

InSpire magazine
Issue 94 July 2025

InSpire

**The monthly publication for
the Parish of Capel & Ockley
Free of charge - donations welcome in
honesty box in wall**

IT'S NOT LATE TO OFFER HELP!

Capel's Military Show - 4th, 5th and 6th July 2025

**This is our BIGGEST ANNUAL FUNDRAISER
and we need lots of help!**



Can you bake any cakes for us or offer help on any of the above days?

If so, please speak to Leigh Smith on the contact details below.

Thank you!

Cake flavours are: chocolate, ginger, carrot, coffee, lemon drizzle, toffee. We usually use Wrights cake mixes (they do not require eggs) but home baked is great. Please use disposable tray bake tins (available from Amazon) with suitable decorations - *no coloured sprinkles* please as they bleed into the icing.

**For any questions, please speak to Leigh Smith on 07732 825908
or email: leighdesouza@yahoo.com**

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“What you are is God's gift to you.
What you become is your gift to God.”

Would you prefer to receive InSpire online?

You can register to receive InSpire via email each month OR download individual issues!

www.capelandockleychurch.org.uk/inspire-magazine

This month's issue is sponsored by
Irene Cole & Suzanne & Stuart on
behalf of Pat White

In loving memory of Stan Cole & Colin White

on Stan & Irene's 76th Wedding Anniversary
& Colin's 90th Birthday

Remembering both with love every day

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See our *Safeguarding Notice* in 'News from the Pews' each month.

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CHURCH SERVICES AND EVENTS - JULY 2025
at St John the Baptist, Capel & St Margaret's, Ockley

JULY

Sunday	6th	Trinity 3
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel

Sunday	13th	Trinity 4
	9.30am	Holy Communion CW - Ockley
	10.30am	Cafe Church at The Crown PH Capel

Sunday	20th	Trinity 5
	9.30am	Parish Worship - Capel
	3-5pm	Capel Church Teas

Saturday	26th	Wedding
	2.00pm	Wedding of Carina and Alex

Sunday	27th	Trinity 6
	9.30am	Holy Communion BCP - Ockley
	10.30am	Morning Worship - Capel

AUGUST

Sunday	3rd	Trinity 7
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel
	3.00pm	Baptism - Ockley

***Don't forget you can find details of all events & services on
our website AND much more ... see below!***

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

IMPORTANT INFORMATION AVAILABLE ON OUR CHURCH WEBSITE

Don't forget you can logon to our church website to see the Weekly notes that are published each week, together with our monthly magazine InSpire, OR you can subscribe online to receive any or all of the publications:-

<https://www.capelandockleychurch.org.uk/subscribe/>

Rev Liz writes

July's Letter

Dear friends,

I hope you have all enjoyed/survived the very hot weather we have experienced this last month? This is the time when our ancient churches come into their very own as a cool sanctuary from the overwhelming heat outside!

Following on from our great feasts of Easter, Pentecost and Trinity Sunday, we are now liturgically in what is known as 'ordinary time' and when you come into church you will see the altar cloths and other hangings are in green, the colour of ordinary time, which symbolises hope, growth and the life of the church. Our Sundays now are counted in whichever Sunday after Trinity Sunday they may be. You will notice in the services list that I have shortened that to Trinity 1, 2 and so on.

I love that our green is about hope, growth and the life of the church. We are here to provide a spiritual sanctuary as well as a cool one! Talking of which the churches in our Dorking Deanery, basically our churches within the Surrey Hills, Dorking and Westcott are exploring the idea of pilgrimage in our area of outstanding natural beauty. That is to say, creating a walking or riding route between our beautiful churches as a way of exploring our countryside with others or alone, stopping along the way. The churches in the Leith Hill Benefice have already been doing this with great benefits to all who have taken part. I know we have some very active walking groups already in our villages but it would be great to have something like the Surrey Hills Way?! So watch this space and if its something you think you could help with, like map reading (!) Please do let me know.

Looking ahead, at the beginning of this month we'll once again be running our Coffee, Tea and Cake stall at the Capel Military Show—our fourth year on the showground for the full three days! We're hoping the weather will remain dry, as it really does make a difference. This is a major fundraising event for us, and as I write, many cakes are being baked in readiness! Our stall always seems to be a favourite, especially thanks to the delicious pastries we serve in the mornings. We look forward to welcoming many of you there—do stop by and say hello!

What a wonderful response we've had to our Donate 10 appeal in support of Dorking Foodbank's 10th anniversary. We've received many much-needed items and generous cash donations—we are truly overwhelmed by the kindness and generosity shown. Thank you so much!

This month marks the beginning of ordained ministry for our new Curate, Gill Christie. Do look out for Gill and take a moment to introduce yourself—she'll be the other person in Capel and Ockley wearing a clerical collar! We offer our warmest congratulations to Gill and to all the Deacons and Priests recently ordained at Guildford Cathedral.

Ordinary Time — a season of hope, growth, and the life of the Church. Someone who embodied all of these qualities, and so much more, was Eric Sutcliffe. Eric worshipped at Capel Church for many years. Remarkably, he trained as a worship leader in his 80s and, in many ways, became a spiritual father to our church. He was known and loved by so many in the community — a true friend, and a wise and faithful counsellor to countless people. We are deeply saddened by his passing and will miss him immensely. Our love and prayers go out to Jessie and the entire family during this difficult time. There is a saying from the Gospel of Matthew, where the master says: "*Well done, good and faithful servant.*" Eric was and is that faithful servant.

With all my love and prayers as ever,

Liz

Revd Liz

Vicar St John the Baptist, Capel and St Margaret's, Ockley

vicar@capelandockleychurch.org.uk

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From the Registers



In Memoriam

We remember with love

Anthony William Gooda

20th May 2025

and

Eric Sutcliffe

14th June 2025

May they rest in peace and rise in glory

PCC Members 2025

Vicar and Chair: Revd Liz Richardson (ex-officio)

Churchwardens

Joy Harman (ex-officio) St John the Baptist
Stuart Cole (ex-officio) St John the Baptist
Andy Carr (ex-officio) Deputy Churchwarden, St John the Baptist
James Lee-Steere (ex-officio) St Margaret's

Deanery Synod:

Andy Carr (ex-officio) St John the Baptist
Shirley Dean Webster (ex-officio) St Margaret's

Elected members:

Helen Burt (Hon Treasurer)
Gordon Lee Steere
Gill Christie (Ordinand)
Wendy Goddard
Suzanne Cole
Sarah Pusey
David Silliman
Jessie Sutcliffe
Leigh Smith (Safeguarding Lead)

Hon Secretary:

Sir Richard Winter- Stanbridge,

Electoral Roll Officer:

Rosemary Relf

Parish Safeguarding Officer:

Leigh Smith

Parish Church Council (PCC) Meetings 2025

All in St John the Baptist, Chapel

21st July

29th September

24th November

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

Diocesan contact number for reporting safeguarding concerns: safeguarding@cofeguildford.org.uk

and the contact details for our Safeguarding Officer and the Diocesan Safeguarding Advisor Jackie Broadfoot will be published in our weekly pew sheets as well as in the Church Contacts section in each issue of Inspire.

Café Church— JULY 2025

With God on Our Side!

It's a little over 60 years since Bob Dylan released his anti-war song, "With God on Our Side". It contains the chilling line, "You don't count the dead when God's on your side". It makes me think of the countless thousands of innocent people who currently paying the ultimate price for the folly and greed of a few megalomaniacs intent on imposing their version of "the truth" on the rest of the world. As I write, the news is full of stories and videos from Ukraine and the Israel/Iran hostilities but the Geneva Academy, which monitors global confrontations, lists over 110 active armed conflicts worldwide. One hundred and ten!

It's heartbreaking to see the number of times that God is used as the reason for declaring war on another country. It's as though the "fact" that God (or, more precisely, people's interpretation or misrepresentation of God) appears to be reason enough to generate hatred for another group who do not share your narrow, dogmatic view of the Almighty.

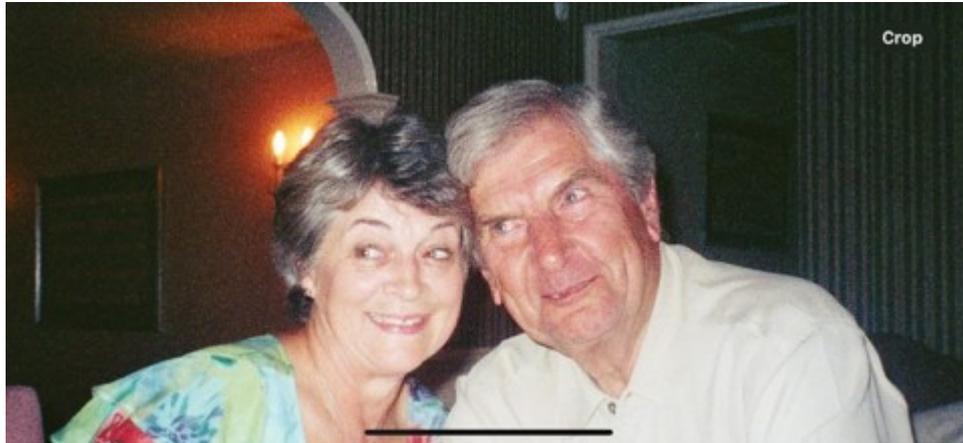
Some, of course, would say that the bible supports them in their aggression. Look at the appalling suffering meted out during the crusades of the 11th and 12th century or the Spanish Inquisition that started in the 15th century. And how often has the verse in the book of Romans, "*If God is for us, who can be against us?*", been used as a justification for people's actions? As is so often the case, the verse is taken out of context, and a text without a context becomes a pretext that can be conveniently distorted to support a particular viewpoint. But look at that verse again - even *out* of its' original context. St. Paul says, quite clearly, "***If*** *God is for us.....*". Well, guess what - God is neither for nor against us. If what the bible tells us and what Jesus demonstrated to us is that God loves *all* of His creation equally (Galatians 3 v28: "*There is neither Jew nor Greek, there is neither slave nor free, there is not male and female; for you are all one in Christ Jesus.*") then it is impossible for Him to favour one individual or group of people over another.

It's all too easy for us to feel helpless and hopeless when we think that there's nothing that we can do make a difference or influence world events. Maybe we can't gain access to the corridors of power where life-changing decisions about who is worth saving and who deserves to die are made, but we *all* have access to the God who loves His creation, regardless of nationality, social standing or gender, and we should pray with all our hearts for His love and justice to overwhelm the hatred and evil. "*Evil men do not understand justice, but those who seek the Lord understand it completely.*" Psalm 28 v5

Bob Cranham



In memory of our dear friend Eric Sutcliffe



Eric meant the world to us — and we know he meant so much to so many. We have therefore decided to hold a **funeral service - to which all are welcome - at 2.00 pm on Tuesday 8th July at St John's Church in Capel.**

The service will be followed by tea and cakes in the church.

Bright colours and pretty dresses are welcome - there is no need to wear black. Family flowers only with any donations to the church he was so much a part of.

We'd also love to collect your memories, photos, and stories. Please could you email a special address we have set up: rememberingeric1932@gmail.com. Whether it's a moment you shared, a word he said, or something he taught you — it will help us to remember the fullness of who he was.

With best wishes from
Jessie and family



See prayer for Eric on page 9

PRAYERS, PROSE & POEMS

Prayer for July

Lord, in this month, we, your church, remember Thomas.

Thomas, who asked questions and doubted when he didn't see You with his own eyes. And Lord, You walked through those locked doors of his questions and doubts specifically to meet his needs.

Help us to come to you, honestly, with our questions and doubts, knowing that You understand and will meet our needs too.

Help us to recognize You with eyes of faith - the only One who can help us.

May we declare, with Thomas, in humility, devotion and thankfulness, 'My Lord and my God!'. We pray in your powerful name, Lord Jesus. Amen.

By Daphne Kitching

Peace be with you

(Jn 20:24-31, 14:5, 11:16)

Through absence,
Through doubt,
Through questions
And fears,
Through locked doors
And longing
Jesus comes.

His risen presence
Bringing blessing,
Hope and healing,
Restoration
And His precious,
Faith-affirming
Gift of peace.

By Daphne Kitching

Editor: Nigel Beeton writes: I wonder if I'm not the only one who reads the words of Jesus in John 17: 20-23 with a mixture of guilt and despair? His prayer for unity of the Church, so earnest and eloquent, seems so far from the fractionated, divided, and tribal Church which is the 21st century reality.

A Prayer for Unity

John 17: 20-23; Ps 133:1

O Christ, Thy intercessions
That we be one, like You –
Forsaking our transgressions
Uniting our confessions
As Thou wouldst have us do.

Thy Church, divided, gather up
From our conflicting ways;
O may we join as one, and sup
Communion from a single cup
Our voices joined in praise!

It is both good and pleasant
That brethren dwell as one;
The wealthy and the peasant
Together will be present
In worship of the Son!

The Unity of Trinity
The Oneness of the Three
The Union of Divinity
One Holy Triune entity
O make Thy Church like Thee!

By Nigel Beeton

(In the end I used the tune 'Repton' to set the metre, in which the last line of each verse is repeated, as in 'Dear Lord and Father of Mankind'.)

Dedicated to our friend Eric Sutcliffe

Dear Lord,

As we remember and celebrate the life of our dear friend Eric, let us remember the wisdom, love, and joy he brought into our lives.

May his memory continue to inspire and uplift us as we navigate this world without him. Together, we can honour his legacy and cherish the moments we shared.

Amen



'Chilling reading' – Bishop Sarah responds to assisted suicide impact assessments

The Bishop of London, Sarah Mullally, the Church of England's lead bishop for health and social care, has recently responded to the Government impact assessments on the bill to introduce assisted suicide in England and Wales.

The Department of Health and Social Care (DHSC), together with the Ministry of Justice, had published a main assessment and an equality impact assessment on the Terminally Ill Adults (End of Life) Bill.

Bishop Sarah said: "The impact assessment of the Terminally Ill Adults (End of Life) Bill makes for chilling reading as it highlights particular groups who would be put at risk by a change in the law, including those who are subject to health inequalities, and those vulnerable to domestic abuse.

"It also sets out the financial savings of introducing an assisted dying service, through reduction in care costs, palliative and end of life care costs and state-provided benefits.

"It is crude to see these cost savings set out in this way, and it is easy to see how numbers of this nature could contribute to someone feeling that they should pursue an assisted death rather than receive care.

"Each human life is immeasurably more valuable than the money that may be saved through their premature death.

"Every person is made in the image of God and holds an irreducible value that is worthy of care and support until the end of their life.

"We must oppose any change in the law that puts the vulnerable at risk rather than working to improve access to desperately needed palliative care services."

11,000 people take part in consultations for the next Archbishop of Canterbury

More than 11,000 people have so far participated in the consultations for the next Archbishop of Canterbury. It was carried out online, by post and in person between February and March this year.

The public consultation was a unique opportunity to influence the future of leadership within the Church, helping to discern the gifts, skills and qualities that will be required in the 106th Archbishop of Canterbury, to meet the needs of the Church today and in the years to come.

The themes that emerge through this consultation will sit alongside the 'Statement of Needs' produced by the Diocese of Canterbury, as well as other information provided by the National Church and Anglican Communion. This information will inform the Canterbury Crown Nominations Commission of the needs of the mission of the Church of England and the wider Anglican Communion.

A day to remember - Bishop's VE Day challenge

The Bishop to the Armed Forces issued a challenge at the recent national online service for VE Day. Bishop Hugh Nelson said that the act of remembering was far from "a matter of nostalgia," but instead a living reminder of our duty to one another.

Bishop Hugh's message came during a service recorded in St James's Church, Piccadilly, in central London, which was itself bombed but continued worshipping throughout the war, and which hosted special services of prayer and thanksgiving on 8th May 1945.

The church, built in 1684, was partially destroyed by a direct hit on the rectory on 14th October 1940, killing the verger, Charles Murray, and his wife, Edith. The Rector, Archdeacon Thomas Lambert, survived only because he had gone to visit relatives just outside London on the day the bomb hit.

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 on
either 07951 710176 or lizthorne2053@hotmail.co.uk

With our world leaders in mind....

Nearly all men can stand adversity, but if you want to test a man's character, give him power. - *Abraham Lincoln*

Self-praise is no recommendation. - *Anon*

Being a character and having a character are NOT the same thing. - *Anon*

Only those who do not desire power are fit to hold it. - *Plato*

Greatness lies not in being strong, but in the right use of strength. - *Anon.*

Power intoxicates men. - *James F Byrnes*

It's dangerous to try and be number one, because it's next to nothing. - *Anon*

Your ambition, not your words, are your real creed. - *Anon*

It is easier to look wise than to talk wisely. - *Ambrose*

Truth needs no flowers of speech. - *Alexander Pope*

Nothing recedes like success. - *W Winchell*

Never expect to govern others until you have learned to govern yourself. - *Anon*

House of Bishops statement on Gaza

The House of Bishops, which met recently in York, issued a statement on the situation in Gaza.

"Blessed are the peacemakers, for they shall be called children of God." (Matthew 5:9)

Recalling our Easter Statement (14th April) following the Government of Israel's bombing of the Anglican Al Ahli Hospital, we cry out in protest at the death, destruction and suffering that men, women and children have endured in Gaza, Israel and the region these last 20 months. We abhor war in all its forms and see it as a sign of human brokenness.

"Nothing justifies the heinous terror attacks committed by Hamas on 7th October 2023. In such circumstances nations have a right to self-defence in line with international law, and to hold perpetrators to account.

"Yet, the Government of Israel has shown through its statements and actions that this is no longer a defensive war, but a war of aggression. We strongly affirm that the Palestinian inhabitants of Gaza and the West Bank have a right to live in peace and security in their homeland. Any forced displacement of people would constitute an egregious breach of international humanitarian law.

"We have watched with horror and outrage as siege and starvation are used as a weapon of war in Gaza, and as hospitals and health facilities have been systemically targeted.

"Over the last three months, the Israeli government's deliberate denial of food and medical aid to an entire civilian population is an atrocity that defies our common humanity. It is the very definition of collective punishment and has no moral justification.

"We note that the Israeli Government has been challenged before the International Court of Justice. Starving children cannot wait for legal rulings given that every country has an obligation to prevent crimes against humanity. As Bishops we are compelled to state clearly and unequivocally that the death, suffering and destruction being inflicted on Gaza is a grave sin that violently assaults God-given human dignity and the very integrity of God's creation.

"We call on all sides to end the war. We call on relevant UN bodies to be allowed to administer all necessary aid in line with long standing humanitarian principles. We call for the immediate release of all hostages without condition. The continued expansion of settlements in the West Bank, the appalling levels of settler violence, and the forced displacements and house demolitions must cease.

"We support and applaud all those Jewish voices, both inside and outside of Israel, that are courageously pressing the Israeli Government to end the war. We add our voices to those urging the Government of Israel to turn away from its current trajectory and to affirm life and human dignity for all.

"We welcome the British Government's decision (20th May) to suspend negotiations with the Israeli government on a new free trade agreement. This is a necessary first step.

"Fuelling this war by the selling of arms to Israel does not serve the ends of peace consistent with international humanitarian law. The use of dehumanising language by members of the current Israeli government is dangerous and must be challenged. To maintain the hope of a long-lasting peaceful solution, governments should now formally recognise Palestine as a sovereign and independent state. To delay further invites despair.

"For our own part, we commit to pray and to work for an end to this war, the release of all hostages and to support efforts to secure a long-term settlement that delivers security, justice and peace for Israelis and Palestinians.

"We are deeply conscious of the real sense of fear that many within the Jewish community here feel at this moment. We treasure our relations with our Jewish brothers and sisters and will continue to condemn antisemitic rhetoric or action in all its forms. We condemn the shocking and senseless murder of two Israeli embassy staff in Washington DC.

"We encourage dioceses and parishes to continue supporting the ongoing appeal for the Diocese of Jerusalem, including the restoring of medical facilities and the buildings of the Al Ahli Anglican Hospital in Gaza. Such efforts reassure our Palestinian Christian brothers and sisters and all other Christian communities that they are not forgotten. We give thanks for their steadfastness and faithful witness, and invite churches across the country to join us in praying for their ministry in sharing the light of Christ in such dark times."

The other vicar's letter!

Editor: The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'... If you would like a copy of our published booklet of Uncle Eustace's letters, please email Parish Pump at: enquiries@parishpump.co.uk

St James the Least of All

On why people complain to the vicar – and how to ignore them

From The Rectory
St James the Least

My dear Nephew Darren,

So, you have received your first letter of complaint. I am not wholly unsympathetic with your complainant, as attempting to marry the bride to the best man would have created havoc with the seating arrangements at the reception. However, you must learn that receiving letters of complaint is an integral part of the ordained ministry. After 50 years of parish life, the number of such letters I have received are now held in bound volumes.

The anonymous ones you will receive, invariably written in green ink on lined notepaper, can be safely consigned to your wastepaper basket, along with all mail, from whatever source, labelled 'Urgent'. You will receive letters complaining that you did not pray for someone who was in hospital, regardless of the fact that you knew nothing of it. Probably by the next post, you will receive a letter complaining that you did pray for someone in hospital – when they had wanted to keep their cosmetic surgery secret.

Those who regard themselves as guardians of doctrinal purity will write complaining of the heresies contained in the previous Sunday's sermon. These can be filed with those letters that complain that your sermons are too short, along with those who complain that they are too long.

The hourly striking of the church clock is a perennial favourite for complaints. I usually reply by saying that we are currently exploring the possibility of getting it to strike the quarters too.

Letters of complaint will arrive in November, complaining that the church is too cold, so making prayer impossible. Others will drop on the doormat in April saying that it is too hot, so making prayer impossible. In Spring, some will write that the churchyard should be mown more often, while others will complain that it is mown too often and ruins it as a habitat for wildlife. The annual Summer 'Procession of Witness' generates complaints that the brass band ruined the slumbers of parishioners having a Sunday lie-in. Then come Harvest, there will be the letters complaining that they did not receive a Harvest gift, which was particularly unforgivable, as their grandmother had once sung in the choir. Thus, the annual round is accompanied by reams of notepaper.

The only letter of complaint I have really treasured came from the bishop, rebuking me for never having attended any meeting when he was present. I have had it framed and hung on the study wall.

Your loving uncle,

Eustace



Staring at beautiful objects really does spark inspiration

Next time you see something beautiful – pause for a moment and simply enjoy it. Especially if it counts as ‘art’.

For recent research has found that contemplating beautiful works of art really can inspire you.

Researchers at the University of Cambridge have found that beautiful art can induce ‘psychological distancing’. This is the process of zooming out on your thoughts, in order to gain better clarity on your life.

One professor at Cambridge put it this way: “Many philosophers throughout history have suggested that engaging with aesthetic beauty invokes a special kind of psychological state.”

So, visiting an art museum “is not just a pleasant way to spend an afternoon, it may actually change how we think about our lives.” Beauty appreciation seems to “help people detach from their immediate practical concerns and adopt a broader, more abstract perspective.”

“Admiring the beauty of art may be the ideal way to trigger the abstract cognitive processes increasingly lost in a world of screens and smartphones.”

Researchers say this shows the importance of public art venues. The findings were published in the journal *Empirical Studies of the Arts*.

Murder Mystery returns to Capel and Ockley

The Harvest Supper entertainment this year will once again be a murder mystery play directed by Sylvie Beckett.

It will be performed by actors well known to you in Ockley Village Hall on **Friday 24th October** and in Capel Memorial Hall on **Saturday 25th October**.

A two-course supper will be served on both evenings. Please put the dates in your diaries and keep the evenings free so that you can gather your teams together, or come and join others on the night, to solve the mystery of the murder.

Tickets will be on sale from **22nd September** and details of the box office will be available nearer the time.

Editor: The Revd Dr Jo White considers ...

Reflecting Faith: Saying 'Hello'

Last month we considered how, when we are invited by the priest to come and receive Holy Communion, our immediate response is one of being overwhelmed with the enormity of what we are being offered. We recognise how unworthy we are, to even be in God's presence, never mind taking Him in our hands and making Him part of ourselves.

Now, for the next few months, let's consider some other key moments in our church services. Let's start at the very beginning.... Just saying hello!

How do you say 'hello' to the people you meet? We don't use the same words, gestures and tone to each person, nor on each occasion.

When we meet a very senior person in our workplace; we tend to be deferential and formal. By the time we have worked together for some months, we will still hold them in high regard and with respect, but we are probably more relaxed in their presence.

As for members of our close family, there's a time for huge hugs and explosions of laughter, such as at the arrivals desk of the airport, but such a greeting is probably not so appropriate when we meet them in a formal restaurant for lunch.

So it is on a Sunday morning, when we meet with the members of our church in the setting of a church service.

By meeting together for worship, we have come deliberately into a consciousness of God's presence. It's not that He hasn't been with us on the way there, but this is a specific and intentional thing.

So, when the person leading the service says 'hello' at the start of the service, they are not just welcoming you as an individual but rather acknowledging that we are meeting together in the presence of God, to worship Him.

This is special. This is amazing. This is huge.

This month: When you next go to a church service take note of the leader's opening words and your expected response to them. What is your acceptance to that wonderful invitation?

Proposals to enhance pensions mark a major step in supporting clergy well-being

A major step in a significant package of proposals for clergy well-being has been announced, which if implemented will increase future pension benefits for existing and future pensioners.

The improvements include restoring the target pension level to two-thirds of pensionable stipend, coupled with an increase to pensions that have come into payment since 2011.

General Synod will be asked to consider these proposals, which will require changes to the scheme rules, this July, with potential implementation after April 2026.

Further work is also underway to increase support and choice for clergy retirement housing, including measures to help clergy get on the housing ladder during stipendiary ministry.

Editor: We continue our series on prayer by the Revd Dr Herbert McGonigle, a former Senior Lecturer in Historical Theology & Church History, Nazarene Theological College, Manchester.

Praying with the Prayers Of The Bible - the Prayer of National Confession

Daniel 9:5, 'We have sinned and done wrong ... turning aside from Your commandments and ordinances.'

In this chapter the prophet Daniel, an exile in Babylon, prays one of the Bible's truly great prayers of national repentance.

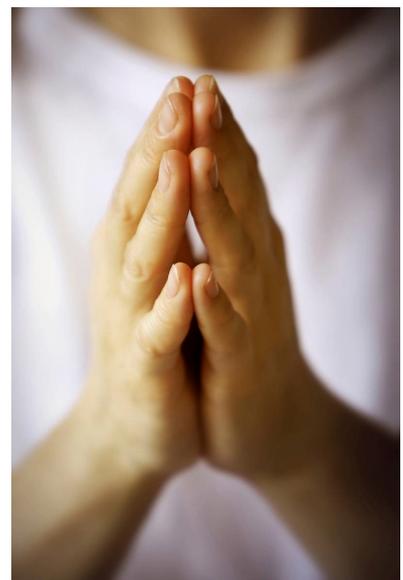
Knowing that Judah and Jerusalem had fallen to the enemy and that 70 years of exile lay ahead (v.2), Daniel set himself to seek God on behalf of his own people. With fasting and sackcloth and ashes (v.3) he turned to God in fervent prayer. Our nation, wherever we live, is in need of intercessors like Daniel. His praying has much to teach us.

For Daniel, prayer was a daily habit. Earlier, in chapter six, we read the well-known story of how he was thrown into the lions' den. This happened because nothing could stop him having his daily devotions! When King Darius decreed that no one in the land should pray to any god except him for 30 days, Daniel ignored the order. As he had always done, he opened his window facing Jerusalem and prayed three times every day. For this disobedience he was sent to the lions' den. So here in chapter 9 the great prayer of national intercession is prayed by a man whose prayer life is sustained by daily devotion.

We also see that Daniel knew the character of his God. He is great and awesome, keeping covenant and steadfast love (v.4). To him belongs righteousness, mercy and forgiveness (vv.7, 9); He confirms His word (v.12) and He is the Lord who brought His people out of Egyptian slavery (v.15). Across the years, even in exile, Daniel's consistent prayer life has revealed to him Who God is. With this confession of His glory and majesty and power is the glad acknowledgement of a personal God. Note 'the Lord my God' (v.4); five times 'the Lord our God' (vv. 9, 10, 13, 14, 15,); 'my God' (v.19).

Daniel's knowledge of the one, true God is matched by his love of God's people, his own nation. He identifies himself with his people, facing national judgement because they have forsaken the Lord. 'We have sinned and done wrong' (v.5). 'We have not listened to Thy servants the prophets' (v. 6). 'To us, O Lord, belongs confusion of face' (v.8). 'We do not present our supplications before Thee on the ground of our righteousness, but on the ground of Thy great mercy' (v.18). Daniel makes himself confessor and spokesman and intercessor for his whole nation.

It is not surprising that this great prayer of intercession, grounding its confidence in God, received a speedy answer. Even while Daniel prayed, the angel Gabriel was sent to him with a message from God (vv.20-23). What an encouragement for all of us to become intercessors for the nation!



LETTER FROM THE EDITOR

Dear friends,

Welcome to the July issue. Like everyone else I'm sure, I was greatly saddened to hear of the death of our friend Eric Sutcliffe recently. As Rev Liz said at the beginning of a recent service, it had felt like he was the 'father of our congregation' in recent years. He imparted so much knowledge with us all and showed his faith in action with committing himself so fully to voluntary roles on behalf of our church with the likes of the Friends of Capel Church and the Capel show. Capel Church Teas always benefitted with the familiar face of Eric at the helm on the cash desk. All of these things he did, with faith and grace until very recent times. We will miss him greatly, but the greatest loss will be felt by Jessie and his family, who all loved him so much and felt his love in return. We will, I'm sure, turn out in large numbers to say farewell to Eric on Tuesday 8th July at 2pm in Capel Church. If you can help in any way with baking cakes/traybakes for the refreshments afterwards, please would you liaise with Helen Berry? She can be reached on helen_berry@hotmail.co.uk or 07713 165675. Thank you.

Traditionally, both my mother Pat and my mother-in-law Irene, sponsored the July issue of InSpire each year in memory of two dates in the month that are significant. Irene and Stan would have celebrated their 76th wedding anniversary had Stan lived and my father Colin would have turned 90 in July. This year, Stuart and I are joining with Irene in my mother's absence to continue that sponsorship in memory of our two much loved fathers. I am sure there are many of you celebrating birthdays and anniversaries in July too and I wish you all happy times!

We will be very busy once more on the first weekend in July with the church having a refreshments stall at the Capel Military Show. Our thanks to Leigh de Souza and Helen Burt for organising this and to the volunteers who will be on the rota over the weekend. It is now our biggest fundraiser of the year so we really do need as much help as anyone can offer to make it run smoothly.

There are lots of the usual articles and puzzle pages. The Foodbank's 'Donate Ten' initiative is detailed once more on page 26 and now includes the very latest items that are needed, thanks to Sylvie updating me. It is wonderful to hear that after Sylvie's passionate appeals in our two churches, she has been overwhelmed with people's generosity. George Ede has kindly given us details of the '100 Club' for the village hall on page 28. The village hall is very low on funds currently and this is one small way to help and maybe win something yourself!

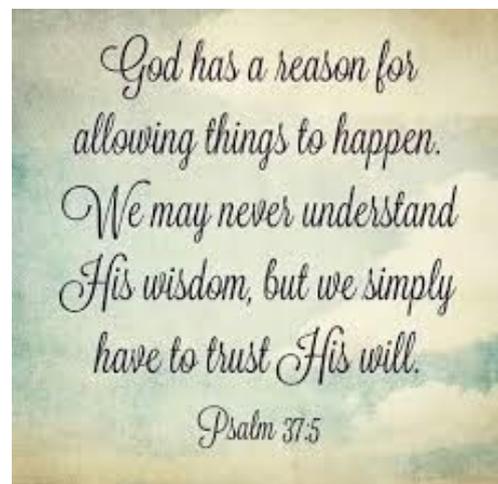
There are the very first details on page 14 of this year's **Murder Mystery play** which Sylvie is directing once more! Please do make a note of the performance dates in your diary! More details to follow in future issues. On page 21, there is an article on page 21 '**The story behind the hymn: Eternal Father Strong to Save**'. Sea Sunday is on 13th July 2025, when we, as Christians remember and pray for seafarers and fishermen, and to appreciate their crucial role in our lives. Well into the 20th century, it was the favourite hymn of President Franklin Delano Roosevelt, who had served as Secretary of the Navy during the Second World War.

As the school holidays start later in July, I wish all the teachers we know a relaxing summer break and to the children and students everywhere a happy holiday before the new academic year begins. For everyone taking a summer holiday, I wish you a time of relaxation and a time to be refreshed. Happy holidays!

With my very best wishes,

Suzanne

inspire@capelandockleychurch.org.uk



Canon Paul Hardingham considers the difference Jesus can make in our lives.

Mary Magdalene

Six Marys are mentioned in the New Testament, including Mary Magdalene, who is remembered this month in the church's calendar (22nd July). What can we learn from Mary's story?

We don't have to be defined by our past:

When Jesus encountered Mary, He cast seven demons out of her (Luke 8:2). As a result, her life was transformed, and she became a follower of Jesus. Her life as a disciple was no longer defined by the person she had been before. Like Mary, we don't have to let our past without Christ dictate how we see ourselves today.

Make Jesus the centre of our world:

Along with some of the women who had been cured of evil spirits and diseases (Luke 8:1-3), Mary followed Jesus and His disciples and supported them in ministry. She was there at the cross (Matthew 27:55-56) and one of the first to the tomb on the Sunday (Matthew 28:1; Mark 16:1 and John 20:1-18). Like Mary, we are called to serve Jesus as dedicated disciples.

Jesus uses the weakest people for His purposes:

Mary is a great example of Paul's words: *'But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.'* (1 Corinthians 1:27). At a time when women were regarded as second-class citizens with no real autonomy, Jesus had a special compassion and care for women. Alongside Mary, the women's witness to the resurrection was taken seriously. We shouldn't be quick to dismiss the things that don't agree with our expectations, as Jesus doesn't always do what we expect! He delights in working out His plans through unlikely people and in surprising ways. He did this through Mary, and if we allow Him, He can do it through us!

Laughter lines

It's cool

I was at summer scout camp where the final service was to be taken by a bishop. It was a very hot, humid day and the clergy from local churches were slowly melting in their various heavy robes. Finally, one snapped: "When is that flipping bishop going to turn up?"

Whereupon a man close by, dressed in Scouts shirt, tie and short trousers, said mildly: "I'm already here."

No worries

A 102-year-old lady was asked if she had any worries about the future. She replied: "Not since I got my eldest son into an old people's home."

Open wide

A lady was very nervous about her appointment at the dentist. She sought courage from her Bible. The verse her finger landed on was Psalm 81:10: 'Open thy mouth wide and I will fill it.'



What's the Big Idea?

An Introduction to the Books of the New Testament: Romans

'Paul's letter to Rome is the high peak of Scripture...all roads in the Bible led to Romans, and all views afforded by the Bible are seen most clearly from Romans' (J I Packer)

Paul probably wrote his letter to the Christians in Rome around AD 57 at Corinth, on his third missionary journey. The original recipients of the letter were predominantly Gentile, although Jews would have constituted a substantial minority of the congregation.

Paul set out to explain the relationship between Jew and Gentile in God's plan of salvation, as the Jewish Christians were being rejected by the larger Gentile group in the church. Paul begins by showing that both Jews and Gentiles are sinners in need of salvation. He shows how the life, death and resurrection of Jesus eternally affects both world history and every person.

This salvation, secured by Jesus, must be received *by faith*, as the example of Abraham shows. As salvation is not just about starting the Christian journey, Paul goes on to show how believers are freed from sin, law and death. This is made possible both through their union with Christ in His death and resurrection and by the indwelling presence and power of the Holy Spirit.

The theme of the book centres on the Gospel of Christ, which brings us into a right standing with God through faith: *'I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes: first for the Jew, then for the Gentile. For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: "The righteous will live by faith."' (Rom. 1:16,17).*

Miscellaneous observations on life today...

If you can't shine, at least twinkle! - *Alistair Begg*

Worry is like a rocking chair; it will give you something to do, but it won't get you anywhere. - *Anon*

People who cannot bear to be alone are the worst company. - *A Guinon*

You are only what you are when no one is looking. - *R C Edwards*

You must not always expect the wind to be at your back all the way to heaven. - *William Tiptaft*

Age: the only thing that comes to us without effort. - *Anon*

If you will be cherished when you are old, be courteous while you are young. - *John Lyly*

Editor: Our series on the Nicene Creed continues this month. Canon Paul Hardingham considers a bedrock of our Christian belief: that Jesus is the Son of God. This series will run until the end of the year.

The Nicene Creed part 2: Who is Jesus?

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.

This month we are looking at what the Nicene Creed affirms about the person of Jesus Christ.

'We believe in one Lord, Jesus Christ, the only Son of God': Jesus is presented as the unique Son of God. This reflects the big debate at the time, which was to counter the teachings of Arius, who taught that Jesus was the first and greatest of God's creatures, but not the same as God the Father.

Today we can be more concerned about Jesus' authority as a moral teacher, neglecting that Jesus the man is also truly God. *'We have seen His glory, the glory of the one and only Son, who came from the Father'* (John 1:14).

'eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father': These words affirm the divinity of Jesus. The phrase *'begotten not made'* is crucial in understanding Jesus as the unique Son of the Father, who existed eternally of the same divine nature as the Father.

'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning' (John 1:1,2). It is a powerful reminder that our belief revolves around trusting a person, not simply in a set of beliefs and moral teaching.

'through Him all things were made': The Creed affirms that Jesus the Son cannot be made, because through Him all things were made and only God can create from nothing.

'Through Him all things were made; without Him nothing was made that has been made.' (John 1:3). This implies that our world was made good, with a purpose in which we can share.

Also, Jesus has the last word in promising to bring everything in heaven and on earth together at the end of time under His Lordship (Ephesians 1:10). This makes a real difference to how we see and treat God's Creation and those created in God's image.

In response to this, can we say that Jesus is Lord of every area of our life?

Miscellaneous observations on our Christian pilgrimage...

Prayer is the breath of faith. Prayer meetings are the lungs of the church. - *C H Spurgeon*

Many of us cannot reach the mission fields on our feet, but we can reach them on our knees. - *T J Bach*

Prayer is not a convenient device for imposing our will upon God, or bending His will to ours, but the prescribed way of subordinating our will to His. - *John R W Stott.*

Humility, after the first shock, is a cheerful virtue. - *C S Lewis*

Editor: With Sea Sunday (Sunday 13th July 2025) in mind, and also people's pending holidays on water this summer, this seemed a good hymn to offer for July's issue.

The story behind the hymn: Eternal Father Strong to Save

1
*Eternal Father, strong to save,
Whose arm hath bound the restless wave,
Who bidd'st the mighty ocean deep
Its own appointed limits keep;
Oh, hear us when we cry to Thee,
For those in peril on the sea!*

2
*O Christ! Whose voice the waters heard
And hushed their raging at Thy word,
Who walked'st on the foaming deep,
And calm amidst its rage didst sleep;
Oh, hear us when we cry to Thee,
For those in peril on the sea!*

3
*Most Holy Spirit! Who didst brood
Upon the chaos dark and rude,
And bid its angry tumult cease,
And give, for wild confusion, peace;
Oh, hear us when we cry to Thee,
For those in peril on the sea!*

4
*O Trinity of love and power!
Our brethren shield in danger's hour;
From rock and tempest, fire and foe,
Protect them wheresoe'er they go;
Thus evermore shall rise to Thee
Glad hymns of praise from land and sea.*

The author of these words, William Whiting, was an Anglican clergyman in Winchester, which is hardly a seaside town. Yet Whiting had not only grown up by the sea, but had nearly died in it. As a young man he had been on a ship that got caught in a violent storm, and afterwards he felt certain it was only God who had saved the ship from sinking that night.

Some years later, as headmaster of the Winchester College Choristers' School, Whiting was approached by a student in distress. The student was due to sail to the USA and was simply terrified at the thought of 3,000 miles of ocean. To try and reassure the student, Whiting decided to share his experience. And so, he wrote this poem, basing the description of the power and fury of the sea on Psalm 107.

It is not known if it helped the nervous student or not, but within a year the poem had become a hymn, and soon sailed into the influential first edition of *Hymns Ancient and Modern* of 1861.

Another Anglican clergyman, John B Dykes, wrote the music for it. He was already a successful composer, with 300 hymns to his name. Dykes named this tune 'Melita', after an old name for Malta, where St Paul was once shipwrecked. Whiting released two more versions of the lyrics, in 1869 and in 1874.

During the rest of the 19th century the hymn became a favourite with the Royal Navy and the United States Navy. Other Services adapted it, including the Royal Marines, the Royal Air Force, the British Army, and the United States Coast Guard. Above all, it became known as the Royal Navy Hymn.

Well into the 20th century, it was the favourite hymn of President Franklin Delano Roosevelt, who had served as Secretary of the Navy during the Second World War. In 1963 *Eternal Father* was played by the Navy Band, as President John F. Kennedy's body was carried up the steps of the U.S. Capitol to lie in state. (Kennedy had been a PT boat commander in World War II.)

More recently, *Eternal Father* made a 'guest appearance' in the Hollywood blockbuster *Titanic*, and is also often chosen by ship's chaplains for use in civilian services at sea.

God in the Arts

Editor: The Revd Michael Burgess continues his survey of sacred works of art which can be found in various museums.

'He gave us eyes to see them': John Martin's 'Manfred on the Jungfrau'

In July we start looking with eager longing to holidays, a chance to get away from it all - to rest and recharge the batteries of life. Holidays are also a time to explore and visit new places. It might be the wild splendour of the Northumberland coast or the serenity of the Italian lakes, the vastness of the Grand Canyon or the magnificence of the Lake District.

This month's artist had a gift for creating paintings that expressed this epic quality of landscapes. John Martin was born in 1789, and as an artist was drawn to religious and historical scenes on the grand scale. He illustrated the Bible and Milton, and his final works were on the theme of the Last Judgement. These are in the Tate Gallery in London, but for this July we visit the Art Gallery in Birmingham with its amazing collection of over half a million items, including many Pre-Raphaelite treasures. The entrance to this Victorian building is beneath the clock tower known as Old Brum.

The Art Gallery is home to John Martin's watercolour of 1837, 'Manfred on the Jungfrau.' It is a large work, almost 5 feet by 3 feet, capturing the rugged, imposing glory of the Jungfrau. Now a railway takes tourists to the summit in the Bernese Alps in Switzerland. In the 19th century climbers had to navigate glaciers, high passes and steep precipices. John Martin captures the grandeur of all this in his painting of snow and sky, crags and torrents, mountains and pine trees. Against that immensity we see two characters: Manfred, tortured by guilt and about to throw himself off the edge, and the mysterious hunter who leads him to safety.

Byron's poem 'Manfred' inspired the music of Tchaikovsky and Schumann, as it inspired John Martin. They were each attracted by the romanticism of man and nature in the poem. Like Manfred and the hunter in the watercolour, we look at this grace and nobility and feel humble and insignificant. Byron wrote:

'How beautiful is all this visible world!
How glorious in its action and itself!'

Manfred seeks redemption, but, sadly, finds only the solace of death. As we look at this painting, we see reflections of the landscapes we shall visit on our holidays. Such beauty, such glory, evoke for us those feelings of wonder and awe that inspired John Martin.

Manfred sees life in its true perspective as he gazes on the majestic scenery of the Bernese Alps. Holidays help us to put life into perspective. Away from the pressure of responsibility and duty, we often realise what is essential in our lives and with those around. We behold the majesty and glory of creation; we see this world as the handiwork of God; and we ask ourselves how we might make our way through it and be always alert to its mystery and its beauty.



God in the Sciences

Editor: Dr Ruth Banciewicz, who is based at The Faraday Institute for Science and Religion in Cambridge, writes on the positive relationship between Science and Christian faith.

Wonder and Worship: Reflections in a Scottish Rainforest

It can be easier to notice things away from home, when we are relaxed and surrounded by unfamiliar sights in an exotic location. But sometimes the same wonders are there in our own back yard. GK Chesterton was a great advocate of intensive observation, and he invited his readers to take a fresh look at things that might be taken for granted. The rewards for this mental adjustment are great, and can feed into our worship in new ways.

I first learned to appreciate old growth forests on the West coast of Canada: the centuries-old tangle of logs and underbrush, and thick layers of moss and lichen, that provide rich resources for countless organisms. Several years later, in Scotland, I stumbled over a few acres of birch and hazel, lush with moss and ferns, and humming with insect and bird life. Fallen logs lay everywhere, vegetation grew up the trees, creepers hung down, and sunlight slanted through clearings.

I later discovered that this patch of woodland is one of the few remaining areas of old growth Atlantic rainforest, so I visited one sunny morning when I had more time to linger. The wood is home to 140 species of lichen and 100 of moss, so I found myself looking very closely at tree trunks and boulders. Each lichen is a unique relationship between a fungus and a particular collection of single-celled algae – an example of the collaboration that is so essential to every ecosystem.

Places like this are worth preserving, respecting, and appreciating as much as a work of art or a historic city. I'm so grateful to the community that chose to preserve it, and the Creator who used such intricate and patient processes to create it. As the animals and plants around me did what comes to them naturally, I did what I was made for - thanking God for everything I saw. I found myself praising God alongside all those species of lichen, moss and trees. "Let everything that has breath praise the Lord" (Psalm 150).

There is a growing call to take both our personal devotions and our church services outside from time to time, and there are a growing number of resources to help us do this. As you go through your week, can you find one new way to appreciate your surroundings, and praise God alongside the rest of Creation?

BE BOLD.
BE BRAVE.
BE COURAGEOUS.
JOSHUA 1:9



"It's not a new stained-glass window – the Youth Club put its skateboard ramp too close to the church's west wall!"

The ‘father’ of modern British policing The July 2005 bombings of London

It was 175 years ago, on 2nd July 1850, that Robert Peel died. He was Prime Minister from 1834 to 1835 and from 1841 to 46. He founded the Metropolitan Police Service and is seen as the father of modern British policing.

Peel, born in Bury, was one of 11 children of the first Sir Robert Peel, who as well as being a textile manufacturer was also an MP and moved his family down to London. He had his son educated at Harrow and Oxford, where he got a double first; he then entered Parliament and married Julia Floyd: they had seven children.

Home Secretary twice in the 1820s, Peel founded the Metropolitan Police in 1829, reforming criminal law to emphasise rehabilitation and creating a new kind of police officer, nicknamed a ‘bobby’ or a ‘peeler’ for obvious reasons.

A committed Christian and member of the Church of England, Peel became involved with the dispute about employment of Roman Catholics (and non-conformists) in public office – initially supporting the status quo but later changing his views and backing legislation such as the Roman Catholic Relief Act of 1829, partly in order to avoid what he called “civil strife”.

He is also known for – in 1846 – repealing the Corn Laws, which had imposed high tariffs on imported grain; and for being one of the founders of the modern Conservative Party. He held old-fashioned views, however, on the function of ministers of the crown, who he regarded as primarily servants of the state.

Peel was an outstanding debater, but rather shy and could be autocratic, which may have been why Queen Victoria allegedly found him difficult. Having survived a failed assassination attempt by a paranoid stalker in 1843 (his personal secretary was killed by mistake), Peel died at the age of 62 after injuring himself when falling from his horse.

Twenty years ago, the 7th July (2005) London bombings took place. A co-ordinated series of four suicide bomb attacks on London’s transport system during the morning rush hour killed 56 people and injured more than 700. It was the worst-ever terrorist attack on Britain, and the country’s first attack by suicide bombers.

Three of the Muslim bombers, who all died in the attacks, were resident in England, British-born but sons of Pakistani immigrants. The fourth was a convert from Jamaica. It was reported later that three of the four had spent three months in Pakistan between November 2004 and February 2005.

The first three bombs were on the Underground, near Aldgate, Edgware Road and King’s Cross, on the Circle and Piccadilly Lines. About an hour later a fourth bomb went off on the top deck of a bus in Tavistock Square, travelling between Marble Arch and Hackney Wick.

Understandable chaos ensued on the Underground and in London streets nearby, not helped by an initial belief that the Tube explosions had been caused by power surges. Indeed, this is how it was reported for some time by the BBC.

About two weeks later, further attempted attacks in the London area failed to cause injury or damage. However, a day after that, on 22nd July, police shot and killed an innocent 27-year-old Brazilian man, Jean Charles de Menezes, at Stockwell tube station, after he was wrongly identified as one of the failed suicide bombers.

It was later determined that the original attacks had been carried out using cheap, easily available materials, which made detection of the plot by authorities in advance an extremely remote possibility. This forced a dramatic change in British counterterrorism policy, which had previously been focused on foreign threats.

Both the above articles by Tim Lenton

Book Reviews

Tasting Wisdom - A daily companion for meditation

By Laurence Freeman, Canterbury Press. £14.99

Every day for more than a decade, members of the World Community for Christian Meditation worldwide receive a brief reflection, Daily Wisdom, from Laurence Freeman, a Benedictine monk and leader of the community.

In just a few sentences, each day readers can orientate themselves to a more reflective and less reactive approach to the challenges of the coming day and living wisely and well in a restless, noisy world.

This collection of daily meditations will last the whole year, and offers wisdom to begin, end or punctuate the day.

Great Sacred Music - a resource book for mission through music

By Samuel Wells & Andrew Earis, Canterbury Press, £18.99

Great Sacred Music, a free lunchtime event of spoken word and music for choirs and congregations, is a regular feature of the life and witness of St Martin-in-the-Fields.

Each week, a themed programme is offered which combines music with stories of how the pieces came to be written and some reflections on the theme. As well as a celebration of music, it has proved to be instrumental in the mission of St Martin's, attracting many people to the church.

Great Sacred Music offers 52 complete and ready-to-use choral music-themed programmes for occasional celebrations in local churches, or as an alternative to evensong. All the sheet music chosen is available from the RSCM, or recordings can be downloaded from YouTube for churches which do not have choirs. Scripts about the music are included.

Great Sacred Music could support the missional work of your church, by drawing in people who would not ordinarily attend a service, but who still enjoy its rich musical heritage.

All Shall Be Well: Visions of Salvation with Julian of Norwich

By Emma Pennington, BRF, £12.99

How can all be well in the world in which we live? What does 'All shall be well' mean when all is *not* well? Through revelations 10 to 16 of her *Revelations of Divine Love*, Julian of Norwich returns time and again to the idea that 'all is well'.

In her latest book Emma Pennington examines this popular mantra and explores what Julian really means by it, bringing depth and relevance to these words for the reader who lives in an age of pandemic, war and climate crisis which closely echoes Julian's own.

Through deep engagement with Julian's visions, we are encouraged to reflect in prayer and devotion on our own personal relationship with God.

Before You Open Your Bible - nine heart postures for approaching God's Word

By Matt Smethurst, 10Publishing, £3.99 (discounts on bulk orders)

We know the Bible is important, but many of us struggle with it. We're not biblical experts—though we may have started enough reading plans to be really familiar with Genesis. If we're honest, the Bible often intimidates us, confuses us, and reading it doesn't always thrill us.

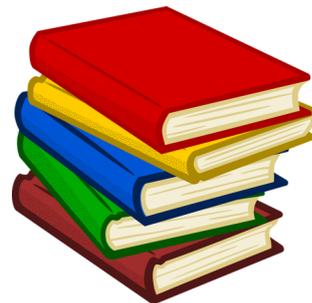
And yet, the Bible is where God reveals His loving character and incredible plan of redemption. In a practical and engaging manner, Matt Smethurst—managing editor of The Gospel Coalition—presents nine heart postures that will prepare you to unpack all that's awaiting you in God's Word, for without the 'right heart postures', we're not yet ready to start reading.

Being There - how to love those who are hurting

By Dave Furman, 10Publishing, £7.99 (discounts for bulk orders)

Everyone has friends or family who suffer from sickness, disability, depression, or the death of a loved one. But often, while we want to help them, we are also struggling in our own various ways.

Writing from the perspective of one who needs extra help on a daily basis, Dave Furman offers insight into the support that people need when helping others. Furman draws on his own life experiences, examples from the Bible, and wisdom from Christians throughout history. Deeply pastoral, this book points you to the strength that only God can provide as you care for those who are hurting.



Dorking Area Foodbank

has been operating for 10 years in June.

The Parish of Capel and Ockley
are running a project to support this

'DONATE TEN'

Could you donate ten items to the Foodbank,
or maybe make a direct debit for £10 each month or arrange
a one-off donation?

Donations are down over the last couple of years to the
local Foodbank and the need is even greater.

So can you help? Sylvie, our Pastoral Assistant who volunteers at the
Foodbank has enquired about some of the most wanted items and
they are listed below:-

Long life milk	Washing up Liquid
Chocolate bars	Long life fruit juice
Washing machine tablets	Jam
Hand wash	Sugar
Tinned fruit	Cereal bars
Custard	Sanitary pads

Any plastic carrier bags you can spare?

However, please do continue to donate non-perishable food,
personal hygiene including shampoo, body wash and disposable razors
together with sanitary items, amongst other things.

ALL items are gratefully received.

If you would like to hear more regarding this project
please contact: Revd Liz Richardson - 01306 711260
or Pastoral Assistant Sylvie Beckett on 07711 849338



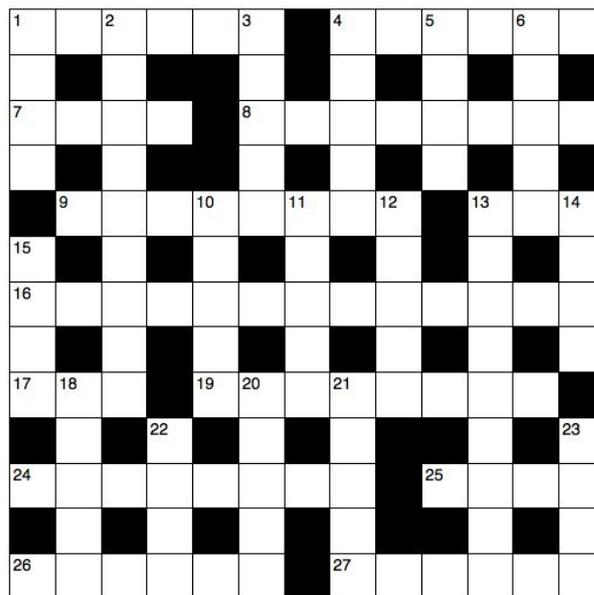
You may find the following links helpful:

<https://dorkingarea.foodbank.org.uk/give-help/donate-food/> (shows a list)

<https://dorkingarea.foodbank.org.uk/give-help/donate-money/>

Across

- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)
- 7 'Praise the Lord, O my — ' (Psalm 103:1) (4)
- 8 See 5 Down
- 9 Laws (1 Kings 11:33) (8)
- 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
- 16 Artistry (Exodus 31:5) (13)
- 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
- 19 How David described his Lord (Psalm 19:14) (8)
- 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
- 26 Intended destination of arrows (Lamentations 3:12) (6)
- 27 Eve hit (anag.) (6)



Down

- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)
- 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)
- 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)
- 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
- 10 Trout (anag.) (5)
- 11 Easily frightened (1 Thessalonians 5:14) (5)
- 12 The ability to perceive (Ecclesiastes 10:3) (5)
- 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me"" (Mark 14:20) (4)
- 15 Resound (Zephaniah 2:14) (4)
- 18 Traditional seat of the Dalai Lama (5)
- 20 Precise (John 4:53) (5)
- 21 Build (Ezekiel 4:2) (5)
- 22 Beat harshly (Acts 22:25) (4)
- 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

Puzzle solutions on page 30

Capel Hall 100 Club



You've got to be in it to win it!

Capel Hall 100 Club

Our Village Hall is a wonderful asset to our community and is well used regularly for a variety of adults and childrens social groups as well as being available for private hire. The costs of running the hall are considerable and extra funds are always needed. Please consider whether you could make a regular contribution through our 100 Club.

Since we launched the 100 Club we have seen the number of supporters grow steadily. In May this year we reached the magic 100 entries meaning we gave away the highest prize money yet. We can always welcome more entries as the prize money is always 40% of the monthly income. The remaining 60% is used to make financial contribution to improvements to our village hall.

Application forms are available on the Hall website (<https://capelmemorialhall.org.uk>) or from inside the Memorial Hall or by scanning this QR code.



For as little as just £3 per month (minimum) you will be allocated an entry number.

Numbers of entries are unlimited so you can buy as many as you wish.

The 100 Club is a private lottery and is open to all users and supporters of Capel Village Memorial Hall. Anyone aged 16 or over can join.

Any questions, please contact George Ede – george@nightlesscopse.co.uk

Easy Sodoku

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

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Medium Sodoku

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

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High Days & Holy Days

1st July - Henry Venn of the CMS

Most Christians in the UK have heard of the Church Mission Society or CMS. Far fewer have heard of the Revd Henry Venn (1796-1873), whose father, the rector of Clapham, founded CMS in 1799, and who himself became the greatest missionary strategist of the 19th century.

Not that Henry Venn ever became a missionary himself; after Cambridge he served his curacy at St Dunstan's in Fleet Street, and then an incumbency at Drypool in Hull, before becoming vicar of St Johns, Holloway in 1834. But Henry Venn's parish-based ministry did not obscure his passionate interest in overseas evangelism, and in 1841 he accepted an invitation to become the honorary secretary of the Church Mission Society. That decision was to shape the history of overseas missions, and to make CMS into the most effective force in Britain for delivering effective overseas mission.

For Henry was an outstanding administrator, and his wisdom and management of the missionaries enabled CMS to grow and flourish. When Henry first began work on CMS, it employed 107 European clergy and nine local indigenous people. When he died in 1873, there were 230 European clergy and 148 local people in service.

After his resignation from St Johns Holloway in 1846, Henry devoted himself almost exclusively to the work of CMS. He was directly responsible for sending out 498 clergymen, all of them chosen by him, and with most of whom he continued in regular correspondence. He also established eight or nine bishoprics for the supervision of CMS missionary clergy and was usually involved in the appointments made.

Henry and a missions colleague in America were the first to use the term 'indigenous church', and they were way ahead of their time in seeing the necessity for creating churches on the mission fields that in time would become not only self-supporting, but also self-governing and self-propagating. In fact, Venn wrote with enthusiasm on this "euthanasia of missions," meaning that missionaries were only ever meant to be temporary, and not permanent.

All in all, Henry Venn's exposition on the basic principles of indigenous Christian missions was so powerful that much of it was later adopted by the Lausanne Congress of 1974.

But alongside Venn's passion for evangelism was his concern for social justice, and he frequently lobbied the British Parliament, especially the closure of the Atlantic slave trade.

In 1873, when he was 76, Henry Venn died at his home in Mortlake, Surrey. He is buried in the churchyard.

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

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

***NEW 26th July - Anne and Joachim, parents of Blessed Virgin Mary**

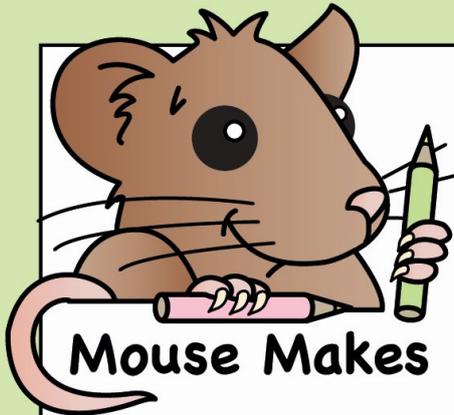
One thing is certain – Mary the mother of Jesus must have had parents. Beyond that, nothing is certain – but church tradition offers some details.

The first mention of Anne and Joachim as being Mary's parents was found in the apocryphal Gospel of James (second century) which has no historical validity. James says that after years of childlessness, Joachim was praying in the desert one day when an angel appeared to Anne to tell her that she would conceive. Anne then promised to dedicate the child to God, as Hannah had done with Samuel.

Certainly Anne, mother of Mary, has been honoured from as early as the sixth century, when a church was built in her honour in Constantinople. Other relics and pictures of her found in Rome date from the 8th century.

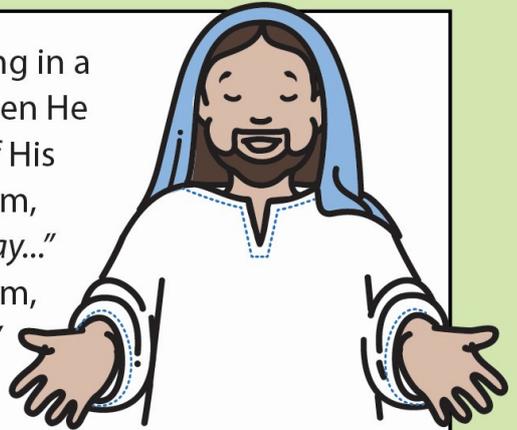
The sad truth is that, as the Bible is silent on the subject, we will never really know about Mary's parents. But one thing we can assume, because it is based on the character of Mary herself. Her gentle humility and graciousness and informed knowledge about her faith point to a childhood spent among devout believers in God.

Junior InSpire



Mouse Makes

"Now Jesus was praying in a certain place, and when He had finished, one of His disciples said to Him, "Lord, teach us to pray..." And He said to them, "When you pray, say..."



Our _____
in _____,
hallowed be your
_____, your
_____ come,
your _____ be done,
on _____ as it is in
_____.

Give us today our daily
_____.
_____ us our
S _____ as we forgive
those who sin against us.
Lead us not into

_____ but _____
us from _____.

For the kingdom,
the _____ and
the _____ are
yours now and forever.
Amen

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



Fill in the missing words of the Lord's Prayer then find them and these extra words in the word search:
LORD'S PRAYER
DISCIPLES
JESUS
GOD
WORLD
NEEDS
FORGIVENESS
TRESPASSES
PROTECTION
REPENTANCE



The versions of **The Lord's Prayer** we say today come from the Gospels of Matthew and Luke.
Which version do you use in your church?



Read
Matthew 6:9-15
and
Luke 11:1-4





Church Tea dates 2025

At St John the Baptist, Capel

From 3:00 to 5:00 pm

Sunday 20th July

Sunday 24th August

Sunday 14th September

Sunday 5th October - Harvest

Sunday 2nd November - All Soul's Day

Service at 3pm * Teas start at 4pm

Sunday 30th November

First Sunday of Advent

Thanks to Joy and Helen for their tireless dedication
to providing these teas in aid of The Friends of St John the Baptist, Capel

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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