

InSpire



The monthly publication for the Parish of Capel & Ockley

Free of charge - donations welcome in honesty box in wall

InSpire magazine Issue 99 January 2026



CURIOS? QUESTIONING? CONFUSED?

Another year looms ahead. What will 2026 bring? Almost certainly it will bring the same surprises, challenges, joys, sadness and uncertainty that 2025 revealed month by month. The first "surprise" that the more observant among you will have noticed is that this column is no longer brought to you by Café Church. After 7 years of running the more informal monthly Café Church services at St. John's it's time for a refresh, a change, a new direction. And so, welcome to The Sunday Session.



What is it? Well, every second Sunday of the month throughout 2026 St. John's, Capel will host a service aimed not at the regular congregation that meets week by week (although they are, of course, very welcome to join us) but focused more on those in our community who are outside of the church family - those who fit the descriptions at the top of this page. **Curious? Questioning? Confused?** Maybe one or more of these resonates with you? Are you curious to know more about the spiritual side of life? Do you have questions about God - or, indeed, if there is a God at all? Are you confused by all the different religions, faiths and self-help programmes promoted on social media? Join the club! After 40 years of being a Christian and attending churches of all denominations (and abominations!), I'm still curious to learn more every day. After 40 years I've got more questions now than when I started my walk of faith. And, am I confused? My wife might suggest that confusion seems to be a permanent state of being for me, but for every question that has a clear answer there is one where the solution is not so easy to see. In my experience, **confusion** drives the **questions** of the **curious** and leads, eventually, to a place of acceptance, understanding and peace that is sadly absent in the world today.

The Rev. Liz is about to start an Alpha course, too. Like The Sunday Session, this is aimed at those who are curious, questioning and, maybe, confused about faith. Like The Sunday Session, it will be a safe, inclusive space where doubts can be expressed, difficult questions asked and answers sought. So, there will be plenty of opportunity this New Year for all those in the village whose resolution is to discover more about themselves and their place in the world.

Curious? Questioning? Confused? Come and join the rest of us on 11th January at 10.30am in St. John's church as we discover together the truth of Jesus' words in Matthew 7. *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."*

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Jesus Christ is the same yesterday and today and forever.

Hebrews 13:8

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 issue is sponsored by

Helen Berry

our sincere thanks to Helen for her support of this magazine, together with the beautiful flower arrangements every week in church and her dedication to the church teas.

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

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CHURCH SERVICES AND EVENTS - JANUARY 2026

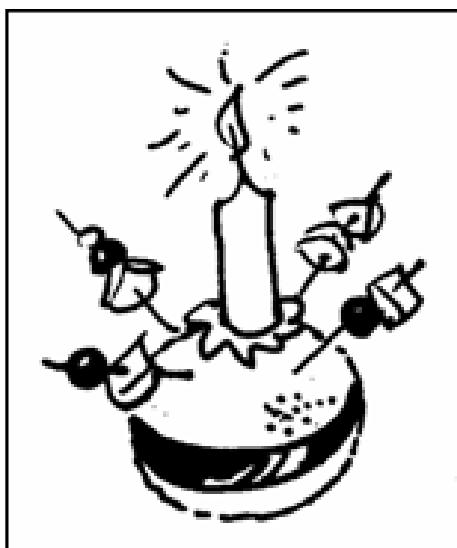
at St John the Baptist, Capel & St Margaret's, Ockley

JANUARY 2026

Sunday	4th	The Epiphany
	9.30	Matins - Ockley
	10.30	Family Communion - Capel
Sunday	11th	The Baptism of Christ
	9.30	Holy Communion CW - Ockley
	10.30	The Sunday Session - Capel
		Church for the curious, the questioning and the confused!
Sunday	18th	Second Sunday of Epiphany
	10.30	Parish Communion - Capel
Sunday	25th	Third Sunday of Epiphany
	9.30	Holy Communion BCP - Ockley
	10.30	Morning Worship - Capel

FEBRUARY

Sunday	1st	Candlemas and the Presentation of Christ in the Temple
	9.30	Matins - Ockley
	10.30	Christingle in aid of The Children's Society - Capel



All this information and more available on our Parish website:
<https://www.capelandockleychurch.org.uk/>

Revd Liz writes

January's letter

Dear friends,

Happy New Year! 2026 - I can't believe it!! I hope you had a relaxing if not enjoyable Christmas and that you have been able to find some time to stretch your legs and blow away the cobwebs? Its lovely if you can to have some New Year's exercise - perhaps a bracing walk if you are able?

A walk means a change of scene, a breath of fresh air, a chance to leave the hearthside. But what route will you take or which path would you like to follow? The prophet Jeremiah said this: 'Stand at the crossroads and look, and ask for the ancient paths, where the good way lies, and walk in it.' Its quite a good way to start a new year isn't it? Stand at the crossroads and look. Ask for the ancient paths where the good way lies and walk in it!

Jeremiah's words will resonate with anyone who has walked a historic woodland. At every cross roads there are often multiple paths. Which one to take? Trampled bracken might mean someone has blundered off to the left; a faint hint of marshy footprints could mean someone has attempted to turn right; while ahead, a broad, well trodden track beckons. 'Ask where the good way lies,' writes the prophet, 'and walk in it.' One of the temptations of the New Year is that of self-reinvention. New hair, new job, new relationships, new gym memberships?! Sometimes we can blunder leftwards or attempt rightwards while all the time what we really need to do is discover the ancient path. The one mapped out for us at Christmas in the birth of Jesus - the path of self-giving, the path of self-forgetting, the path of faith and of love. Many have trodden it before us. All we have to do is follow.

So I wonder in whose footsteps you hope to walk this year? How will you remain faithful to the path? We are running an Alpha Course towards the end of this month - perhaps you might like to start there? Its a chance to ask all those questions about faith you have always wanted to in a friendly, inclusive environment, with fellow travelers. Its a chance to eat and drink amongst new found friends and listen to their stories. We have been handing out invitations to Alpha throughout December so you may have one already. If not, pick one up in either Capel or Ockley churches. Call or email me or Revd Gill if you think you might like to try *this* path. I promise you don't need to become a vicar or a 'happy clappy' or whatever brand of Christianity puts you right off!! Its just about exploring quietly and gently what faith, if any, might look like for you. It certainly would be one of the ancient paths...

With my love and prayers as ever,

Liz

Revd Liz
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01306 711260

Much of my letter is drawn from pages 22/23 of 'Twelve Joys of Christmas' Meditations for Christmas and the New Year by Nicholas Papadopoulos Dean of Salisbury Cathedral. Available in our churches.



NEWS from the Pews

From the Registers



In Memoriam

We remember with love

Jennifer Mary Morshead

30th November 2025

May she rest in peace and rise in glory

InSpire Magazine

Could you sponsor an issue in 2026 or share sponsorship with someone?

We currently have: **April, August and December** available.

If you can help, please contact Rev Liz, Helen Burt or Suzanne, the Editor.

Thank you
Suzanne, Editor of InSpire

Christmas Hampers

With our thanks to Leigh de Souza for again co-ordinating the annual gifts of Christmas hampers from our church to the local community.

Thank you all for your donations and to Leigh for putting them all together.

PCC Members 2025—26

Vicar and Chair: Revd Liz Richardson (ex-officio)
Curate: Revd Gill Christie (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
Wendy Goddard
Suzanne Cole
Sarah Pusey
David Silliman
Jessie Sutcliffe
Leigh Smith (Safeguarding Lead)

Hon Secretary:

Sir Richard Winter- Stanbridge

Parish Safeguarding Officer:

Leigh Smith

Electoral Roll Officer:

Vacant



NEWS from the Pews

Used stamps for UK Air Ambulance Services

The UK's Air Ambulance Services are charities which receive no government funding and rely entirely on charitable donations to continue flying and responding to life threatening medical emergencies. All funds raised will be donated to the Association of Air Ambulances to be distributed equally to all UK Air Ambulance Services. All you need to do is cut or carefully tear the stamped corner from any envelope or packet that you receive in the post and start a collection.



Once you have a large bundle, would you please put them in a bag and take them into St John the Baptist, Capel to place in the marked box. Sue Partridge is going to post them when we have a good amount to send. Thank you to Sue.

CHURCHYARD WORKING PARTY

Thank you to those who kindly came to help clear some more of the brambles in the churchyard in December.

We are hoping to do another Working Party fairly soon when the weather warms up a bit. I will put the dates in the weekly sheets, Parish Magazine and Inspire.

Tea, coffee and biscuits will be provided too.

Stuart Cole
church.warden@ansford.me.uk



SAFEGUARDING NOTICE

This notice will appear each month in InInspire

'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 07732 825908
leighdesouza@yahoo.com or Revd Liz Richardson 01306 711260 liz@hostmyserver.co.uk

Diocesan contact number for reporting safeguarding concerns: safeguarding@cofeguildford.org.uk or call: 01483 790379 **and the contact details for our Safeguarding Officer and the Diocesan Safeguarding contact will be published in our weekly pew sheets as well as in the Church Contacts section in each issue of Inspire.**

(Updated August 2025)



"The suffering in Sudan is almost unbearable" – Bishop of Leeds

The situation in Sudan is "so dire that 'urgent' does not do justice to the need for action," the Bishop of Leeds, Nick Baines, has warned in his final speech in the House of Lords.

Bishop Nick, who is retiring, used his last appearance in the House after more than a decade to secure a debate on the worsening humanitarian crisis in Sudan.

He highlighted mass killings, sexual violence, starvation, and the displacement of millions, with non-Arab Africans among the primary targets.

Bishop Nick also emphasised the lack of attention to Sudan in western media and called for stronger UK leadership in diplomatic, economic, and military efforts to end the conflict, protect civilians, and ensure accountability for atrocities.

Bishop Nick said: "The suffering in Sudan is almost unbearable, the worst humanitarian catastrophe on the planet, and it is neither new nor simply a phenomenon of only the last three years. Whatever the causes of and motivations behind the current conflict, it is civilians—women, children, young men and vulnerable ethnic groups—who are being targeted and abused in the most inhumane ways."

Warning that inaction will exacerbate refugee migration, generational trauma, and cycles of violence, he stressed that Sudan's plight demands immediate, coordinated global intervention.

Government urged to keep VAT grants for repairs

The Chancellor has been urged to retain a tax scheme for listed places of worship, as a survey, recently published, showed the majority of the UK population backs government support to help churches pay for repairs to their buildings.

A poll shows that two in five people, or 43 per cent of all adults, report having had contact with their local church. The majority of these, or 53 per cent, was for services and worship, but also 23 per cent – nearly seven million people in the UK – had contact for community support such as parent toddler groups, lunch clubs and food banks.

An estimated 2.8 million people – or four per cent of the UK population – have been in contact with their local church for a food bank. Church of England churches run or support 31,300 social action projects, including nearly 8,000 food banks, with emergency food provision and community cafés on the rise.

More than three quarters of the population – 77 per cent – said historic cathedrals and churches are local and national treasures. And two in five – 41% – said they had visited a church or cathedral simply to find a quiet space for reflection or prayer, with this figure rising to 50 per cent amongst young adults in the 18 to 34 age range.

The survey conducted for the Church of England by Savanta, shows 59 per cent of the UK population agree that the Government should help with the costs of repairing and maintaining historic churches.

The Listed Places of Worship Grant scheme was first put in place by the then Chancellor Gordon Brown in 2001 and allows for VAT grants on repairs of more than £1,000 to be claimed for essential repairs and maintenance.

The future of the scheme is in doubt after the Department of Culture, Media & Sport (DCMS) announced an interim arrangement earlier this year with a reduction in the amount of money available from £42 million a year to £23 million and a cap of £25,000 per building. The scheme is due to come to an end in March next year and there has been no confirmation from the Government on whether it will be renewed.

The Church of England is responsible for 45 per cent of the UK's Grade 1 listed buildings. More than 12,500 of its church buildings have listed status.

Contd on page 9

Current estimates show that around 260 churches and cathedrals have reported that their essential repair projects are at risk because of uncertainty over the scheme's future and big increases in costs as a result of the £25,000 limit on claims.

The DCMS Commons select committee called in July for the scheme to be made permanent and the cap on claims to be lifted, after hearing evidence from the Church of England as part of its inquiry into built heritage.

Archbishops' Council response to Charity Commission case review

The Archbishops' Council has welcomed the findings of the recently published Charity Commission case review on safeguarding improvements.

A spokesperson said: "It provides valuable clarity to support ongoing improvements in our work. We are reassured by the Commission's finding of no evidence of mismanagement or misconduct, and that the Commission recognises the charity has made progress and delivered positive changes in safeguarding practice in recent years.

"Our priority in all our work remains to respond well to victims and survivors. This commitment continues to shape every aspect of our safeguarding work.

"The Archbishops' Council is "immediately focused on building on the work undertaken over the past decade," including the introduction of independent safeguarding audits, comprehensive safeguarding training for all who work in the Church (paid or voluntary), and ensuring Church bodies have safe and healthy cultures."

The Archbishops' Council is also committed to the implementation of further safeguarding reforms, particularly in governance, with detailed proposals to be brought to the next General Synod to ensure sustainable and long-lasting best practice.

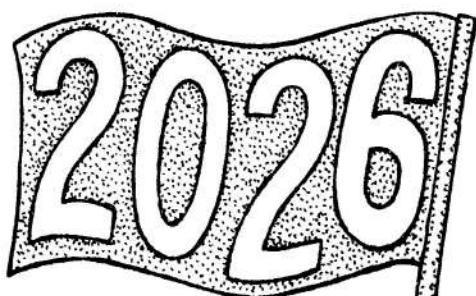
Church of England weddings at historic low

The Church of England conducted fewer weddings than ever in 2023, as the number of people in England and Wales getting married in religious ceremonies has slumped to a new low.

In 2023, 23,004 marriages were recorded by the Church of England and Church in Wales, according to recent data from the Office of National Statistics (ONS). It is the lowest number since the 1830s, except for 2020, when churches were closed during the pandemic.

In total, 216,901 weddings of opposite-sex couples took place in 2023. The majority (184,428) were civil ceremonies. There were 32,473 religious weddings, of which 70 per cent were held in Anglican churches.

The Bishop of Manchester, Dr David Walker, told the Daily Telegraph: "We want to reassure couples that they don't have to be churchgoers to have a church wedding, they don't need to be christened, and we welcome couples who already have children."



January
2026

Epiphany for Today

By Canon Paul Hardingham

This month we celebrate Epiphany, the occasion on which we remember the Magi from the East following a star to find the baby Jesus: *'Where is the One who has been born king of the Jews?' (Matthew 2:1)*. At the start of a New Year, in an uncertain world, we can be asking the same question. The gifts the Magi offered point us to how Jesus can answer our concerns and worries: *'they bowed down and worshipped Him...and presented Him with gifts of gold, frankincense and myrrh.'* (2:11).

The *gift of gold* reflects that the Magi saw in the baby a king, destined to rule over us all. In this coming year we need to remember that Jesus is on the throne, the seat of power and authority in the whole universe. Will we crown Him king of our lives and dedicate all that we are and do to Him?



The *gift of frankincense* reflects that the visitors saw not just an earthly king, but God in human flesh. Incense symbolises the prayers of God's people and so this gift reminds us that God is worthy of our worship and prayer. Will we offer our praise and prayer, as we seek God to guide us through the uncertainties of this coming year?

The *gift of myrrh* reflects that these astrologers saw beyond the baby's birth and life, to His death which would secure life for all. Jesus was offered myrrh on the cross and was a spice used in His tomb. As we face challenges in the future, we can be confident that Jesus knows and understands our experience. Are we ready to trust Him in everything?

'Glorious now behold Him arise, King and God and Sacrifice! Heav'n sings Hallelujah: Hallelujah the earth replies.' ('We Three Kings').

World Leprosy Sunday - 25th January 2026

We read about leprosy in the Bible and assume it is a disease of the past. But leprosy is very much a disease of today, with more than 200,000 newly diagnosed cases every year.

That means that every two minutes of every day, someone hears the words 'you have leprosy'. Three short words, but they carry thousands of years' worth of fear, stigma and shame.

Leprosy thrives in areas where poor nutrition, overcrowding, shared wash facilities and low standards of living naturally lower people's immune systems.

Lepers will suffer growing numbness and worsening nerve damage, ulcers and finally even amputations. They will also suffer the hurt and shame of being an outcast, often abandoned by their own families.

And this is where The Leprosy Mission steps in, and with the support of churches in the UK, works to help the sufferers of leprosy around the world. The Leprosy Mission is a medical Christian mission which helps people with leprosy both medically, spiritually, and practically. With your help, their Leprosy Mission Vocational Training Centres can give sufferers a chance to learn a skill and get a qualification.

In Mark 1, the leper said to Jesus, 'If you are willing, you can heal me.' That plea still stands today – if we are willing, we can help The Leprosy Mission to still do Christ's work of healing and rehabilitation today.

More details at: <https://www.leprosymission.org.uk>

Editor: There is a lot of talk about 'mindfulness' these days, and how to find calm moments in our daily lives. Both the BBC and Classic FM have even got radio stations devoted to 'mindful' and 'calm' music. But as Christians, we have an extra, divine resource, to call on. And so this month we are launching a new series, simply offering three verses to help reassure your readers that they are not alone in their tough times.

Peaceful mind

The Bible tells the story of Jesus and His disciples in a boat. The wind blows, the waves rise, and the disciples are stressed. Like them, we also get hit by storms in life. Like them, we can't control what comes our way. But like them, we can know that Jesus is also with us.

Why not take a moment to ponder these promises:

In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety. (Psalm 4:8)

The Lord gives strength to His people, the Lord blesses His people with peace. (Psalm 29:11)

For God is not a God of disorder but of peace - as in all the congregations of the Lord's people. (1 Corinthians 14:33)

Editor: David Pickup, a solicitor, considers January.

Going from Strength to Strength - even in January!

Blessed are those whose strength is in you, whose hearts are set on pilgrimage. As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools. They go from strength to strength, till each appears before God in Zion. (Psalm 84: 5-7)

January can be a grim month! Back to work after Christmas, dark days and early nights. Colds, sniffles and bugs, then the bills, renewals and invoices come in. There is not much going on in church, as Candlemas is not until February.

I like the psalms, as they are written from personal experience. This one is a belter and has been called one of the sweetest psalms. I suppose January could be a type of 'valley of Baca' or 'veil of tears', meaning a difficult time to get through. The psalmist encourages us to look for wells and pools of water even in the dryest desert.

Many people have debt or other problems. Perhaps the church could set up a group to support members or look for local sources of advice, foodbanks or help.

January may be cold, costly and dark but there are things to look forward to: snowdrops, bulbs and days beginning to lengthen and at least the stress of Christmas is past!



NEW SERIES

Editor: Canon Paul Hardingham begins a seven-part series. This will run until the July issue.

The Seven Deadly Sins: Pride

Our new series looks at the 7 Deadly Sins, a list compiled by Pope Gregory 1 in AD 590 to describe the nature of sin. This month we consider pride, *'the beginning of all sin'* (Augustine).

Pride is preoccupied with self and denies the need for others or God. We see it present in the first sin, when Adam and Eve wanted to become like God (Genesis 3:5).

What does pride look like? Jesus told the story of two men, a Pharisee and a tax collector, who went to pray in the Temple (Luke 18: 9-14). The Pharisee stood by himself and prayed: *'God, I thank you that I am not like other people, robbers, evildoers, adulterers, or even like this tax collector. I fast twice a week and give a tenth of all I get.'* (11,12). He illustrates how pride is essentially putting ourselves in God's place and believing we can run our own lives. It's subtle and self-deceptive and eats away our lives: *'Pride goes before destruction, a haughty spirit before a fall.'* (Proverbs 16:18).

So how do we deal with pride? The answer is humility. The tax collector stood at a distance *'he would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'* (13). This man was right with God, because he acknowledged his sin and his need for forgiveness. Humility is being realistic about ourselves, and acknowledging our total dependence on God. We develop it by giving ourselves wholeheartedly to God and repenting of our desire to do things our way: *'Humble yourselves, therefore, under God's mighty hand, that he may lift you up.'* (1 Peter 5:6).

'Humility is not in thinking less of yourself, but in thinking of yourself less' (Rick Warren).

Michael Bond, creator of Paddington Bear

It was 100 years ago, on 13th January 1926, that Michael Bond, the children's writer, was born. He has an assured place in any literary Hall of Fame, for he created the characters Paddington Bear and Monsieur Pamplemousse.

Paddington Bear padded into Michael Bond's life quite by accident. It was back in 1956 that Michael was on his way home from work at the BBC when he spied a lonely looking teddy bear on the shelf in a shop window in London. On the spur of the moment, Michael decided to take it home as a stocking filler for his wife.

Michael called the bear Paddington, because they lived near Paddington Station at the time. Two years later, in 1958, while daydreaming over a typewriter and a blank sheet of paper, Michael wondered what might happen if an unaccompanied bear turned up at a railway station looking for a home.

The rest is literary history.

His first book, *A Bear Called Paddington*, was written in ten days and published by Collins in October of 1958. Twenty eight more books followed, and in all more than 35 million Paddington books have been sold worldwide, in more than 40 languages. More than 27 million Paddington Bear soft toys have been sold, just since 2021. The films alone have grossed more than \$778 million.



Paddington made his most famous appearance at Buckingham Palace in 2022, where he had tea with Queen Elizabeth II on her Platinum Jubilee, and exchanged tips with her about the best place to store marmalade sandwiches.

Bond was born in Newbury in 1926 and served with the RAF and army during WW2. He started writing in 1945 while stationed in Cairo, and began his career at the BBC, where he later worked on Blue Peter as a cameraman. He died in 2017, aged 91.

PRAYERS, PROSE & POEMS

A New Year Prayer from the Church of England

God and Father of our Lord Jesus Christ,
whose years never fail
and whose mercies are new each returning day:
let the radiance of your Spirit renew our lives,
warming our hearts and giving light to our minds;
that we may pass the coming year
in joyful obedience and firm faith;
through him who is the beginning and the end,
your Son, Christ our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

churchofengland.org/prayer-and-worship/topical-prayers/prayer-new-year

Editor: With Epiphany in mind, here is part of a longer poem from GK Chesterton...

An incredible star

There fared a mother driven forth
 Out of an inn to roam;
In the place where she was homeless
 All men are at home.
The crazy stable close at hand,
With shaking timber and shifting sand,
Grew a stronger thing to abide and stand
 Than the square stones of Rome....

This world is wild as an old wives' tale,
And strange the plain things are,
The earth is enough and the air is enough
For our wonder and our way;
But our rest is as far as the fire-drake swings,
And our peace is put in impossible things
Where clashed and thundered unthinkable wings
Round an incredible star.

From The House of Christmas, by G K Chesterton (1874 - 1936)

New Year 2026

If we put our hand in God's hand
As we enter this New Year
Not knowing what the future holds
But that our Friend is near.

We shall not fear what lies ahead
If He is by our side,
Nor wander from the pathway
If He will be our guide.

The Sinless One from heaven came
To dwell with us on earth,
He sought and bought us with His blood
And offered us new birth.

Now as we travel through this year
He knows the things He's planned,
So let us trust and know just this -
Our times are in His hands.

By Megan Carter

A New Year's resolution-prayer

Following in His footsteps

Almighty, eternal, just and merciful God, grant us the desire to do only what pleases you, and the strength to do only what you command. Cleanse our souls, enlighten our minds, and inflame our hearts with your Holy Spirit, that we may follow in the footsteps of your beloved Son, Jesus Christ.

St Francis of Assisi, 1182 - 1226

The Roadmaker - a blessing on you for 2026

God be shielding thee by each dropping sheer,
God make every pass an opening appear,
God make to thee each road a highway clear,
And may He take thee in the clasp
Of His own two hands' grasp.

From Prayers of the Western Highlanders

Deacon's diary

Although no longer a child, I still feel a thrill of excitement as I open the little door of my Advent calendar each day in the run up to Christmas.

Time has flown this month – a month of light and darkness!

The short days have meant dark evenings, but what an effective backdrop for the lighting of the Christmas trees in Capel churchyard, the lighting of the tree on Ockley Green with carols by torchlight, and the beautiful lights decorating so many homes and gardens in our parish! Just as the physical light of the star and the angels drew attention to the birth of “The Light of the World” some 2000 years ago, Christmas continues to be a beacon each year reminding everyone that the world is more than the stage for posturing politicians, leaders and war-mongers.

I have been very blessed to be involved in such a variety of services and activities:

the Christingle in Ockley held in the Ockley cricket pavilion,
the Young at Heart Christmas lunch in Okewood,
the usual Wednesday morning café at Ockley cricket pavilion,
a wedding in St. Margaret's church, Ockley,
the school nativity at Scott-Broadwood School,
the 9 lessons and carols at St. John's, Capel featuring children from Scott- Broadwood School,
the Ockley Village Christmas lunch,
as well as the 'usual' Sunday services.

Due to the timing of the printing of 'Inspire' I have yet to attend the actual Christmas services, but am looking forward to the crib service and the midnight service on the 24th at St. John's Capel and the Christmas morning service at St. Margaret's, Ockley.

By then the shortest day of the year will have passed and the minutes of daylight will start to increase each day. We may have been considering some 'New Year Resolutions' - possible ways we can change our behaviour or the choices we make.

I am looking forward to meeting still more of the Capel and Ockley parishioners and being involved in many of the events which will touch their lives this coming year.

As we move into 2026 we will all have hopes and dreams as well as fears and concerns so if anyone would like prayer for any person or circumstance, please do not hesitate to contact me
(curate@capelandockleychurch.org.uk) or Rev Liz (liz@hostmyserver.co.uk)

Rev Gill Christie

Rev Gill Christie
curate@capelandockleychurch.org.uk
01306 711917



How to keep those New Year Resolutions

We are full of good intentions at the start of each year. How come we usually fizzle out by February? Here are some tips to keep you going...

Be realistic. If you have several goals, don't attempt them all at once. Research has found that if you stagger your goals, you will have more success. So, for example, if this year you want to spend less money, do more exercise and spend more time with your family, start one change this month, another in February, and start the third in March.

Be specific. For example, don't tell yourself: Lose weight. Decide exactly how much you want to lose. When do you want to lose it by? How will you do it? If you want more time with your family, how and when will you do that? The more exact you can be, the more likely you are to succeed.



Write it down. There's something about committing thoughts to paper that helps to cement your resolve. Why not start some sort of journal this year, to track your thoughts, your hopes, your goals – and your successes!

Tell other people. If you intend to do something, tell someone, and therefore you will feel more obliged to get going with it... your pride may keep you going when all else fails!

Focus on GAIN, not loss. Ever notice how many resolutions are about giving something up? Why not put it the other way round - instead of saying you will eat less, tell yourself you are headed for those skinny jeans....

Give yourself rewards. If you are quitting smoking or sweets, for example, put the money that you would have spent in a jam jar, and treat yourself to something nice (and healthy) with it.

Break your resolution into steps. Some goals will take months to achieve. So, break each one down into tiny steps, and simply head for each step. Build in some time frames, to prevent you procrastinating.

Finally, don't let failure defeat you. You will make mistakes. But the secret is to simply get up again and to keep going. Only if you stop are you *really* defeated. None of us are perfect, and the Bible encourages us to always start again.

Our long love affair with coffee

London's first coffee house opened in 1652, using beans imported from modern-day Yemen. Although many in Cromwell's Britain had doubts about this new drink, others welcomed its reviving effects - and asked for another cup.

Nearly 400 years on, coffee drinking in Britain is a vast industry. We drink 98 million cups of it every day. Even though a takeaway flat white can now cost you more than £5 in London, still coffee has become a daily necessity for millions of us.

And nearly 400 years on, we can better appreciate why this should be so.

Coffee keeps us awake. This is because when caffeine accesses the brain, it actively blocks our adenosine-producing receptors, which run our sleep-promoting system.

Coffee makes us alert. The caffeine drives our brain towards a more excited state which allows us to process information faster.

Coffee can also improve our mood, especially during the winter, when the loss of daylight acts as a depressant.

And although too much coffee can make us jittery and even prone to heart palpitations, there is even growing evidence among neuroscientists that coffee can even help to lower our risk of neurodegenerative diseases such as Parkinson's and Alzheimer's.

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



Editor: Canon Paul Hardingham continues his series on the books of the Bible.

What's the Big Idea? - An Introduction to the Books of the Old Testament: Song of Songs

The title of this book, 'Solomon's Song of Song' (1:1), claims to be written by Solomon, and while his name is mentioned seven times and several verses speak of the 'king', the book may be more about Solomon rather than written by him. However, it is reasonable to assume that Song of Songs was written in the tenth century BC, during Solomon's reign (971-931 BC).

The focus of the Song is God's choicest gifts of love and the voice of this love belongs to a woman, the beloved. It is her experience of love, both as the one who loves and as the one who is loved, that is most clearly expressed. The Song begins with her wish for her lover's kiss and ends with an invitation for intimate love. It describes the intimacies of married love as God intends it to be. She speaks profoundly of love; of its beauty and delight; its exclusiveness (2:16); its spontaneity (2:7) and its overwhelming power: *'Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. Many waters cannot quench love; rivers cannot wash it away.'* (8:6,7)

God created man and woman, and established marriage as His purpose for society (Genesis 1:27; 2:20-24). This Song is part of the wisdom literature and shows us how to receive and live the gift of God's love with thanksgiving and celebration. However, the Song also speaks symbolically of the experience of intimacy to be found in our relationship with Christ: *'My lover is mine and I am his...and his banner over me is love.'* (2:16,4).

Observations on Christian life and faith

Life is too short for us to do everything we want to do; but it is long enough for us to do everything God wants us to do. - *Anon*

The future belongs to those who belong to God. This is hope. - *W T Purkiser*

I find the great thing in this world is not so much where we stand, as in what direction we are moving. - *OW Holmes*

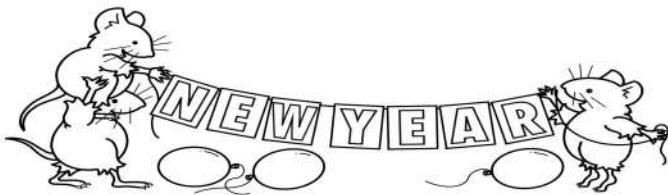
It is not so much of our time and so much of our attention that God demands; it is not even all of our time and all our attention; it is our selves. - *C S Lewis*

We are not always doing the most business for God when we are the busiest. - *John Henry Jowett*

If we are taken up with our own personal needs, or if we are looking for position and status in the church, we shall be of little use to God. - *David Watson*

An atheist is someone who believes that what you see is all you get. - *Anon*

Philosophy and religion may reform, but only the Bible can transform. - *B Edwards*



Holocaust Memorial Day

Holocaust Memorial Day (HMD), held each year on 27th January, marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp.

Under the Nazis, six million Jewish men, women and children were murdered, as well as millions of Gentiles. Holocaust Memorial Day also commemorates the more recent persecutions and slaughter in Cambodia, Rwanda, Bosnia and Darfur.

A spokesman explains: "HMD is for everyone. Each year across the UK, we bring people together to learn more about the past, empathise more with people today, and work to build a better future. Together we bear witness for communities who suffered attempted annihilation, and we honour the survivors and all those whose lives were changed beyond recognition."

This year's theme is 'Bridging Generations'. HMD says: "The responsibility of remembrance doesn't end with the survivors - it lives on through their children, their grandchildren and through all of us."

Editor: January is often a time when we plan our holidays. You might be interested in this small company which offers simple pilgrimage holidays.

Journeying in 2026

It is January, and the adverts for summer holidays are hitting our TV screens again. But have you ever considered a walking holiday with a spiritual side to it, here in the UK? If so, Journeying might be a website well worth visiting (<https://www.journeying.co.uk>).

Travelling through beautiful landscapes to places where for centuries people have felt especially close to God – sacred places, places of pilgrimage - Journeying holiday groups are small, perhaps a maximum of 12 including two leaders who stay with the group throughout.

There is a family feel and a sense of community, with everyone is accepted just as they are. The days are not crowded with activity, allowing space and time for reflection.

The origins of Journeying lie in pilgrimage, and Celtic spirituality is a thread woven through all that they do. Their purpose is to enable guests to venture out, leave the every-day and connect with God in Creation, in each other and in themselves.

Each holiday has a rhythm of gentle prayer; morning and evening and occasionally when the group are out, perhaps by a mountain stream or on a hillside. All who feel the informality and ambience of the holiday will help nurture their own spiritual journey, are warmly welcomed.

The 2026 programme includes holidays with long walks, short walks and some with elements of retreat:

The Island of Anglesey. 24th- 30th April

Llŷn Peninsula, North Wales. 16th - 23rd May.

Caldey Island Pilgrimage retreat, West Wales. 4th- 8th June

Grasmere and Lake District. 14th - 19th June

Monasticism in the Wye Valley. 6th - 11th July

Canterbury, England. 17th- 24th August

Tenby and the Pembrokeshire Coastal Path. 12th- 19th September

Late Summer in Oxfordshire. 22nd- 25th September

More info at: www.journeying.co.uk



Burns Night – 25th January

Each year, Burns Night takes place on 25th January to celebrate the life and legacy of Scotland's National Bard, Robert Burns. (1759 to 1796)

Burns Night is usually a combination of haggis, neeps, tatties, and warming 'drams', accompanied by recitals of some of Robert Burns' famous work.

Robert Burns was born in 1759 and died only 37 years later, in 1796. But his life and writing certainly left a rich inheritance behind. Here are some interesting facts:

After Queen Victoria and Christopher Columbus, Robert Burns has more statues dedicated to him around the world than any other non-religious figure.

American music legend Bob Dylan said that his greatest-ever source of inspiration was Burns' A Red, Red Rose

J.D. Salinger's 1951 novel 'The Catcher in the Rye' based its title on the Robert Burns poem, 'Comin' Thro' the Rye'.

Auld Lang Syne is a song of friendship in China. Known as You Yi Di Jiu Tian Chang – or Friendship Forever and Ever – the song is played at graduations and other formal gatherings.

'Is There For Honest Poverty' (also known as 'A Man's a Man for a' That') was chosen to open the new Scottish Parliament in 1999 due to its themes of equality and universal brotherhood.

'Auld Lang Syne' is recognised by the Guinness Book of World Records as one of the top three most popular songs in the entire English language.

American fashion designer Tommy Hilfiger claims to be a direct descendant of Robert Burns.

In 2009, Robert Burns became the first-ever person to appear on a commemorative bottle of Coca-Cola.

A book of Burns' poetry was carried into space by astronaut Nick Patrick during a two-week space mission in 2010. The book completed a 5.7-million-mile trip, managing 217 orbits of the Earth.

Burns fathered at least 12 children during his short lifetime. His youngest son, Maxwell, was born on the day of Burns' funeral.



"The vicar's hoping providing a really strong mobile signal will attract more young folk to the church."



"The boiler only worked if the Verger switched it on"

LETTER FROM THE EDITOR

Dear friends,

HAPPY NEW YEAR! I'm currently writing this and finalising the January 2026 issue in the 'Twixmas' as it seems to be known in some circles ... that funny period between Christmas and New Year where it's hard to even know what day it is! I appreciate that's not the case for anyone who has immediately gone back to work or who worked over Christmas period.

There is a lot to explore in this January issue including articles that are pertinent to a New Year. On page 15 there is **How to keep those New Year Resolutions** ... *"We are full of good intentions at the start of each year. How come we usually fizzle out by February?"* Read the article for some helpful tips! Also, on the back page is a lovely illustration with ideas of how to live going forward rather than resolutions that can be hard to keep up. Amongst the suggestions are **"Love, Mercy, Kindness, Patience, Integrity"** and many more. All inspired by Psalm 20:5 and Isaiah 11:10. We celebrate **Epiphany** on January 6th and there is an article by Canon Paul Hardingham entitled 'Epiphany for Today'. Like the three Kings *"as we face challenges in the future, we can be confident that Jesus knows and understands our experience. Are we ready to trust Him in everything?"*

On page 2 is Bob Cranham's article on the new Sunday Sessions, replacing Café Church. **Curious? Questioning? Confused?** *Maybe one or more of these resonates with you? Are you curious to know more about the spiritual side of life? Do you have questions about God - or, indeed, if there is a God at all?* Read the article to find out more from Bob.

As well as Epiphany this January, there is **World Leprosy Sunday - 25th January 2026** (see more on page 10) and **Holocaust Memorial Day on 27th January**. This day marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp. You can read more about the day of commemoration on page 17.

On a lighter note, there is an article on page 12 about **Michael Bond** who created the character of Paddington Bear. He was born 100 years ago on 13th January 1926. *"Paddington Bear padded into Michael Bond's life quite by accident. It was back in 1956 that Michael was on his way home from work at the BBC when he spied a lonely looking teddy bear on the shelf in a shop window in London. On the spur of the moment, Michael decided to take it home as a stocking filler for his wife."*

For many of us, January is a time when we begin planning holidays for the year and there is some information on page 18 about a small company which offers simple pilgrimage holidays. *"Have you ever considered a walking holiday with a spiritual side to it, here in the UK? If so, Journeying might be a website well worth visiting (<https://www.journeying.co.uk>.)"*

We still have some issues that are available for sponsorship this year and details can be found on page 6 in News from the Pews. My thanks as always to our supportive sponsors who keep funding the monthly magazine, thus making it available free of charge for anyone that picks up a copy. Many are people who have kindly sponsored every year and I'm indebted to them for their generosity. This month, the issue is kindly sponsored by Helen Berry who has gradually taken on more and more responsibilities in our church at Capel. Thank you to Helen for the beautiful flower arrangements every week that adorn our church, her delicious cakes at the regular Church Teas and for all the occasions she kindly volunteers on behalf of the church. THANK YOU HELEN! As our congregation gets ever smaller, the responsibility is falling on fewer and fewer shoulders. We simply couldn't function without the likes of Helen and so many other volunteers giving up so much of their time to fundraise for our church. This year will be full of events once more - let's make it a year to remember before Rev Liz leaves us in the Autumn.

I wish you all every blessing for 2026.

With my very best wishes,

Suzanne

inspire@capelandockleychurch.org.uk

*A new life begins for us with every second,
Let us go forward joyously to meet it.
We must press on, whether we will or no,
and we shall walk better with
Our eyes before us
Than with them ever cast behind.*

Jerome K Jerome
1859 - 1927

Elmsett Tithe

by Stuart Cole

I was recently up in the Ipswich area collecting some fencing for the front garden. As soon as I was off the A12 the roads became long and narrow and I was surprised at how far away from anything it appeared to be. I went through a number of small villages which had interesting looking churches, so visited them on my way back.

St Peter's Elmsett is a lovely 12th century church in the middle of nowhere on top of a small hill overlooking the land around. Unusually for today the parishioners installed two new bells in the tower in 2003 a further one in 2008 and have plans for a further two. Inside there is something I do not recall seeing before, three sided altar rails from the 17th century.



Outside the church on the opposite side of the lane is a monument that you cannot fail to notice as you leave the churchyard. This is the Elmsett Tithe memorial. It was erected in 1935 and commemorated the seizure at Elmsett Hall in May 1932 because of tithes owed to the Ecclesiastical Commissioners. The tithe is an old form of taxation that was raised to pay for the clergy. It was predominantly paid by farmers originally one tenth and was not paid by money, but in kind with every tenth animal, one tenth of arable produce given to the clergy. In 1836 the Tithe Conversion Act converted this tenth to a fixed annual cash payment known as the Tithe Rent Charge. This was fixed until 1925 when the payment was increased in line with the inflation rate of corn.

By 1930 the price of corn was less than it was in 1836, but the monetary value remained the same as that in 1925. This resulted in many farmers going bankrupt and huge debts. The area of Elmsett being a mainly corn growing area had an agricultural depression. The framers complained to the Ecclesiastical Commissioners to no avail and the tithe was demanded in full. Many farmers in the area refused to pay the tithe and formed the Suffolk Tithepayers Association all refusing to pay.

Mr Charles Westren of Elmsett Hall and Church Farm was one that refused to pay and the Commissioners sent bailiffs to impound furniture and stacks of corn. The confrontation eventually came at 06:30 am 2nd May 1932 when bailiffs arrived with hauliers from Cambridge (55 miles away) as no local firm would cooperate. The church bells were rung and telephone calls made to alert the area and 300 quickly gathered to stop the haulier from leaving. Some elm trees and a chicken coop were moved across the drive to the hall and a trench dug to form obstructions.

After four hours the haulier thought that they would be trapped and left early with only a third of one stack of corn. The value of the stack and what was actually removed is debated, but more was taken than was required to cover the arrears of £127. When the goods were eventually sold locals refused to bid, and with only one bidder they went for far less than the market rate.



Charles Westren was compensated by the Tithepayers Association by £100. He also prepared for future confrontations by building a carpark for 600 cars, bought six rockets that could be heard 15 miles away and organised a telephone alert system. He could not ring the church bells as the church was kept locked.

This happened all over East Anglia and in 1932 alone there were 273 non payment cases heard. Eventually the law was changed in 1936, but the tithe was collected until October 1977 when it became too expensive to collect. The memorial reads:

"To comm'erate the tithe seizure at Elmsett Hall of furniture including baby's bed & blankets, herd of dairy cows, eight corn & seed stacks valued at £1200 for a tithe valued at £385"

Observations on daily life for 2026

Think like a man of action and act like a man of thought. - *Henri Bergson*

Unless a man has to do more than he can do, he will not do all that he can do. - *Gordon Cooper*

It takes a great person to give sound advice tactfully, but a greater to accept it graciously. - *J C MacAulay*

Anger is temporary insanity. - *C H Spurgeon*

A gentleman is one who never hurts another's feelings unintentionally. - *O Herford*

Golf is a game that has produced more liars than anything else except the income tax. - *Anon*

Fanaticism is redoubling your effort when you have forgotten your aim. - *G Santayana*

Politics is the career of plundering and blundering. - *Disraeli*

A professor is one who talks in someone else's sleep. - *W H Auden*

A reunion is when you meet people your own age who all look a lot older than you. - *Anon*

Silence: what would follow if the average politician spoke his mind. - *Anon*

Traffic light: a green light that changes to red as your car approaches. - *Anon*

War: a continuation of politics by other means. - *Clausewitz*

Winter: the time of year when it gets later earlier. - *Anon*

With many thanks to everyone for the continued support of the Dorking Foodbank. Thanks to Sylvie who volunteers at the Foodbank, we always have an up to date list of items they need at this point.



This month:

**Long life fruit juice
Hair conditioner
Long life milk
Tinned meat
Tinned meals for one
Custard**

Do you have any plastic carrier bags you can spare? 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.**

'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?

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

On this day in January

100 years ago, on 13th Jan 1926 that Michael Bond, children's writer, was born. He created the characters Paddington Bear and Monsieur Pamplemousse.

Also 100 years ago, on 26th Jan 1926 that Scottish engineer and inventor John Logie Baird gave the first demonstration of his TV system to members of the Royal Institution.

90 years ago, on 18th Jan 1936 that Rudyard Kipling, writer and poet, died. Best known for *The Jungle Book*, *Kim*, *If*, and many more. Winner of the 1907 Nobel Prize for Literature.

Also 90 years ago, on 20th Jan 1936 that King George V died and was succeeded by his son Edward VIII, who abdicated that December.

80 years ago, on 3rd Jan 1946 that William Joyce, Lord Haw-Haw, British fascist politician died. He had broadcasted Nazi propaganda from Germany during WW2. (Hanged for treason)

80 years ago, on 8th Jan 1946 that Elvis Presley received his first guitar on his 11th birthday. (Apparently, he would have preferred a bicycle.)

Also 80 years ago, on 10th Jan 1946 that the United Nations General Assembly convened for the first time, in Westminster Central Hall, London.

75 years ago, on 9th Jan 1951 that the UN headquarters in New York City was officially opened.

Also 75 years ago, on 30th Jan 1951 that Ferdinand Porsche, Austrian automotive engineer died. He designed the Volkswagen Beetle, the Tiger tank and founded the Porsche sport car company.

70 years ago, on 31st Jan 1956 that AA Milne, writer, poet, humourist and playwright died. Best known for his stories about Winnie the Pooh.

65 years ago, on 20th Jan 1961 that John F Kennedy was inaugurated as the 35th President of the USA.

60 years ago, on 17th Jan 1966 that the album *Sounds of Silence* by Simon and Garfunkel, was released.

50 years ago, on 12th Jan 1976 that Dame Agatha Christie, crime novelist, short story writer and playwright died. Best known for creating the character Hercule Poirot and Miss Marple, and for the world's longest running play, *The Mousetrap*.

40 years ago, on 28th Jan 1986 that the US space shuttle Challenger exploded shortly after lift-off from Cape Canaveral, Florida. All seven astronauts were killed, including the first teacher in space, Christa McAuliffe.

30 years ago, on 20th Jan 1996 that the first Palestinian general election chose Yasser Arafat to be President of the Palestinian National Council in a landslide victory.

Also 30 years ago, on 22nd Jan 1996 that a mass grave was discovered near Brcko Bosnia that contained the bodies of nearly 3,000 victims of Serb ethnic cleansing. They had been killed in May-June 1992.

Also 30 years ago, on 27th Jan 1996 that the first Holocaust Remembrance Day was observed in Germany. It became International Holocaust Remembrance Day in 2005 when it was adopted by the United Nations. It marks the day (27th Jan 1945) that the Auschwitz-Birkenau concentration/death camp was liberated during WW2.

25 years ago, on 12th Jan 2001 that Swedish football manager Sven Goran Eriksson became the first non-Briton to coach the England national football team.

20 years ago, on 12th Jan 2006 that at least 346 people were killed in a stampede during the annual Hajj pilgrimage in Mina, Saudi Arabia.

10 years ago, on 31st Jan 2016 that Terry Wogan, Irish radio and TV broadcaster, died. Known for his long-running BBC Radio 2 show, and for presenting TV's *Wogan*, *Blankety Blank*, *Come Dancing*, *the Children in Need*, and for his commentaries on the Eurovision Song Contest.

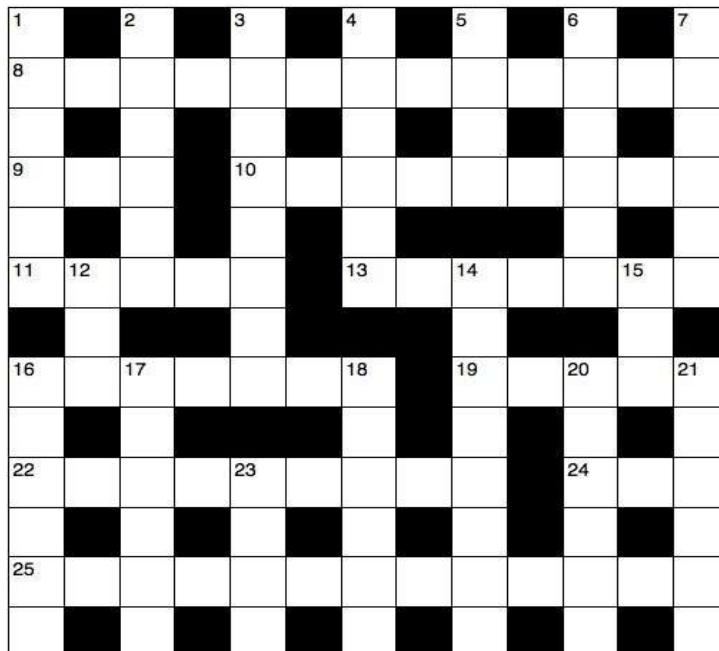
CROSSWORD

Across

- 8 How the Abyss (NIV) is described in the Authorized Version (Revelation 9:1) (10,3)
- 9 Frozen water (Ezekiel 1:22) (3)
- 10 The Ten Commandments (9)
- 11 In Roman Catholic theology, neither heaven nor hell (5)
- 13 Des cons (anag.) (7)
- 16 'Though [your sins] are red as — , they shall be like wool' (Isaiah 1:18) (7)
- 19 Keen (Romans 1:15) (5)
- 22 Repugnant, loathsome (Jeremiah 24:9) (9)
- 24 Drink like an animal (Judges 7:5) (3)
- 25 First and last (Revelation 22:13) (5,3,5)

Down

- 1 Father of Ahi, a Gadite (1 Chronicles 5:15) (6)
- 2 Where David found the stone with which he killed Goliath (1 Samuel 17:40) (6)
- 3 'Hour by hour fresh lips are making thy — doings heard on high' (8)
- 4 'And there were shepherds living out in the fields near by, keeping watch over their — at night' (Luke 2:8) (6)
- 5 United Society for Christian Literature (1,1,1,1)
- 6 'If he refuses to listen even to the church, treat him as you would — — or a tax collector' (Matthew 18:17) (1,5)
- 7 Where Paul was taken when things became difficult for him in Berea (Acts 17:15) (6)
- 12 Istituto per le Opere di Religione (Vatican Bank) (1,1,1)
- 14 'Therefore, if anyone is in Christ, he is a new — ; the old has gone, the new has come!' (2 Corinthians 5:17) (8)
- 15 Used to colour ram skins red for use in the tabernacle (Exodus 25:5) (3)
- 16 Vat car (anag.) (6)
- 17 'Be joyful — — , patient in affliction, faithful in prayer' (Romans 12:12) (6)
- 18 'The parts that are unpresentable are treated with special modesty, while our presentable parts — — special treatment' (1 Corinthians 12:23) (4,2)
- 20 Ancient rowing boat (Isaiah 33:21) (6)
- 21 Say again (2 Corinthians 11:16) (6)
- 23 What Jesus did in the synagogue in Nazareth after he stood up (Luke 4:16) (4)



High Days & Holy Days for January

*NEW 2nd January - Gregory of Nazianzus

Next time you think about the Holy Spirit, breath a short prayer of thanks for Gregory of Nazianzus.

This fourth century bishop of Constantinople made such an impact on the Early Church with his understanding of how the Holy Spirit relates to the Father and the Son, that he became known as the 'Trinitarian Theologian'.

The young Gregory had never intended to be a theologian. Far from it. Born in 329 into a wealthy Greek family in southwest Cappadocia, he had excelled in rhetoric and philosophy in Caesarea, Alexandria and Athens, becoming a gifted scholar and orator.

Then disaster struck. While Gregory was on his way to Athens, a severe storm nearly engulfed his ship. Amid the terror of the wind and waves, Gregory promised God that if his life was spared, he would dedicate the rest of his life to the service of Jesus Christ.

It was not an easy promise to keep, as by nature Gregory preferred a life of study and reflection. Instead, as a priest and then Bishop of Sasima in 372, and Bishop of Constantinople in 380, he was plunged into the tumultuous church politics of the time. His crowning moment came in 381, when he presided at the opening of the Council of Constantinople.

But it was in his quiet times of study and writing that Gregory made his biggest contribution to the early Church. For he expanded the idea that our salvation is a progressive journey into the Godhead, and he stressed that the One who enables us to take this journey is the Holy Spirit. Gregory proposed the term 'procession', saying that the Spirit proceeds from both the Father and the Son, and that the Spirit should be given full worship and equal honour.

Gregory is greatly honoured in both Eastern and Western Christianity. He was one of the three 'Cappadocian Fathers', who along with Gregory of Nyssa and Basil of Caesarea, developed the doctrine of the Holy Spirit and the Trinity.

Easy Soduku

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

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Medium Soduku

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

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Puzzle Solutions

Sudoku Easy Solution

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

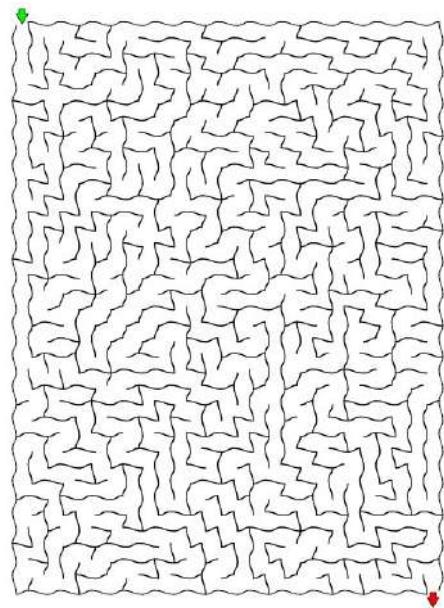
Sudoku Medium solution

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

Crossword Solution

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

Can you find your way out of the maze?



What makes snow stick?

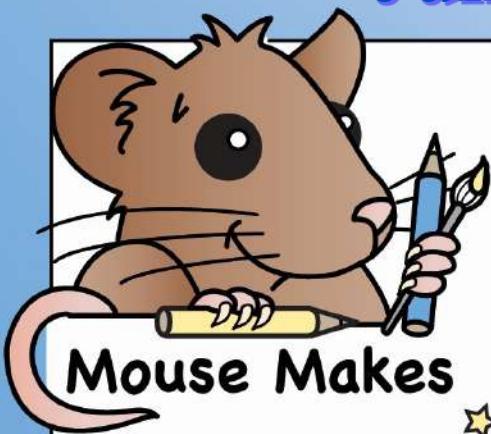
Depending on whether you are a child with a sleigh or an adult trying to drive home, snow is either your friend or your foe. And sometimes snow can be hard to understand....

Matt Taylor of the BBC Weather, recently named a couple of reasons as to why snow behaves in the way that it does. For instance:



Ground temperature plays a massive part when it comes to whether snow sticks or not. When the weather has been relatively warm, the ground will store some of that warmth and melt the snow more quickly. This happens faster on roads and pavements than on grass, which transfers the heat from the ground more slowly.

Sunshine helps melt snow, and any snow covered in dirt and debris will melt even quicker, as the darker surface absorbs the warmth from the sun more readily.



DID YOU KNOW ?

Stars shine different colours, the colour we see depends on the temperature of the star. The hottest stars shine blueish-white, then yellowish-white, yellow, orange and the coolest stars shine red.

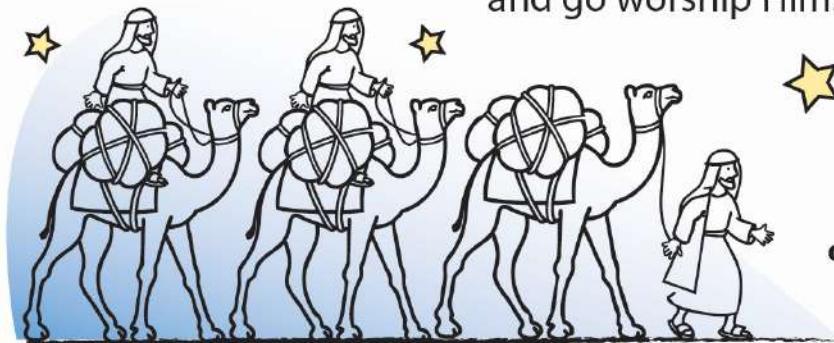
WISE MEN FROM THE EAST

The Wise Men came from a land far away, they had seen a star that shone brighter than day.

The star was a sign of the birth of a king, so they followed that star to pay homage to him.

They found him in Bethlehem as the prophets foretold, they gave him three gifts: myrrh, frankincense and gold.

The star led to Jesus our saviour and king, let us join with the Wise Men and go worship Him!



Read the story of the Wise Men in *Matthew 2:1-12*

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

Can you find these words in the word search?



WISE MEN • MAGI
 STAR • SIGN
 JOURNEY • BETHLEHEM
 VISIT • JESUS • MESSIAH
 CHRIST • KING
 GIFTS • GOLD • MYRRH
 FRANKINCENSE
 WORSHIP • JOY
 EPIPHANY

Resolution ideas



Is 11:10, Ps 20:5

Your contributions would be most welcome and any copy for this publication should be sent to

Suzanne Cole inspire@capelandonkeychurch.org.uk **By 20th of each month please.**

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