was the New Commandment Jesus gave... that we love one another."*

As we approach Pentecost, let us reflect on the words from the Poetic Prayer for Pentecost on page 18 ...

*"Out they went to every corner,
Fearless as they spread the word;
Bringing light to those in darkness,
Giving hope to all that heard."*

Best wishes,

Suzanne

inspire@capelandockleychurch.org.uk

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: Judges*

Following Joshua's death, a generation grew up who didn't know God (Judges 2:11) and 'every man did what was right in his own eyes' (17:6, 21:25). The book of Judges is a study in God's response to a permissive society.

The book takes its name from the *deliverers* that God raised up during this time. God empowered both men and women with His Spirit to rule and deliver the people. They included Ehud, Deborah, Gideon and his son Abimelech, Jephthah and Samson. The judges operated in the 350 years (from 1050 BC) between Joshua's death and the monarchy.

We see a recurring cycle of apostasy, oppression, penitence and deliverance played out. When the people fell into sin, God sent an enemy nation to oppress them. As a result, they cried to God for help, and He responded by raising up a deliverer to free them.

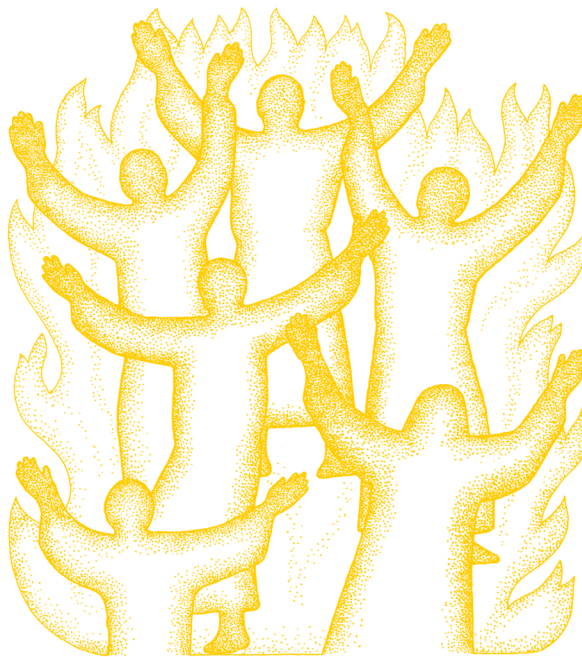
The saddest words in Judges are those applied to Samson, 'He did not know that the LORD had left him' (16:20). Rejecting God in our lives can begin with tolerating those things that are not in harmony with His will for our lives. The people's toleration of the beliefs of their pagan neighbours led to a conformity in life and worship with them. Yet God waited for His people to return to Him, when He responded with grace to deliver them.

Gideon stands out as somebody who was unwilling to compromise with the surrounding culture. Despite his weaknesses, God used him to deliver Israel from the Midianite invaders. We read: 'the Spirit of the LORD came upon Gideon', lit: 'the Spirit clothed Himself with Gideon' (6:34). God's grace and faithfulness is at work in those who are prepared to trust Him.

See Quiz on the Book of Judges on page 27 (solutions on page 30)

The Bible in 50 words

God made.
Adam bit.
Noah arked.
Abraham split.
Joseph ruled.
Jacob fooled.
Bush talked.
Moses balked.
Pharaoh plagued.
People walked.
Sea divided.
Tablets guided.
Promise landed.
Saul freaked.
David peaked.
Prophets warned.
Jesus born.
God walked.
Love talked.
Anger crucified.
Hope died.
Love rose.
Spirit flamed.
Word spread.
God remained.
- Anon



Pentecost -Acts 2

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

The Story behind the Hymn – ‘Praise my Soul the King of Heaven’

*Praise my soul the King of heaven,
To His feet thy tribute bring;
Ransomed, healed, restored, forgiven,
Evermore his praises sing.
Alleluia! Alleluia! Praise the everlasting King.*

*Praise Him for His grace and favour
To our fathers in distress;
Praise Him, still the same as ever,
Slow to chide and swift to bless.
Alleluia! Alleluia! Glorious in His faithfulness.*

*Fatherlike, He tends and spares us;
Well our feeble frame He knows;
In His hands He gently bears us,
Rescues us from all our foes.
Alleluia! Alleluia! Widely yet His mercy flows.*

*Angels in the height, adore Him,
Ye behold Him face to face;
Sun and moon bow down before Him,
Dwellers all in time and space;
Praise Him! Praise him!
Praise with us the God of grace!*

By Henry Francis Lyte (1793-1847)

This stately poetic paraphrase of Psalm 103 has been included in probably more solemn ceremonies than any other hymn in the English language. It was even chosen by Queen Elizabeth for her wedding to the Duke of Edinburgh in 1947.

Henry Lyte had been a brilliant theological student at university in Dublin, with a gift for versifying. After graduation he moved to a tiny and remote parish in County Wexford to serve his curacy. It was here, when he was about 25, that Henry had a religious experience which would transform his life.

A close friend of his, another clergyman, had fallen ill, and was clearly dying. Henry went to visit him. The friend was not as distressed as Henry had imagined he would be. Instead, the friend confessed that he had been re-reading the New Testament, with an eye on eternity, and had made a great discovery. There was no need to rely on religious duties and formalities and good deeds to gain peace with God. Instead, we can trust completely in the mercy of Christ and His saving power.

Henry was sophisticated and had been very formal in his ministry. But this encounter with his friend's faith at death's very door, made him reconsider his faith. He wrote later that his dear friend 'who died happy in the thought that there was One who would atone for his delinquencies' made him 'study my Bible and preach in another manner than I had previously done'. And soon after this hymn appeared, in 1834.

Lyte rejoices in the majesty and wonder of the living God, who in turn loves us. He captures the measure of the Psalm in enduring lyrics, which combine time, eternity, God and man all swept up into one embrace. Its last verse summons all the created order to join in a great act of joyous praise – surely a preview of eternity!

© Parish Pump

PRAYERS, PROSE & POEMS

Come Holy Spirit

Come Holy Spirit
Come Spirit like rain, refresh, renew, revitalise.
Come Spirit like fire, embolden, enlighten,
enable.
Come Spirit like a mighty wind, move, challenge,
enkindle.
Come Spirit like wave, move, tear down, lift up.
Come Spirit, come Breath, draw us close, make
song, bring intimacy.
Come Spirit, come Love, make one, make justice,
make peace.
Come Spirit, come Kingdom, come Love.

Prayer: Martin Brown/CAFOD

O God of all hope and peace, we bring to you the
needs of our broken and hurting world.
Our hearts are breaking with images of lives lost
and torn apart by grief in Israel and Palestine.
We pray for an end to violence and warfare so that
the challenging work of rebuilding may begin.
Help us, O Lord, to affirm our common humanity so
that in our differences we may build together for
justice and peace.
In Jesus Christ, our Lord.
Amen.

© The Church of England

Love for Christ

Lord Jesus, you know everything:
You know that I love you.
How could it be otherwise?
For it was you who first loved me,
the unlovely and unlovable,
and died for me, pardoned me
And welcomed me into your family.
Lord, you know everything:
You know that I love you.

Amen

Taken from Prayers for Today by
Frank Colquhoun



Prayer for a Better World

Generous God, we thank you:
for the gifts you have given us,
the abundance of your Creation
and the beauty that surrounds us.

For the people whose lives have touched ours,
for the love they show,
the burdens they lift,
the hopes we share.

Compassionate God, we ask you:
to fill us with your love,
to place in our hearts a spirit of courage,
to move us to reach out to others in need.

And lead us to play our part,
so that now and in generations to come
all your children may share
in our hope for a better world.

We ask this through Christ our Lord,

Amen.

*Catherine Gorman, written for the
Your Catholic Legacy consortium*

A poetic prayer for Pentecost

Happy Birthday to all Christians,
This is where it all began;
Out from here went the apostles,
Taking Christ to everyone.

Able now to speak to nations,
With the good news to proclaim;
Crucified for our salvation,
Hear His message, learn His name.

Out they went to every corner,
Fearless as they spread the word;
Bringing light to those in darkness,
Giving hope to all that heard.

So must we with every blessing,
Follow in the steps they trod;
Showing love and help and kindness,
All come from the breath of God.

By Alan Millichip

©Parish Pump

Editor: David Pickup, a solicitor, considers the potential pitfalls of helping others...

Supporting people in trouble

Brothers and sisters, ...Carry each other's burdens, and in this way you will fulfil the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. (Galatians 6 1-3)

I am always interfering, in situations where I should not. Sorry, but I do. It is probably because of the job I do, that I want to fix things. Christians naturally want to help others. Churches are loving communities, and we want to do the best for each other.

Sometimes supporting others can be difficult. Some people are easy to help. They know what the problem is and what help they need.

Others are very demanding and always need help. They go from person to person asking for support and do not always follow advice. Then there are those who would never ask for help. They battle on and get exhausted and struggle on their own.

Probably the best helper is the person who can listen and not judge and guide the burdened to find their own answers. Often the person who is best at helping others is the one who has experienced life's ups and downs themselves. We can support others by:

Listening and keeping confidences.

Looking out for someone to make sure they are ok.

Respecting their choices even if we do not agree.

And, best of all, praying to know what to say and when to be quiet.

St Paul reminds us that we should bear each other's burdens, and no-one is expected to carry some things by themselves. The law of Christ that Paul was referring to was the New Commandment Jesus gave... that we love one another.

So, I will carry on trying and sometimes failing to fix things. You never know, I might make things better one day!

Fewer babies coming

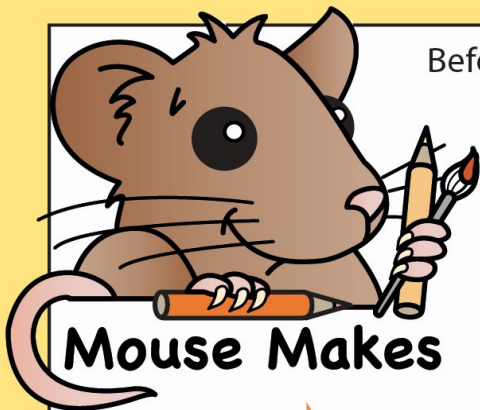
For the first time since the Black Death killed about 50 million people in the mid-1300s, the world's population is going to decline.

According to experts, global fertility rates have hit an historic tipping point, and seem unlikely to recover. Millions of women are simply having less children.

The global population currently stands at just over eight billion. But in the coming decades, as the older people die and fewer babies are born, this figure will fall.

Women need to have an average of 2.1 children each, for the population growth to remain static. Worldwide, in 1950 it was at 4.84. By 2021 it was at 2.23. It is predicted to fall to 1.83 by 2050. The UK, like other high-income countries, has a lower-than-average fertility rate, at just 1.49 in 2021. It is expected to fall to 1.38 by 2050.

This will mean that our population of about 67 million will become increasingly old. And this will have a huge impact on our national finances, as the old will put pressure on the health services, while there will be fewer young people in work, keeping the economy going.



Before Jesus ascended to heaven he told his disciples
 "You will receive power when the Holy Spirit
 has come upon you, and you will be my
 witness in Jerusalem and in all Judea
 and Samaria, and to the end of the earth"...

...When the day of Pentecost arrived,
 they were all together in one place,
 and they were all filled
 with the Holy Spirit."



READ the story
 of Pentecost
 in Acts 1-2
 Look up the Bible
 verses to find
 the answers to the
 crossword clues.

How many
 words can you
 make from
 the letters of:
 DAY OF
 PENTECOST



- 1 After Jesus ascended into heaven, which city did the Apostles return to? *Acts 1:12*
- 2 What appeared? Tongues of ...? *Acts 2:3*
- 3a What did the Apostles devote themselves to? *Acts 1:14*
- 3b Who was chosen to replace Judas? *Acts 1:26*
- 3c Which special day was it? *Acts 2:1*

- 4 What rushing sound came from heaven? *Acts 2:2*
- 5 What appeared? Tongues of ...? *Acts 2:3*
- 6 What were the disciples filled with? *Acts 2:4*
- 7 What did they start speaking in? *Acts 2:4*
- 8 Who spoke to the crowd? *Acts 2:14*
- 9 Who had prophesied this? *Acts 2:16*

Can you colour in the
Jelly Bean prayer?

Jelly Bean Prayer

Church House Collection ©



Red is for the
blood He
gave.



Black is for
the sins we
made.



Green is for
the grass He
made.



White is for
the grace
He gave.



Yellow is for
the sun so
bright.



Purple is
for the hour
of sorrow.



Orange is for
the edge of
night.



Pink is for
our new
tomorrow.

13th-20th May - Mental Health Awareness week

As this month we observe Mental Health Awareness Week, it would be well worth especially praying for our young people.

The Children's Commissioner for England has recently warned that our nation's children are still facing a mental health crisis, following the isolation and loneliness of the pandemic.

And now, Dame Rachel de Souza warns that too many of these children are being kept waiting "far too long" for professional support. She found that, of the 949,200 children and young people referred to Child and Adolescent Mental Health Services (CAMHS) in 2022-23, more than 270,000 children and young people are still waiting to be seen.

Dame Rachel says: "This generation of children has experienced uniquely uncertain and challenging times. Some have spent some of their most formative years isolated and indoors, fearful they or their loved ones may catch a deadly virus.

"They have felt the squeeze of a cost-of-living crisis, and they are keenly aware of the pressure their parents are under. They are constantly bombarded by negative news, of wars and climate catastrophe. And an increasing number are exposed to the harmful impact of social media, cyber bullying, and online exploitation."

She continued: "Against this backdrop, it is not surprising that we continue to see the number of children experiencing poor mental health at persistently high levels."

Roads at 'breaking point' despite pothole repairs reaching an eight-year high

Have you hit a pothole and damaged your car yet? If not, it is probably only a matter of time.

Despite TWO MILLION potholes being filled over the past year (the highest number since 2015) the Asphalt Industry Alliance (AIA) is now warning that our roads are crumbling to 'breaking point'.

According to the AIA's annual survey, only just under half the roads in England and Wales which are maintained by local councils are in good condition. 36 per cent are adequate and 17 per cent are poor.

Last October the Government said it would provide £8.3 billion of extra funding over the next 11 years, just to fix potholes. But the sum needed to fix the backlog is now at £16.3 billion.

Meanwhile, Simon Williams, the RAC's head of policy, warns that the extra £8.3 billion is "only sufficient to resurface around 5,000 miles of road, which is sadly just three per cent of all council-managed roads in England." Yet there are an estimated 107,000 miles of roads which are fast reaching the end of their lives. "The scale of the problem now facing councils is truly gargantuan."

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

Lone working ‘is making millions of people ill’

The rise in lone working and the insecurity of increasing numbers of jobs are “making millions of us poorer and ill,” says a new report from Christian-based think tank, Theos.

In *‘The Ties That Bind’* Theos looks at how better work can be created “by paying attention to the social dynamics – the love, even – in our workplaces.”

The report, written by ethical entrepreneur Tim Thorlby, looks at evidence around the social and health impacts of the rise in lone working and the growth of insecure work. It argues that a loss of ‘mutuality’ between the employed and their employers is making millions of people poorer and ill.

Theos estimate that before the pandemic, 27 per cent of workers worked alone for a substantial proportion of the time. Now, 59 per cent of the workforce works alone for at least some of the week.

While admitting that “lone working can provide real benefits to workers who enjoy a flexibility premium,” the Theos report points out that it carries risks. “These risks are highest where little attention is paid to the quality and dignity of working relationships, and where employees are treated as ‘out of sight, out of mind’.”

The report calls for action to prevent the loss of connection between workers and protect the health of those working in these environments.

The UK has one of the most flexible labour markets in the developed world, explains the report, and this can deliver benefits, both to individual workers and to the wider economy.

But there are downsides. In the UK today, the Living Wage Foundation estimate that nearly one in five workers – 6.1 million people (19 per cent of all workers) – are in insecure work. Within this, they calculate that more than half (3.4 million, 11 per cent of all workers) are in work that is both insecure and low paid.

Theos calls for fair hourly pay at or above a real living wage; predictable hours and income which are changed only with fair notice; connection for workers, who should be well managed and supported and feel ‘part of the team’; and healthy work, where working supports good physical and mental health.

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

BOOK REVIEWS

by Parish Pump



Jesus and the Powers: Christian Political Witness in an Age of Totalitarian Terror and Dysfunctional Democracies By Tom Wright, SPCK, £12.99

Tom Wright and Michael F. Bird join forces to ask: How can Christians engage with the turbulent politics of our times while remaining true to the teaching of Jesus?

They argue that Christians can embody a counter-cultural witness that upholds the biblical ideals of justice, mercy and truth, while opposing oppressive political schemes based on autocracy and nationalism.

The book goes on to challenge believers to take their stand against tyrannical forces wherever they may appear, and to help to cultivate flourishing liberal democracies that promote the freedom, dignity and well-being of all people.

No Ceiling to Hope: Stories of grace from the world's most dangerous places By Patrick Regan and Liza Hoeksma, SPCK, £10.99

Here are some real-life stories from across the world to show how Christians are helping the most vulnerable in society with God's love.

In Bolivia, Christians are backing education projects to help families to find a way out of poverty. In London, XLP is mentoring young people to turn aside from violence. In Los Angeles, a new future is being offered to gang girls. In high security prisons in the UK and US, the Spirit is turning lives

around. In Belfast's Shankill Road area, a group of elderly ladies is cooking meals for men who sit all day in local pubs . . . The list is extensive, and inspiring. The common element is that, in all circumstances, Christ is offering hope.

A Dedication Gift Prayer and Memory Book By Various Authors, SPCK, £8.99

This illustrated gift book for a young child's dedication offers a collection of prayers, Bible verses, and pages for recording details, memories, and messages of the special occasion.

Parents can add memories of their child's dedication with spaces for photos and special blessings from the guests, as well as recording key milestones in their child's early years.

The book would make a good gift for a grandparent, godparent, or family member, to give to a young child.

Grandparenting for Faith: Sharing God with the children you love the most By Becky Sedgwick, BRF, £9.99

Part of the joy of being a grandparent is to help your grandchildren learn to have confidence in God's love for them.

This book will encourage grandparents to be a unique voice, speaking into their grandchildren's lives, and helping to nurture them into the reality of a relationship with the God who loves them.

Spiritual Growth in a Time of Change: Following God in midlife By Tony Horsfall, BRF, £9.99

Our 40s and 50s are often times of personal change and emotional transition for our families, but they can also be important years for our spiritual lives.

Tony Horsfall addresses a number of 'midlife' issues – from facing up to the past, to renegotiating relationships – and explores how to navigate a spiritual journey through these years, leading to deeper faith and a closer walk with God.

Finding Flourishing: Time and pace for your work-life wellbeing By Naomi Aidoo, BRF, £9.99

In our fast-paced world, wellbeing should still be an accessible pursuit, even for the busiest among us. Naomi Aidoo presents a practical approach to helping you achieve wellbeing; one that doesn't require adding yet another technique to your busy schedule. Instead, it shows you how to enhance your day-to-day mental, emotional and spiritual well-being.

Contd on page 25

Aidoo considers how wellbeing might look in our relationships, our work and the rest of our lives, and uses the T.I.M.E. framework to offer manageable steps towards achieving it.

Neighbourhoods Reimagined – How the Beatitudes Inspire our Call to be Good Neighbours
By Chris McKinney and Elizabeth McKinney,
10Publishing, £8.99

Somewhere along the way many of us drifted away from our next-door neighbours, and now we're not sure we can get back again. We are unsure of how to befriend them and how to spot opportunities of sharing God's love with them. How can the countercultural values of Christianity affect our them, and our neighbourhood?

Believing the beatitudes are Jesus' invitation into neighbourhood flourishing, *Neighbourhoods Reimagined* envisions how these upside-down values can turn our corners right-side-up.

The Best of Friends - Choose Wisely, Care Well
By Phil Knox, IVP, £10.99

Friendship is unparalleled as a building block of society, a universal theme in great literature and film, and has a huge impact on our mental health, wellbeing and happiness. But many of us are lonely or feel suffocated by the pressures of life and quantity of relationships we have to maintain. Now, more than ever, we need better, deeper friendships. We need the best of friends.

Full of practical advice, humour and wisdom, Phil Knox shows us how to choose our friends wisely and maintain lasting and meaningful relationships.



Quotes for May

Rogation Sunday (5th May) is about asking for God's protection and blessing

Pure prayers have pure blessings. - *Thomas Goodwin*

To spend an hour worrying on our knees is not prayer. Indeed, there are times when it is our duty, having committed a problem to God in prayer, to stop praying and to trust and to do the necessary work to arrive at a solution. - *Oliver Barclay*

Ascension Day (9th May) – the promise to return

Many people will be surprised when Jesus comes again – but nobody will be mistaken. - *Anon*

He that rose from the clouds we expect from the clouds. - *Thomas Adams*

Pentecost (19th May) - that day in Jerusalem when God poured out the Holy Spirit

A Christian may not always be conscious of the Holy Spirit's presence, but he would not even be a Christian in His absence. - *John Blanchard*

Before Christ sent the church into the world, He sent the Spirit into the Church. The same order must be observed today. - *John R W Stott*.

There are churches so completely out of the hands of God that if the Holy Spirit withdrew from them, they wouldn't find it out for many months. - *AW Tozer*

The Spirit is not given to make Bible study needless, but to make it effective. - *J I Packer*

Be ye fishers of men - you catch them, and He'll clean them. - *Anon*

Before Pentecost the disciples found it hard to do easy things; after Pentecost they found it easy to do hard things. - *A Gordon*

With Trinity Sunday (26th May) to remember ...

Tell me how it is that in this room there are three candles and but one light, and I will explain to you the mode of the divine existence. - *John Wesley*

Miscellaneous musings on life ...

Only one petition in the Lord's Prayer has any condition attached to it; it is the petition for forgiveness. - *Archbishop William Temple*

Hoping is disciplined waiting. - *E Hoffmann*

Humility is the hallmark of wisdom. - *J Collier*

HIGH DAYS & HOLY DAYS IN MAY

26th May - Augustine of Canterbury, apostle to the English

Augustine, a 6th century Italian prior, holds a unique place in British history. He became the 'apostle to the English,' although it was with great reluctance.

In 596 Augustine was chosen by Pope Gregory to head a mission of monks whom he wanted to send to evangelise the Anglo-Saxons. Augustine was not a bold man, and by the time he and his band of priests reached Gaul, they wished to turn back. But Gregory would not hear of it, and he bolstered their confidence by sending some more priests out to them, and by consecrating Augustine bishop. Finally, the little party, now 40 in number, landed at Ebbsfleet, Kent in 597.

It would be fascinating to have a detailed description of that first meeting between Bishop Augustine and Ethelbert, powerful King of Kent. Whatever Augustine said, it must have been effective, for Ethelbert granted the 40 priests permission to stay in a house in Canterbury. He even allowed them to preach to his people, while he himself considered their message of Christianity. His wife, Bertha, was a Christian princess from Paris, but she does not seem to have played any role in the conversion of Kent.

By 601 Ethelbert and many of his people had been baptised Christians. The mission to the English was well underway. More clergy, some books, a few relics and several altar vessels arrived from Rome. At Gregory's wise urging, Augustine decided to consolidate the mission in one small area, rather than try and reach all of Kent. So, Augustine stayed in Canterbury, where he built the cathedral and founded a school. He left only temporarily to establish a see in London.

Also, at Gregory's wise urging, Augustine did not destroy the pagan temples of the people of Kent, but only the idols in them. In this way, familiar rites were taken over and used for the celebration of the Christian feasts. Meanwhile, before his death in 604, Augustine helped Ethelbert to draft the earliest Anglo-Saxon written laws to survive – and so influenced British law for centuries to come.

***NEW 25th May - Aldhelm, unconventional Bishop of Sherborne**

Aldhelm is the saint for you if you are intelligent but unconventional.

Aldhelm was born in 640, into a family closely related to Ine, the King of Wessex. Educated at the monastic community in Malmesbury in Wiltshire, he went for further study in Canterbury. He proved a brilliant student and was sent back to Malmesbury as Abbot.

So far, so good. Aldhelm even demonstrated a great talent for administration, and helped with the reforms of Archbishop Theodore, who was trying to sort out the considerable confusion that the church had fallen into.

But Aldhelm also had his 'funny ways'. Towards other men of education, he wrote scholarly letters that were so full of similes and metaphors as to be incomprehensible. He also wrote highly complex riddles on biblical themes.

Aldhelm went to the other extreme when trying to communicate with the poor and illiterate. He wrote hymns and sang them to the people while strumming on a harp. He would begin preaching a sermon, and then break off to clown around and sing bits of songs to the people. Today we might say that he sensed the need to grab an audience's attention. Aldhelm said simply that he wanted to "win men's ears, and then their souls."

His good intentions must also have won the goodwill of the Archbishop, because in 705 Aldhelm was appointed first Bishop of Sherborne.

Quiz on the Book of Judges

1. Which tribe was the first to fight the Canaanites?

- Judah
- Zebulun
- Dan

2. How old was Joshua when he died?

- 80
- 100
- 110

3. Who sang a song celebrating the downfall of Sisera?

- Hannah
- Deborah & Barak
- Shamgar & Ehud

4. What offering did Gideon present to the angel of the Lord?

- Two turtle doves
- A bullock and a grain offering
- A kid and some unleavened cakes

5. How many volunteer soldiers did Gideon have initially?

- 5000
- 10000
- 32000

6. What equipment did Gideon issue to his soldiers?

- A sword, a shield and a helmet
- A trumpet, a pitcher and a torch
- Slings and stones

7. How many sons did Gideon have?

- 10
- 24
- 70

8. What was the name of Samson's father?

- Manoah
- Phileas
- Amon

9. What surprised Samson on his way to Timnah with his parents?

- A thunderstorm
- A young lion
- An attack by his enemies

10. What animal did Samson send through the Philistine fields?

- Cattle
- Foxes
- Sheep

11. Which of these was the source of Samson's strength?

- New ropes
- Uncut hair
- Woven hair

12. Where was Samson when he died?

- Philistine temple
- Delilah's house
- Jerusalem



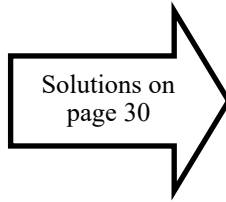
See page 16 for the following article

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

Easy Sudoku

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

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Medium Sudoku

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

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Christian Aid Week – 12th – 18th May

Christian Aid is urging its supporters to ‘push back against poverty this Christian Aid Week’ by bearing in mind the coming General Election.

The charity says that people hoping to represent us in the next UK Parliament will soon be on our doorsteps, vying for our vote.

Christian Aid says that these would-be MPs will: “be in listening mode, keen to hear what makes the voters in their community tick.” And so, urges the charity, Christians can use this opportunity to “show them that your church cares about poverty, and tell them that you expect them to act on poverty too, if they are elected.”

This year the charity has launched the ‘70K Challenge for May’, encouraging its supporters to do a sponsored “Move 70km during May. Walk, run, cycle, however you move is up to you.” Details at: <https://fundraise.christianaid.org.uk>

Prayer for Schools Fortnight – 6th to 20th May

Our local schools are busy places, and draw in many people, especially students, teachers, governors, parents, caterers, and school grounds support services. These people need our prayer, as they face many daily challenges.

And so it was that four years ago a network made up of Churches Together England, CARE, Youth for Christ, Scripture Union, New Generation, the Association of Christian Teachers, came together to launch the Prayer for Schools Fortnight.

It now exists to promote prayer for schools in partnership with prayer groups, churches and Christian organisations. The vision is to see all 30,000 schools in the UK being regularly prayed for.

The theme this year is Running the Race, based on Hebrews 12, and highlighting the perseverance and team mentality needed for schools to operate successfully.

Mike Simmonds, director and education consultant of Go Ministries which supports governors in schools, said: "Schools have almost always been at the heart of the Church’s mission. Praying for teachers, other staff, governors, and children must surely underpin our hopes and vision that the next generation will flourish in every way possible.

“For most, school will be the only place they encounter God - that must be a prayer priority.”

More details at: <https://www.eauk.org/church/pray-with-us/pray-for-schools.cfm>

CROSSWORD CLUES

The Bible version used in our crosswords is the NIV.

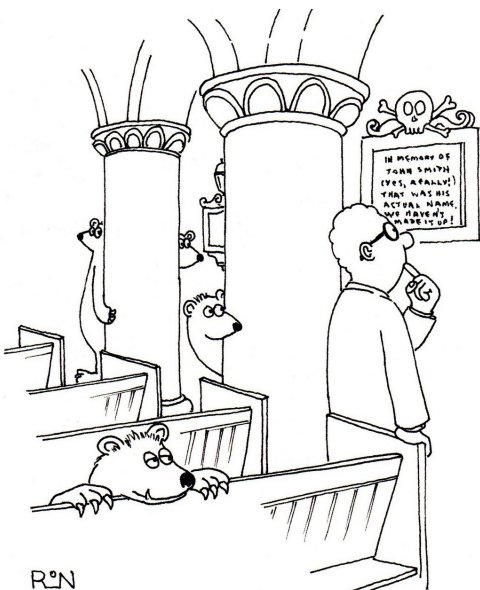
**Puzzle
Solutions on
page 30**

Across

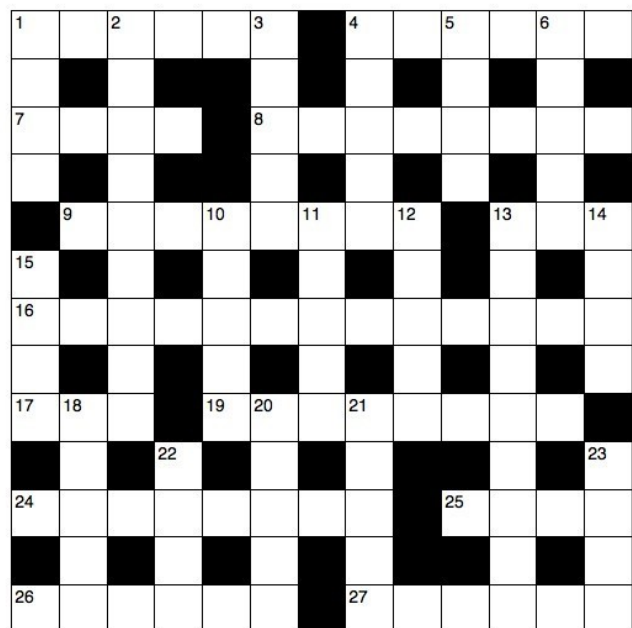
- 1 One who owes money, goods or services (Isaiah 24:2) (6)
- 4 'A good measure, pressed down, — together and running over' (Luke 6:38) (6)
- 7 Continuous dull pain (Proverbs 14:13) (4)
- 8 This bread contains yeast (Amos 4:5) (8)
- 9 'But take heart! I have — the world' (John 16:33) (8)
- 13 And the rest (abbrev.) (3)
- 16 What Paul was accused of by Tertullus, the high priest's lawyer, in his trial before Felix (Acts 24:5) (13)
- 17 Rap (anag.) (3)
- 19 Founder of the Jesuits in 1534 (8)
- 24 'For where your — is, there your heart will be also' (Luke 12:34) (8)
- 25 The first word written on the wall during King Belshazzar's great banquet (Daniel 5:25) (4)
- 26 'We all, like sheep, have gone — ' (Isaiah 53:6) (6)
- 27 One was given in honour of Jesus in Bethany (John 12:2) (6)

Down

- 1 'The blind receive sight, the lame walk, the — hear, the dead are raised' (Luke 7:22) (4)
- 2 Conduct (Colossians 1:21) (9)
- 3 In the Catholic and Orthodox traditions, the body of a saint or his belongings, venerated as holy (5)
- 4 'Like a — of locusts men pounce on it' (Isaiah 33:4) (5)
- 5 Very old (Genesis 44:20) (4)
- 6 In Calvinist theology, one who is predestined by God to receive salvation (5)
- 10 How Nicodemus addressed Jesus when he visited him one night (John 3:2) (5)
- 11 Sea (Psalm 148:7) (5)
- 12 'I will — you, my God the King; I will praise your name for ever and ever' (Psalm 145:1) (5)
- 13 One of the groups of philosophers that Paul met in Athens, who disagreed with his teaching about the resurrection (Acts 17:18) (9)
- 14 Barred enclosure (Ezekiel 19:9) (4)
- 15 'Since we live by the Spirit, let us keep in — with the Spirit' (Galatians 5:25) (4)
- 18 Cares (anag.) (5)
- 20 Garish (Ezekiel 16:16) (5)
- 21 'So God said to Noah, "I am going to put — — to all people"' (Genesis 6:13) (2,3)
- 22 Just (2 Corinthians 6:13) (4)
- 23 'The — of the Lord is the beginning of knowledge' (Proverbs 1:7) (4)



*Dennis spent a long time in church
looking for his forbears*



Puzzle Solutions

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

CROSSWORD ANSWERS

ACROSS: 1, Debtor. 4, Shaken. 7, Ache. 8, Leavened. 9, Overcome. 13, Etc. 16, Troublemaking. 17, Par. 19, Ignatius. 24, Treasure. 25, Mene. 26, Astray. 27, Dinner.

DOWN: 1, Deaf. 2, Behaviour. 3, Relic. 4, Swarm. 5, Aged. 6, Elect. 10, Rabbi. 11, Ocean. 12, Exalt. 13, Epicurean. 14, Cage. 15, Step. 18, Acres. 20, Gaudy. 21, An end. 22, Fair. 23, Fear.

The Bible version used in our crosswords is the NIV.

Crosswords reproduced by kind permission of BRF and John Capon, originally published in Three Down, Nine Across, by John Capon (£6.99 BRF).

Easy Sudoku solution

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

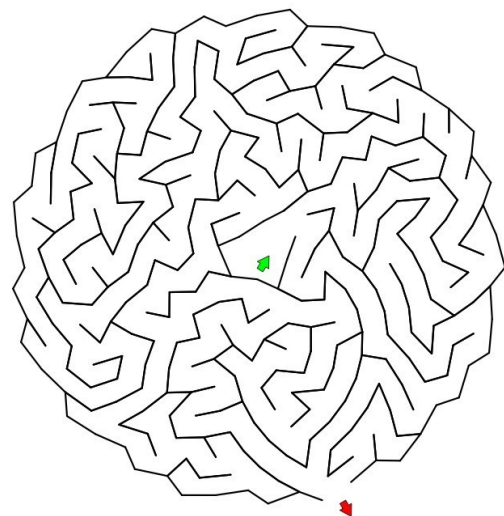
Medium Sudoku solution

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

Answers to Quiz:

- Judah (Judges 1:2)
- 100 (Judges 2:8)
- Deborah & Barak (Judges 5)
- A kid and some unleavened cakes (Judges 6:19)
- 32000 (Judges 7:3)
- A trumpet, a pitcher and a torch (Judges 7:16)
- 70 (Judges 8:30)
- Manoah (Judges 13:2)
- A young lion (Judges 14:5)
- Foxes (Judges 15:4)
- Uncut hair (Judges 16:19)
- Philistine temple (Judges 16:23-27)

Mays Maze



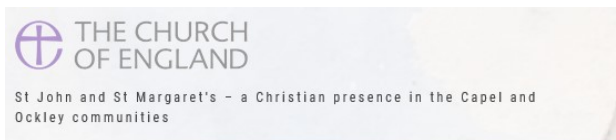
Church Tea dates 2024

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

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
<i>Sunday 16th June</i>	<i>NOW CANCELLED</i>	<i>See new date in July</i>
Sunday 14th July	* NEW Date	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/>





The beautiful new window at St Margaret's Ockley

See article by Gordon Lee-Steere on page 13 for details about the window

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.** If you would like to receive *InSpire* by email, you can subscribe to InSpire via the church website:- www.capelandockleychurch.org.uk/inspire-magazine