

The monthly publication for the Parish of Capel & Ockley since 2017



InSpire magazine Issue 100 February 2026

Free of Charge—donations welcome in honesty box in wall

Organ Recital

St. Margaret's Church, Ockley



Featuring: Benjamin Morrell

Organ Scholar Emeritus of Trinity College, Oxford

Join us for a special evening as Benjamin Morrell presents a full and varied recital and a short talk on the rare and remarkable Holdich Organ at St. Margaret's. Wine and refreshments will be served during the interval. All supporting the Parish of Capel and Ockley.

When: **28th February 2026**

Where: **St. Margaret's Church,
Coles Lanes, Ockley, Surrey RH5 5LS**

Time: **6 PM**



Tickets: **£15** from Eventbrite: <https://tinyurl.com/Ockley-Organ-Recital>
or at Ockley Service Station, Village Greens, Coles Lane, Ockley
and Carters/Post Office, Capel. For information call 01306-713426

Issue 100 February 2026

Centenary issue!

Est. February 2017

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Lent 2026 begins
Wednesday 18th February

Would you prefer to receive InSpire online?

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www.capelanchorleychurch.org.uk/inspire-magazine

This issue is sponsored by

Jessie Sutcliffe

**In celebration of Eric's birthday on
28th February**

We remember Eric with love and give thanks to God
for all that he contributed to our church family for so
many years.

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

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Revd Liz writes

February's letter



Dear friends,

We begin this month with our wonderful Christingle Service at church. This annual event is held each year at Candlemas. Although Christingle services are often celebrated at Christmas, we like to mark ours at Candlemas—a special day which brings the seasons of Christmas and Epiphany to an end.

Candlemas, also known as the Feast of the Presentation, recalls how the infant Jesus, revealed to the Magi at his birth, is now recognised in the Temple in Jerusalem by Simeon and Anna. These two faithful people have waited in the Temple for many years and rejoice that at last they have seen both *"a light to lighten the Gentiles"* and *"the glory of God's people Israel."* I think Candlemas is also a very good way to say goodbye to another January!

Yet alongside the joy of this occasion comes a solemn warning. Jesus' parents are told that the redemption he will bring must be won through suffering. The story of his birth is already pointing towards the Passion, and so our focus gently moves away from the celebrations of Christmas and towards the mysteries of Easter.

At our Christingle service, everyone receives an orange with a candle fixed into the top, cocktail sticks with sweets, and a red ribbon tied around it. As we light the candles, dim the lights, and sing a gentle song, the church is filled with warmth and hope. Our collection that day goes to The Children's Society, making this a very special service indeed. We hope to be joined by our school families and uniformed groups as we celebrate this joyful occasion together.

February also sees the start of our Alpha Course, which we are very much looking forward to. The first session will be on Tuesday 10th February at 7.00pm. Please do contact me or Revd Gill if you would like to join us. I once heard someone describe Alpha as not so much about religion as about discovering God—and to that I say, *Amen!*

There is even more to look forward to at the end of the month with a new fundraising event on Saturday 28th February—our first Organ Recital, to be held at St Margaret's Church, Ockley. Organist Benjamin Morrell will give a full and varied recital, along with a short talk on the rare and remarkable Holdich Organ at St Margaret's. Wine and refreshments will be served during the interval. Benjamin is Organ Scholar Emeritus of Trinity College, Oxford, so we are in for a real treat. Please do support this event, which is the first of our parish fundraisers for the year. A separate advertisement appears elsewhere in this magazine.

So, as we begin the month with candlelight and a celebration of Jesus as the light of the world through our Candlemas Christingle service, we also have the opportunity to explore what that means more deeply through Alpha, as we move towards Lent, March, and Mothering Sunday.

More about that next month.

In the meantime, I pray that God may be for you 'the spring of everlasting light' in all that this month brings.

With my love and prayers as ever,

Liz

Revd Liz
Vicar St John the Baptist, Capel and St Margaret's, Ockley
vicar@capelanddockleychurch.org.uk
01306 711260



CHURCH SERVICES AND EVENTS - FEBRUARY 2026

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

FEBRUARY

Sunday	1st	Candlemas and the Presentation of Christ in the Temple
	9.30am	Matins - Ockley
	10.30am	Christingle in aid of The Children's Society - Capel
Sunday	8th	Second Sunday before Lent
	9.30am	Holy Communion CW - Ockley
	10.30am	The Sunday Session - Capel
		<i>Church for the curious, the questioning and the confused!</i>
Sunday	15th	Sunday next before Lent
	9.30am	Parish Communion - Ockley
Sunday	22nd	First Sunday of Lent
	9.30am	Holy Communion BCP - Ockley
	10.30am	Morning Worship - Capel
Saturday	28th	Organ Recital
	6pm	St Margaret's Church Ockley featuring Benjamin Morrell see advertisement in this magazine for more details.

March

Sunday	1st	Second Sunday of Lent
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel



All this information and more available on our Parish website:

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

NEWS from the Pews

From the Registers



In Memoriam

We remember with love

Stephen Henry Burridge

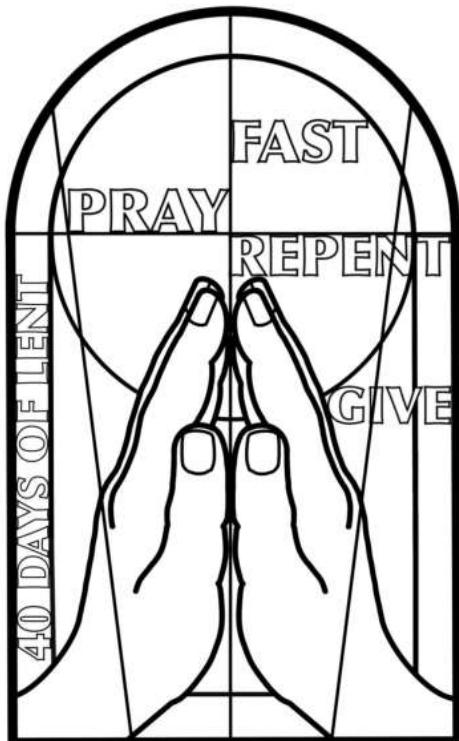
9th January 2026

and

Philomena Bunce

9th January 2026

May they rest in peace and rise in glory



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

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, Churchwarden
St John the Baptist, Capel

church.warden@ansford.me.uk

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.

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.

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.**

This month:
Adult toothbrushes
Tinned meat
Shaving foam
Rice
Baked Beans
Tinned potatoes

'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



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 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)

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.

TRUST?

Now there's a thing that's in pretty short supply in the world at the moment. Trust. It's not just *who* can we trust but, more importantly, *how* can we trust. Where can we get reliable news reports from when broadcasters are owned by companies with a strong political bias? How do we know that the images and videos that we're seeing are not AI deep fakes? Don't even think about trying to find anything trustworthy on social media where platforms like the ironically named, Truth Social, has millions of followers prepared to believe any amount of demonstrably false claims.

None of this is new, of course. You need only open the pages of a bible to read warnings about deception, lies and false prophets that date back years. The prophet, Jeremiah, wrote,

"The prophets are prophesying lies in my name. I did not send them, nor did I command them or speak to them. They are prophesying to you a lying vision, worthless divination, and the deceit of their own minds." 2,500 years ago. More recently (2,000 years ago!), the Apostle, Peter, wrote, *"The prophets are prophesying lies in my name. I did not send them, nor did I command them or speak to them. They are prophesying to you a lying vision, worthless divination, and the deceit of their own minds."* Today we seem to be surrounded by prophets of doom (another biblical phrase dating back thousands of years) and world leaders whose only gifts appear to be the ability to lie continuously and act purely in their own self-interest.



So, I ask again, *who* can we trust & *how* can we trust? We actually spend a great deal of our time trusting other people. We enter into relationships where we invest our trust and love in someone else; we work for companies who we trust will pay our wages at the end of every month; we consult doctors who we trust will have the answers and cures for our ailments and so on. But in all of these situations we are placing our trust in *people* - people who, like us, are fragile and fallible beings each trying to find their own way through life. This is why Christians choose to put their trust and faith in God. OK, I realise for those outside of the church that this requires the act of trusting that there *is* a God in the first place. But if you're prepared to take that risk, that step of faith, my experience is that you will find the One person, the one being, who can be trusted at all times and in all circumstances. Of course, you won't know that until you try it (which is easy for me to say) but maybe you've got to a point in your life where your trust has been broken so many times and you've been hurt so deeply that trying a relationship with God can't be any worse than anything else you've experienced and *might* be a lot better.

The **Sunday Session** on 8th February is going to be looking at this very subject. Yes, that's right, even Christians sometimes have problems truly trusting the God that they know and love. So, if you're curious, questioning or confused, come along and join the rest of us. The one thing that you'll certainly be able to rely on is that you'll get a warm welcome, a cup of coffee and a croissant!

With best wishes and hope to see you there!

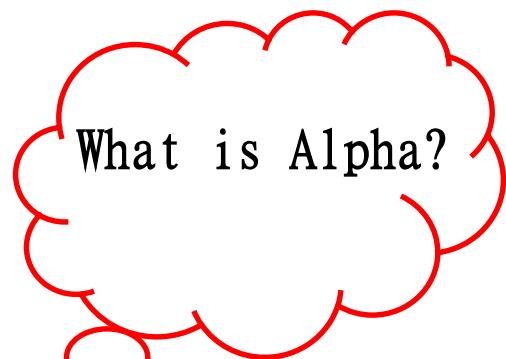
Bob Cranham

NEW ALPHA COURSE IN CAPEL!

We are starting an **Alpha** course on **Tuesday 10th February at 7.00pm** and thereafter each Tuesday evening.

If you or someone else would like to join **Alpha** please do encourage them. We will also need help with catering so please do volunteer if you can!

Please contact Rev Liz or Rev Gill for further information (contact details on page 3 of this magazine).



Alpha is a series of group conversations that freely explore the basics of the Christian faith in an open, friendly environment.

Everyone's welcome.
No matter your background or beliefs,
you're invited.

**Come and join us on Tuesday 10th February 2026 at
The Cottage, 97 The Street, Capel, RH5 5JX.
We look forward to welcoming you!**



Church's concern for Venezuela

The Episcopal Church in America is concerned about the people of Venezuela.

Following the Trump administration's recent night-time swoop on the capital Caracas, and the capture of the country's President, the Episcopal Church says it fears for the people because of the inevitable instability that will follow the dramatic raid.

President Nicolas Maduro and his wife, Cilia Flores, are in New York facing charges on weapons and drug-trafficking.

The Episcopal Church's General Convention has a long-standing policy that: 'condemns in any nation the first use of armed force in the form of a preventive or pre-emptive strike that is aimed at disrupting a non-imminent, uncertain military threat.'

The Church goes on: "Even as we recognise that intervention in sovereign states can sometimes be necessary to prevent atrocities, we discourage the abuse of this norm to rationalise military actions in sovereign states for political ends.

"We urge Congress to call for an investigation and accountability for this most recent unauthorised operation, as well as the related military actions carried out in recent months."

In the hours after the raid, President Trump announced that the US would run Venezuela, and that US oil firms would take over its oil industry.

Leaders of the Ukrainian church appeal for peace

As the fourth anniversary of the Russian invasion of Ukraine approaches, Ukrainian church leaders have appealed for just measures to be put in place so that the invasion will end.

The country's Greek Catholic Primate, Major Archbishop Sviatoslav Shevchuk, said: "Let the modern creators of history protect human life from modern-day Herods - and let us pray that those who make fateful decisions will be inspired by the Holy Spirit not to start wars, but to stop them."

The Primate of the Ukrainian independent Orthodox Church, Metropolitan Epiphany (Dumenko), also compared Russia's rulers to King Herod, who had used "ostentatious, external religiosity" to conceal a "rejection of God's truth".

He went on to say that divine retribution was "inevitable" for those who continued to abduct Ukrainian children and rape Ukrainian women, and for Patriarch Kirill, who had "blessed war, crimes, and murders" from the pulpit.

The C of E agrees to spend £12.4 million on social and racial justice programmes

Back last summer, when the C of E announced its three-year national spending plans, the Triennium Funding Working Group (TFWG) included an allocation of £12 million for the areas of social and racial justice in the 2026-2028 triennium.

The precise allocation of that £12 million was a matter for the Archbishops' Council to determine. It has now agreed that £7 million will be spent on racial justice programmes over a three-year period, from 2026-2028. An additional £200,000 will also be carried forward from 2023-2025 and spent on racial justice.

A further £5 million will be spent in support of disability programmes. This money will aim to help the C of E become more diverse and inclusive, dismantling barriers from worship, participation and leadership in the Church.

The droughts, heat and hunger threatening the Middle East and Afghanistan

World Vision has warned that millions of people in the Middle East and Afghanistan are suffering such severe drought, heat and hunger, that the aid agency fears we are reaching a 'tipping point'.

In its recent report, *Children on the Brink*, World Vision reviews the current situation:

Iraq's catastrophic drought has displaced more than one million people in the region.

Lebanon has its most severe drought on record, with more than 40 per cent of the people reliant on water trucking.

Afghanistan has an estimated 17.5 million people in food crisis, of which two million are in food emergency.

In Syria, one million people are rated at 'food insecure'.

Meanwhile, the West Bank is struggling with "severe restrictions on land and water access, damage to infrastructure, and hunger and malnutrition.

Considering all this, World Vision warns: "The Middle East and Afghanistan are approaching a critical tipping point as drought conditions intensify rapidly across the region. Rising temperatures, prolonged dry periods, and chronic water-management challenges are driving alarming levels of food and water insecurity.

"Close to 50 million people in the Middle East and Afghanistan are experiencing high levels of acute food insecurity that threaten their wellbeing and survival."

Alongside internal and cross-border displacement, the risk of "deepening tensions between communities" is rising, the report continues. "Children and already vulnerable families are being pushed to the brink, resorting to negative coping mechanisms to secure the food, water, and shelter needed."

World Vision's response in the region includes restoring watersheds, using earth and stone structures to increase water retention, recharge groundwater, and improve year-round availability. It is also promoting what it describes as 'climate-smart technologies', including drip irrigation, also called trickle irrigation; drought-tolerant seeds and livestock; and training in agroecological and conservation agriculture practices.

However, the report warns: "The scale and pace of drought demand unified action from national authorities, international donors, and local communities."

Meanwhile, the recent World Meteorological Organisation's *State of the Climate in the Arab Region* report has found that a number of countries in the region had temperatures of above 50 C (122 F) in 2024. The agency's Secretary-General, Celeste Saulo, says these high temperatures are pushing society to the limits. "It is simply too hot to handle. Human health, ecosystems and economies can't cope with extended spells of more than 50 C."

People are coming to faith amidst the 'darkness' of crises around the world

So says several Church of England bishops. They believe that increasing numbers of people have been turning to the Christian faith.

The Bishop of Rochester, Jonathan Gibbs said: "Something is going on. Or rather, God Himself seems to be up to something – way beyond what we as Christians have been doing to share the message of the gospel with the people around us."

"Humanly speaking, I believe this is happening because people have begun to realise that the things in which they had placed their hopes – things like ever-increasing prosperity or the ability of science and technology to solve all our problems – have started to crumble in the face of economic crises, global pandemics and climate change."

The Bishop of Gloucester, Rachel Treweek said: "As I have listened to the voices of children, young people and adults across this diocese; the voices in Westminster, and indeed in prisons; I believe there is a yearning for certainty amid the turbulence, anxiety and uncertainty, and the endless messaging of crises."

The Bishop of Chichester, Martin Warner, speaks of joyful celebrations of baptisms and confirmations in his Diocese and new congregation members at Chichester Cathedral. "A new generation attending Chichester Cathedral have shifted the atmosphere," he said. "Buggies now take their place alongside the Zimmer frames, to the delight of everyone."

Book Reviews

Dancing to the Heartbeat of God Stories of Discipleship: the Archbishop of Canterbury's Lent Book 2026, SPCK, £11.99

With a foreword and an afterword by the Archbishop of Canterbury designate, an introduction by the Archbishop of York, and chapters by around thirty authors drawn from across the globe, the volume creates a sense of excitement, dynamism and faithful witness in its gloriously diverse writers and readers alike.

Its testimonies and stories aim to encourage people in the Church of England and across the Anglican Communion to share their faith with others.

Draw Near – Life-Giving Habits for Lent By Kate Bruce, Michael Leyden and Jessica Martin, CHP, £22.99

This is the official Church of England booklet for Lent 2026. It invites you to develop a rhythm of life that will help you grow as a disciple of Christ day by day, especially as we prepare to celebrate the mystery of God's saving love at Easter.

Each week a different contributor explores an activity central to Christian discipleship: worship, prayer, Scripture, communion, service to others and sharing the good news. For each day of Lent, it offers daily Bible readings, images, short reflections, prayers and practical responses to help you draw near to God this Lent and beyond.

Meeting God in John – a Companion for Lent, Holy Week, Easter and Beyond By David F. Ford, SPCK, £10.99

Whether you are completely new to John's Gospel or have read it many times before, this book offers an accessible and absorbing introduction to the main message of John's Gospel, packed with compelling observations into the personality and impact of Jesus, both in the first century and today.

It will leave you with a renewed appreciation of and enthusiasm for John's writing. Each chapter includes questions for reflection or discussion.

Reflections for Lent, Holy Week and Easter 2026 (18th February to 11th April) By Isabelle Hamlet, Ben Quash, and Carlton Turner, CHP, £5.99

This book could enhance your spiritual journey through Lent. It offers reflections from respected Christian authors on daily readings from the Common Worship Weekday Lectionary. It is aimed at both individuals and groups and provides a simple but profound daily prayer companion throughout Lent. There is also a guide to building your daily prayer into your daily life by Bishop Rachel Treweek.

Giving It Up: Daily Bible Readings from Ash Wednesday to Easter Day By Maggi Dawn, BRF Lent Book, £9.99

We all know about the practice of 'giving something up for Lent'. But how many of us know that the Lenten fast had several purposes? It was designed to be a reminder of our daily dependence on God for all our needs, to draw us closer to God in prayer, to reconnect us with the idea of community, and to help us follow Christ's journey through the wilderness and on to Jerusalem.

In this series of daily studies, Maggi Dawn shows how, throughout Scripture, people were radically changed by encountering the true God.

Wardrobes and Rings – Through Lenten Lands with the Inklings By Julia Golding, Malcome Guite, and Simon Horobin, Canterbury Press, £12.99

This book could help enrich your Lenten journey with the insight and imagination of the Oxford Inklings - a group of writers who reshaped Christian thought and storytelling in the 20th century, and who included C S Lewis and JRR Tolkien.

Wardrobes and Rings draws on their writings – their fiction, poetry, and essays – and offers daily readings and reflections that illuminate the path to the Cross and Resurrection. Weekly themes such as temptation, time, nature and creativity guide the way.

Book Reviews continued

Dappled Beauty - Through Lent with Gerard Manley Hopkins By Carys Walsh, Canterbury Press, £12.99

Gerard Manley Hopkins is one of English literature's most celebrated religious poets and a powerful companion through the Lenten season. This book takes readers on a journey of reflection and renewal, guided by Hopkins' vivid imagery, inventive language and deep theological insight.

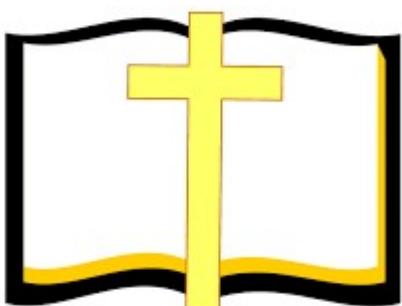
Whether you are new to Hopkins or a long-time admirer, *Dappled Beauty* opens a poetic and prayerful path through the season, from Ash Wednesday to Easter Day.

In Quietness & Trust – Lent Devotions from the Beatitudes By Matt Searles, 10 Publishing, £6.99

Early in his ministry, Jesus gave His followers a description of how He wants His people to live. Rather than seeking to ascend to God, Christian discipleship is a downward flourishing; a counter-cultural way of blessing.

And so these 40 devotions will guide you through the beatitudes Jesus gave in the Sermon on the Mount. Join Jesus on His path to the cross, and see that His way – though so different to the way of the world – leads to freedom, joy, and life.

This book has eight groups of five devotions, with each group focusing on the theme of one of the beatitudes from Matthew's gospel. Each day there is a verse or passage from Scripture with an accompanying devotion, a prayer and a song.



Quotes

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

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

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

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

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

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

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

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

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

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

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

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

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

NEW SERIES

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

The Seven Deadly Sins: Greed

'How much money is enough? Just a little bit more.' (John D Rockefeller).

In the second of our series on the Seven Deadly Sins, we are looking at greed. It is the overwhelming desire for *more and more* in our lives. In our consumer culture it can be hard to tell the difference between needs and wants - e.g. buying a new laptop or shoes for different occasions? We need to ask the question: *How much is enough?*

Jesus was approached by a man who wanted Him to settle a dispute about family inheritance. He said, *'Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.'* (Luke 12:15). Jesus goes on to tell the story of a rich farmer who builds bigger and bigger barns, but whose life is unexpectedly cut short by death. He concludes: *'This is how it will be with whoever stores up things for themselves but is not rich towards God.'* (21).

How do we overcome greed and become *'rich towards God'*? Paul writes: *'I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.'* (Philippians 4:13). Overcoming greed involves learning to be content in whatever situation we find ourselves, in need or plenty. Paul is not saying that there is anything wrong with having food, money or possessions, but these cannot be the primary source of our contentment. The secret of contentment is found in a transforming relationship with Jesus: *'I can do all this through Him who gives me strength.'* (13). He is the one who enables us to overcome greed and know riches.

'Contentment makes poor men rich; discontent makes rich men poor.' (Benjamin Franklin).



Editor: We offer here another 'take' on Valentine's Day....

14th February - St Valentine's Day, a poem

Saint Valentine's Day, many believe, was named after one or more Christian martyrs and was established by Pope Gelasius 1 in 496 AD. Valentine of Rome was martyred about 269, and this day usually 'belongs' to him.

The first recorded association of Valentine Day with romantic love (1382) is from Geoffrey Chaucer. He wrote, 'For this was Saint Valentine's Day, when every bird cometh there to choose his mate.' This poem was in honour of the first anniversary of the engagement of King Richard II of England to Anne of Bohemia. Valentine Day is referred to by Ophelia in Hamlet (1600-1601).

*To-morrow is St Valentine's day
All in the morning betime
And I a maid at your window
To be your Valentine.*

The modern mention of Valentine's Day can be found in a collection of English nursery rhymes (1784):

*The rose is red, the violet's blue
The honey's sweet, and so are you.
Thou are my love and I am thine
I drew thee to my Valentine.*



PRAYERS, PROSE & POEMS

In celebration of Candlemas

Flame of a Candle

See the candle flame a-burning
See its flick'ring, dancing light;
See how it, the darkness spurning
Burns throughout the darkest night.

Light of faith, of God reminding
As His Spirit, long ago
Lit the first apostles, finding
Faith within the Spirit's glow.

Light of life – God's life eternal
Won through Christ's atoning death
Sparing us from Hell, infernal
Granting us His living breath!

Light of hope, in God victorious
For we know that He will win
When we'll see His flames of glorious
Vict'ry o'er the pow'r of sin!

Light your candle, kneel and praise Him
Kneel and praise the Lord of Hosts;
Let your prayers and praises raise Him
Father, Son, and Holy Ghost.

By Nigel Beeton

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

Anon

*Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the Son of Peace to you*

taken from 'Midnight Stars' Hope in Dark Times

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*The rose is red, the violet's blue
The honey's sweet, and so are you.
Thou are my love and I am thine
I drew thee to my Valentine.*

*If you do not believe in God
go on a spring day
across these fields.
listen to the orchids,
race the sea,
scent the wind.*

*Come back and tell me
it was all an accident,
A collision of blind chance
in the huge emptiness
of space*

*Kenneth Steven
taken from 'Midnight Stars' Hope in Dark Times*

Deacon's diary

Dear friends,

At the start of 2026 Christmas trees and decorations adorned both villages of Ockley and Capel and I was very fortunate to have a few days free of church and village commitments to relax at the tail end of the festive period. Then winter struck with snow and ice bringing delight and worry in equal measure followed by rain. So much water on the roads and fields, but that is the reality of winter in England.

It was during this period that my duties recommenced with meetings whose purposes varied from planning the next few months' services in both St. Margaret's and St. John the Baptist, the content of the forthcoming term of Church Club at Scott-Broadwood School to the 2026 Christmas lunch for Ockley Village!

The 'normal' weekly routine recommenced with the Pavilion café, Toddlers in Ockley Village Hall, 'usual' Sunday services and curacy training days, but my planned support of the net zero carbon conference had to be cancelled due to my reaction to some dental work. This reminded me of how much I take reasonable health for granted and how many people in our parish have been affected by flu and other seasonal ailments, some of which have had a tendency to linger.

As the month has progressed, 2025 seems to have faded quickly into the background. I have been approached with questions about infant baptisms planned for later in the year and I have also been involved in the funerals of close friends and others whom I did not know, but whose families I have been privileged to meet. It is one of the special aspects of my current role as curate to be involved with people at times which are so precious to those among whom I live.

I am delighted, as January draws to a close, that the dawn chorus is occurring noticeably earlier than it did on New Year's Day and that the light in the afternoon is lasting longer. This is a real encouragement that Spring is on the way!

Finally, for me, one of this month's highlights has been my official 'graduation' from the college where I studied for training for this ministry. On the evening in question, not only were my peers and I handed our certificates by Andrew Watson, The Bishop of Guildford, but our college was relaunched with the name, St. Martha's College. This college specialises in offering courses and training for people who have an interest in looking into different forms of ministry. They cater for those who would like to be involved but do not know yet in which area of ministry (e.g. children, pastoral visiting), with their Foundations in Ministry programme as well as those who feel called to licensed lay ministry and ordained ministry. The courses are designed for people who have busy work and family lives which cannot be put 'on hold'. Please do speak with Rev Liz or me if you feel that there is any aspect of ministry which you might be interested in and would perhaps like some information about what sort of course might be on offer.

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)

Best wishes,

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



14th February - The Two Valentines

If you dig into the history of Valentine's Day, you discover it has a complicated past. There seems to have been two Valentines: Valentine of Terni and Valentine of Rome. But there was only one road involved: the Via Flaminia, or Flaminian Way.

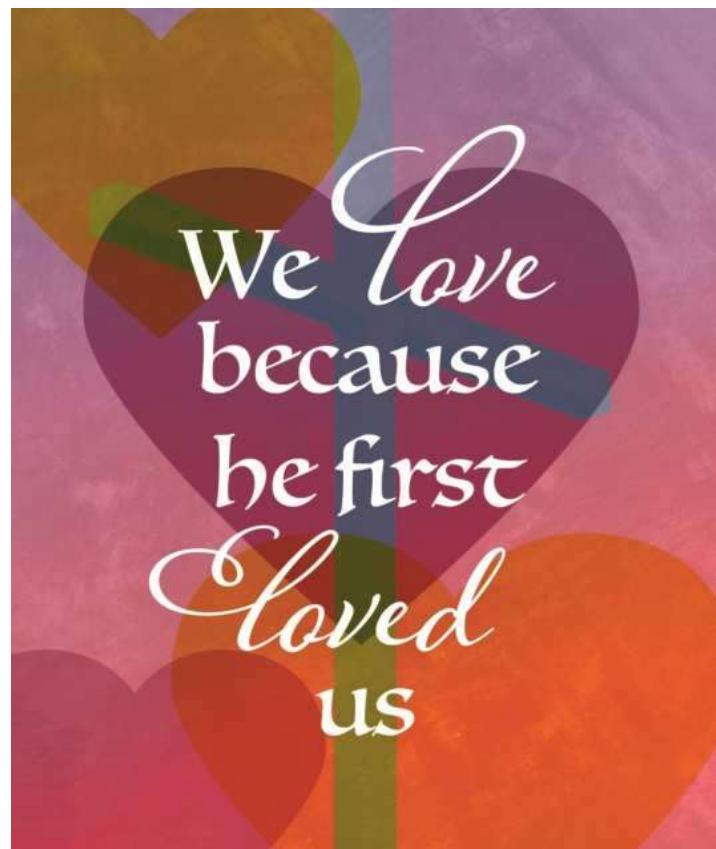
According to some sources, Valentine of Terni was a third century bishop found "guilty" of having encouraged some young men to convert to Christianity. When the prefect of Rome heard of this, he was furious, and had Valentine of Terni arrested.

Valentine of Terni was then taken to Rome on the Flaminian Way, which was the road linking Rome and Terni. In Rome, Valentine of Terni was beheaded in 273. His remains were then taken back to Terni for burial. An 8th century basilica named after him is found on the Flaminian Way.

Valentine of Rome was a priest who was also martyred in the middle of the third century, this time under the authority of Claudius II. But Valentine of Rome's death may have occurred on the Flaminian Way, where another basilica, bearing his name, has also been found. This one was completed by Pope Theodosius about three centuries later.

The two stories have understandably become confused. Two Valentines, both martyred, in a time of persecution of Christians, and one Flaminian Way. Even Common Worship's choice of c.269 as the date of death is at best a guess.

One thing seems sure: our present-day custom of sending cards and flowers to declare our love has nothing to do with either Valentine. Instead, these may come from the poet John Donne in about 1632. He wrote a marriage song which includes religious commemoration of Valentine along with fertility symbolism. Even the pagan Lupercalia festival may have gone into the mix which flavours our current celebrations of the day.



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: Isaiah

Isaiah is often regarded as the greatest of the prophets. His name means 'The Lord saves' and he began his 50 year ministry in 740 BC when King Uzziah died (6:1). Many scholars challenge the claim that Isaiah wrote the entire book, however there are striking verbal parallels between chapters 1-39 and 40-66.

Isaiah spoke during the stormy period marking the expansion of the Assyrian empire and the decline of Israel. The Assyrians destroyed the northern kingdom in 721. Judah was left to decide whether they would make alliances with other kingdoms or rely on God to protect them. Isaiah warns Judah that her sin would bring captivity in Babylon, which eventually took place in 586.

Isaiah sees the Messiah coming from the line of David. He speaks of a new temple being established (ch2); a child born with a new kingdom (ch9) and judging differently to other kings (ch11) as well as the nature of His suffering (ch53). The 'suffering servant' (chapters 42-53) also applies to Israel as a nation, who are called to be a 'light for the Gentiles' (42:6). Not surprisingly Jesus applies Isaiah's words to His own life and ministry. eg Is 61:1 quoted in Luke 4:18. Throughout his book Isaiah presents the full dimensions of God's judgment and salvation as 'the Holy One of Israel' (6:1), as well as the 'Sovereign Lord' far above all nations (40:15-24).

Isaiah looks forward to the promise of a new city of Zion (chs 60-66), in which the people offer praise to the Holy One of Israel. 'Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind.' (65:17).

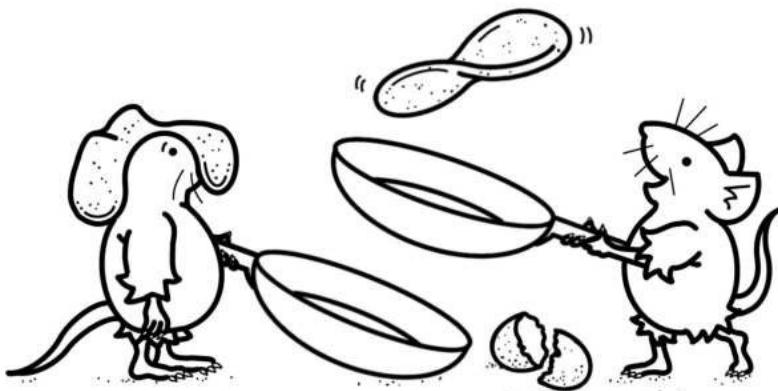
Shrove Tuesday – Pancake Day – 9th February

It's odd, really, to think that confessing one's sins to God should be linked to making pancakes. And yet the beginning of Lent brings us both – Shrove Tuesday is Pancake Day, and is followed by Ash Wednesday, and so Lent begins.

In centuries gone by, the pancakes were made to use up the milk and eggs before the fasting of Lent. More recently, many readers will have childhood memories of the wonder of watching our mothers break an egg, mix it with milk and flour – and out of that gooey mess, to produce a light and delicious pancake.

These days, more of us buy pancake mix, or even ready-made pancakes. It seems we prefer the certainty of ending up with pancakes - to the risk of having made nothing BUT a mess of the kitchen.

In many parishes they used to hold pancake races on the day. Why anyone would want to run around a field while holding a pancake is not clear, but in Olney, Bucks, they have held a pancake race almost every year since 1445.



13th February - Modomnoc and the bees of Ireland

Legend tells us that it was St Modomnoc who first brought bees to Ireland, in the early 540s AD. Although it's more likely that the bees had drifted over from Britain after the last Ice Age all by themselves, certainly Modomnoc did his bit to help them.



Modomnoc was a 6th century abbot, probably one of the royal O'Neill family of Ireland. When he sailed over to Wales to study under St David in his Pembrokeshire monastery of Menevia, he was given the duty of caring for the bees of the monastery.

This he did so well that the bees must have grown very fond of him, because when he was setting sail to return to Ireland, a swarm of his bees settled on his ship and went back with him. Thus apiculture – and hopefully lots of honey – was introduced to Ireland.

Even the Martyrology of Oegus the Culdee (c800) records that it was "in a little boat from the east over the pure-coloured sea my Domnoc brought ... the gifted race of Ireland's bees."

In time, Modomnoc, and presumably his bees, settled in Tibberaghny (Co. Kilkenny). Today, there are about 3,500 – 4,000 beekeepers in Ireland.

Editor: The Revd Dr Jo White considers reading the gospel in church.

Reflecting Faith: 'Breaking' the Word

For the last few months, we've been looking at the way that church services are put together. Last time we looked at the reading of the gospel, and how we honour that in our own body language (by standing up).

This month we will move on to 'The Sermon' which is often known as 'Breaking the Word'. This parallels if you like, the 'Breaking of the Bread' which follows later in the service.

The Sermon is intended to be an expansion and perhaps an explanation of the Bible readings that have been used in the service. Often it sets the scene and context for the verses which are set at what often seems quite random and disconnected.

This is particularly true of the Old Testament reading, where not only the verses may be unconnected to readings from previous services, but often they are taken from totally different books; Isaiah one week and Jeremiah another.

So what is the preacher's task here? It was once described to me as: to comfort the disturbed and to disturb the comfortable! That sounds a bit harsh, but when you think about it, isn't that what we really need from our God? When we are in difficulties, whatever the cause, we need to know He's there, and that He has our back, so to speak.

When things are going well for us, then that's a good time to be working on recognising another weakness in ourselves and working towards lessening it.

There's no sitting back on our laurels when we work for the Lord.

This month

As we start Lent this month, have a good listen to a few sermons. You can catch them in a church service or even on your computer. Most cathedrals have a website where they record their Sunday service in whole or in part, which you can listen to and take part wherever you are.

How were you before the sermon started and how did you feel at the end – was there something in it that you will think about over the coming week, or was it lovely comfort food? Whichever it was, may it bless you as you prepare for Lent.



Peaceful mind

The Bible tells the story of Jesus and His stressed disciples in a boat in a storm. Like them, we also get hit by storms in life. And like them, we can know that Jesus is also with us. Why not take a moment to ponder these promises:

Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken. (Psalm 55:22)

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4: 6-8)

Why not take a moment to memorise one of these verses?

Editor: Canon Paul Hardingham considers the temptations of Christ.

How to Handle Temptation

'I can resist everything but temptation' (Oscar Wilde). During Lent we remember Jesus' experience in the wilderness (Matthew 4:1-11), when *'He was led by the Spirit to be tempted by the devil.'* (1). Temptation is a test of whether we do things our way or God's way. After 40 days of fasting Jesus was tired, hungry and vulnerable. Like Him, the Devil will attack us at our most vulnerable moments, especially when we are stressed.

The first temptation was to turn stones into bread: Jesus' ministry was not about putting His own needs first, but being nourished by God's word. *'We do not live by bread alone but by every word that comes from the mouth of God'* (Deuteronomy 8:3). Like Jesus, we need to make God our priority and trust Him completely.

The second temptation was to put God to the test: Jumping off the Temple pinnacle would have been a dramatic way for Jesus to gain popularity, but this was not God's way! *'Do not put the Lord your God to the test.'* (Deuteronomy 6:16). We too need to learn this lesson!

The third temptation was to worship Satan: The devil took Jesus up a mountain to offer Him worldly power. In contrast, His calling as Messiah was to be marked by suffering and honouring God. *'Worship the Lord your God and serve Him only'* (Deuteronomy 6:13). This is to be our experience of living for God.

Jesus stands with us in our temptations. As we claim the promises of Scripture, like Him, we will find strength in the Spirit's power and the victory of the Cross.

Consider these verses:

'Watch and pray, so that you enter not into temptation. The spirit is willing, but the flesh is weak.' (Matthew 26:41)

'Since Jesus Himself has endured being tempted, He is able to help those who are tempted.' (Hebrews 2:18)

'Blessed is the man that endures temptation, for when he is tested, he shall receive the crown of life, which the Lord has promised to those who love Him.' (James 1:12)

'If you look at the world, you'll be distressed. If you look within, you'll be depressed. But if you look at Christ, you'll be at rest' (Corrie Ten Boom).

For another Lent 2026 article see: Winnie the Pooh and Lent 2026 on page 27

LETTER FROM THE EDITOR

Dear friends,

As we begin February, we celebrate the 100th issue of InSpire, our church magazine, which started in February 2017. There are lots of 'High Days and Holy Days' in February and these are featured in articles on pages 17, 19 23 and 29, including **1st February - Seiriol, saint of Puffin Island**. The month also sees Valentine's Day on 14th February and we celebrate this with several articles including 'Two Valentines' on page 17. If you dig into the history of Valentine's Day, you discover it has a complicated past. There seems to have been two Valentines: Valentine of Terni and Valentine of Rome! Find out more in the article.

The month also signals the beginning of Lent which falls on Ash Wednesday, 18th February. Shrove Tuesday is traditionally marked with the making and eating of pancakes and you can see an article on that on page 19. There are lots of Book recommendations on pages 12 and 13 for Lenten reading inspiration.

A new Alpha course starts on 10th February at Bob & Judy's home and there are details on page 9. Rev Liz and Rev Gill will be leading the course for approximately 10 sessions. It's a long time since we have led an Alpha course and it's an exciting venture. Another exciting new event is the Organ Recital, kindly organised by Richard Winter-Stanbridge, our PCC secretary. Do see details on page 2 and invite anyone you know who loves organ music. It promises to be a good evening out with musical entertainment and refreshments.

Canon Paul Hardingham continues his seven-part series on the Seven Deadly Sins on page 14. This month's focus is on 'Greed.' It's an interest article. As J D Rockefeller said *'How much money is enough? Just a little bit more.?* In the Bible, Paul writes: *'I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.'* (Philippians 4:13). Overcoming greed involves learning to be content in whatever situation we find ourselves, in need or plenty. Paul is not saying that there is anything wrong with having food, money or possessions, but these cannot be the primary source of our contentment. The secret of contentment is found in a transforming relationship with Jesus: *'I can do all this through Him who gives me strength.'* (13). He is the one who enables us to overcome greed and know riches. So as we go into Lent this month, maybe we can work on transforming our relationship with Jesus, not just to address possible greed, but to find contentment and fulfilment in our walk with Christ.

With my best wishes,

Suzanne

inspire@capelandockleychurch.org.uk

A prayer for the start of Lent

Heavenly Father,

Jesus withdrew from his friends and followers, to spend time with you. And in Psalm 27:14 we're encouraged to 'wait for the Lord, be strong and take heart and wait for the Lord.'

Help me take time away from life's busyness to refocus my heart and spirit as I wait for you. I choose to recentre my life on your Word, your teachings and to take heart in all your promises.

Holy Spirit, lead and guide me. Fill me with the hope that is only found in Christ. Thank you that I'm known and loved by you.

Amen

<https://www.compassionuk.org/blogs/lent-prayers/>



High Days & Holy Days in February

High Days & Holy Days in February

New 14th February - Aspects of Romantic Love

God obviously approves of romance – after all, putting Adam and Eve alone together in the Garden of Eden was His idea.

The history of the Israelites began with three great romances: Abraham and Sarah, Isaac and Rebekah, and Jacob and Rachel. The on-going history of Israel was deeply affected by later romances: Esther and King Xerxes, David's love affair with Bathsheba, and Solomon's marriage to hundreds of foreign wives. There is even an entire book in the Old Testament devoted to the love of a man and woman: the Song of Solomon!

When we reach the New Testament, we find real love between Joseph and Mary (even when Joseph thought Mary had been faithless, he did not want to harm her). St Paul, though himself a bachelor, nevertheless spent a lot of time urging Christians to love and be kind and faithful and considerate to their spouses. He even wrote 1 Corinthians 13 – the great love chapter that is read at millions of weddings worldwide 2000 years later.

Today, romance is still alive and well in Britain – last year we sent about 25 million Valentines to each other.

And what of the future? Well, just as the Bible begins with a love story, so it ends with one. And *you are involved!* For actually the greatest Love Story of all time is that between God and his people.

Christ is described in Revelation as our heavenly Bridegroom, and the Church is His beloved Bride. He has given us the most expensive present of all – Himself. And, just as in all the best romances, the story will end with the bride and groom getting together at last, so at the End of Time, Christ will return for His Bride.

15th February - Thomas Bray, founder of SPCK

Thomas Bray was once called a 'Great Small Man', with good reason. This diminutive 18th century English clergyman (1658 – 1730) not only helped to establish the Church of England in Maryland, but he was also founder of the Society for the Propagation of Christian Knowledge (SPCK) in 1698 and the Society for the Propagation of the Gospel in Foreign Parts (USPG) in 1701.

Those are long names for societies whose aim was to get Christian books and resources into the hands of those who desperately needed them. For the early 18th century was not an easy time for poor clergymen: books were expensive, and many of them had few, or none to guide them in their ministry. And so, Thomas Bray, who had been educated at Oxford, joined with some other clergy friends to help them.

After a trip to assess the needs of the young Episcopal Church in Maryland (he was sent by the Bishop of London), Bray became rector of St Botolph's, Aldgate in London in 1708. From here he served his parish, and through SPCK eventually established 80 parish libraries in England and a further 39 in the Colonies. SPCK and USPG worked by asking learned authors to donate copies of their books. They also appealed to merchants to the foreign plantations for financial help in establishing the libraries.

Thomas Bray's life has affected hundreds of thousands of people over three centuries. Not only was his work in America the first major coordinated effort to establish libraries in the New World, but SPCK is still one of our leading UK Christian publishing houses today.

As if that was not enough, Bray also worked to help poor debtors emigrate to better lives, and homeless children to get care in England. He helped feed prisoners at Newgate prison in London and joined in the political fight against slavery. He also supported outreaches to Africans and Native Americans in their home countries. When he died on 15th February 1730, thousands mourned him. A great small man indeed!



With Valentine's Day coming....

Marriage requires falling in love many times – always with the same person.- *Anon*

Marriage is like twirling a baton, turning handsprings, or eating with chopsticks; it looks so easy till you try it. - *Helen Rowland*

What woman, however old, has not the bridal favours and raiment stowed away, and packed in lavender, in the inmost cupboards of her heart? - *William M Thackeray*

Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction. - *Antoine De Saint-Exupery*

Oh, if it be to choose and call thee mine,
Love, thou art every day my Valentine!



A brief History of St Margaret's church, Ockley

(taken from our church website)

St Margarets is a much loved church, which for the last 700 years has been a symbol of stability in ever changing times. It is first mentioned in records in 1291 but the present building dates from the early 1300s when the church was rebuilt. Parts of this building still remain; some of the windows in the south wall and roof timbers in the nave date from this time. The picturesque porch with its distinctive herring-bone brickwork was added in about 1600.

St Margarets Tower was rebuilt in 1700 and the bells are one of the finest peals in Surrey. They were cast at the famous Whitechapel Foundry in 1701 and the largest bell is believed to be a model for America's "LIBERTY BELL" made by the same foundry 50 years later.

One of the most notable rectors of St Margarets was the Rev. Henry Whitfield, who in 1639 during the troubled religious times of Charles 1 led a party of Puritans from Ockley to the New World and called their new settlement "GUILDFORD" Connecticut.



Editor: I would welcome any contributions regarding the history of either St John the Baptist, Capel or St Margaret's, Ockley. Thank you.

Net Zero Conference

Becoming an environmentally aware church is so much more than looking after the building in an efficient way. Justin Welby said "Responding to climate change is an essential part of our responsibility to safeguard God's creation". We can see that the environment is God's gift to everyone, and we have a responsibility towards each other to protect it. We cannot think of ourselves as isolated from others or from creation. Our impact on the planet is reducing biodiversity, changing the climate, and polluting the earth. Around the world, climate change is affecting food security, creating social vulnerability, and disrupting peace and security. There is no doubt we need to act, and as Rowan Williams said, "When we believe in transformation at the local and personal level, we are laying the sure foundations for change at the national and international level".

Almost all climate scientists agree that global temperatures will continue to rise. The Earth's climate is not static and over the billions of years of its existence, the Earth has changed many times in response to natural causes. Sometimes it has been too hot to live, and sometimes it has been too cold to live, but when people talk about climate change today, they mean the unprecedented changes in temperature over the last 100 years caused by human activity which has resulted in the average temperature of the atmosphere near the Earth's surface has risen by about 0.9 degrees Celsius. That does not sound much, but we can see the effects all around us. In November 2023 we went to Dyrham Park in Wiltshire, where already daffodils had flowered and were dying back. Before long daffodils will be associated with Christmas, not Easter. And if you look at the birds many are not only active all the year round now, but they are changing. Ones that were common fifty years ago are now rare, and ones that were confined to hotter climates are not frequent visitors.

In February 2020 the General Synod voted for the whole of the Church of England to achieve net zero carbon by 2030. The vote recognised what is seen as a global climate emergency is a crisis for God's creation and a fundamental injustice. It foresaw that by now that:

- 90% of churches would be using the Energy Footprint Tool to calculate the amount of carbon generated by our activities
- 40% of churches would be registered with Eco Church and 30% would be awarded at least a Bronze Eco Church award.
- All churches would have converted to a green energy tariff, and would have a plan to replace fossil fuels.
- All churches to have energy-efficient lighting installed throughout, with timers and light and motion sensors where appropriate.
- No new oil boilers installed in churches after this date, subject to government action to connect rural communities to the grid.

And currently we are expected to be working on a Net Zero Carbon Action Plan, to include options to replace fossil-fuel heating at end-of-life, such as heat pumps or far infra-red heating panels and a Heating Resilience Plan to consider how to manage heat should the existing system fail, to avoid needing a quick like-for-like fossil-fuel replacement.

Four of us from Capel went to a net zero conference at St John's church in Stoke just outside Guildford. Our parish was well represented as it covered three dioceses and there were 150 present. There were a number of presentations about what could be done and the difficulties involved and the challenges that we faced in achieving net zero. There was also the opportunity of walking around St Johns to view the different initiatives that they had introduced on their journey to net zero.

What I found particularly interesting was that in their church they had decided it was not practical to install heat pumps for heating as the building was not suitable with some parts dating back 700 years. But they had replaced the old heating with more energy efficient heating which could be controlled remotely and within zones. They were also about to double glaze most of their windows and had also insulated the ringing chamber to reduce heat loss.

What was a shame was that there was no discussion regarding potential knock on effects of moving to green energy. The top 10 producers of the chemicals to produce green energy include, China, Myanmar (Burma), Nigeria, India, and Russia whilst the raw major reserves are in China, India, Russia, and DR Congo. Many of these countries have poor human rights records involving slave and child labour, poor health and safety, corruption, and a lack of human rights. Greenland also has large reserves, but is in an area where the extraction of such material could dramatically effect climate change. We need to make sure we do not trade one wrong for another.

Written by Stuart Cole

Your light is the only light I need
as I travel through life's mystery.
Your word the only voice I hear,
that still small voice that leads me
to the place where I should be.
Your presence is the only company
I need as I walk this narrow road.
Your fellowship the warmth I crave,
To help me on my way.
Amen

For all whose hearts are troubled
at the start of this new day,
be the voice that they hear,
the warmth that they feel,
the wisdom they seek,
the strength they require,
and the one in whose arms they rest.
Amen

Taken from the Surrey & Sussex Healthcare
Chaplains team 'Some Prayers for You'.



Henry is making a real effort for Lent –
he's giving up the remote control and
walking to the TV

It's all in the spelling ...

G	-	<i>God</i>
R	-	<i>Ran</i>
A	-	<i>Alongside</i>
C	-	<i>Carrying</i>
E	-	<i>Everything</i>



Editor: By the Revd Roy Shaw, a retired but active priest in the diocese of York, where he is a spiritual director.

Winnie the Pooh and Lent 2026

Remember the Winnie the Pooh stories? And Kanga's insistence on Baby Roo's taking his Strengthening Medicine? It's 'really quite a nice taste when you get used to it', she explained, although I'm not convinced Baby Roo always agreed.

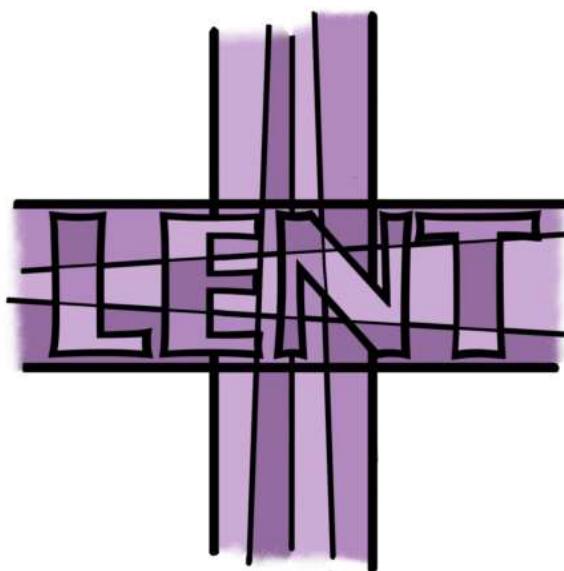
It can be helpful to think of Lent as a sort of medicine; an opportunity to strengthen us in the things that are good, rein in other facets of our personality, and reset the compass to the true North of following Jesus. A Spring-clean of the soul, if you like.

Baby Roo (and Piglet on the one occasion he was subject to it) found Strengthening Medicine not to their liking, and we may groan inwardly at the thought of 'giving up something for Lent'. Think of what lies behind this 'giving up'. It's so that we may be strengthened, our character refined, our prejudices examined, our junk thrown overboard, and we may come to Passontide and Easter more fit to walk the way of the Cross, and rise in new life with Jesus at His Resurrection.

Nor is Lent just a case of giving up chocolate. One year I gave up Facebook for Lent, having spent far too much time scrolling through it each day. It freed me to do other, more constructive things. And instead of giving up, why not take up something you've been meaning to do but never got round to; something life-affirming, something good for God.

Lent begins on Ash Wednesday, which this year falls on 18th February. Many Christians go public with their intention to keep a good Lent by being 'ashed' - the sign of the Cross made on the forehead in a mixture of ash and holy oil at a special service that day. The ash is usually the burnt remains of the palm crosses from last year. Having been ashed, the intention of the 40 days of Lent is to maintain a steady course closer to God, symbolised by the giving up of something - like chocolate - which has a hold on us. We walk with Jesus on the way to the Cross, mindful of the 'riches of God's kindness, forbearance and patience' as St Paul has it, and mindful too of Jesus' choice of the Cross as a way for us to enter those riches more fully.

And to face the immensity of that sacrifice, and the immensity of God's riches made available to us in Jesus, we need all the Strengthening Medicine we can get!



More Lent Articles: See also *Canon Paul Hardingham considers the temptations of Christ. How to Handle Temptation* on page 19

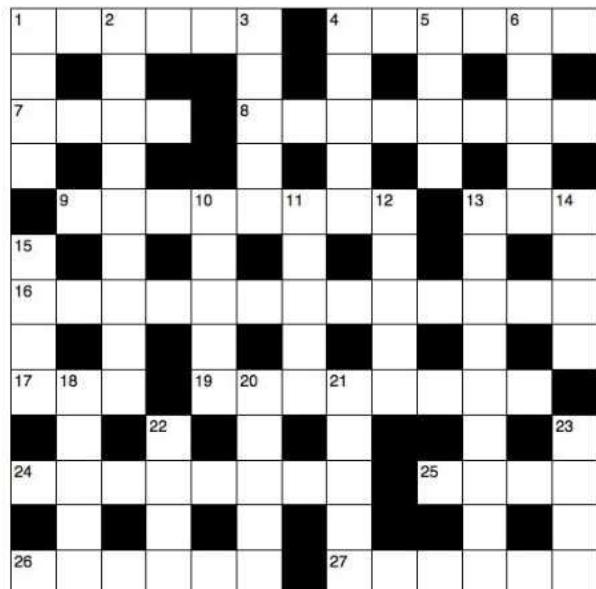
CROSSWORD

Across

- 1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
- 4 'They threw the ship's — overboard' (Acts 27:19) (6)
- 7 The first murderer (Genesis 4:8) (4)
- 8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
- 9 Samson was noted for this (Judges 16:6) (8)
- 13 Solicit money or food from passers by (Acts 3:2) (3)
- 16 What William Booth's Christian Mission became in 1878 (9,4)
- 17 Alliance of Religions and Conservation (1,1,1)
- 19 'I will praise your name for ever and ever. — — I will praise you' (Psalm 145:1-2) (5,3)
- 24 Simon had (anag.) (8)
- 25 Desperate (Deuteronomy 28:48) (4)
- 26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
- 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

Down

- 1 'Before the — crows, you will disown me three times' (Matthew 26:75) (4)
- 2 Relating to the books of the Bible between Acts and Revelation (9)
- 3 'They have — the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
- 4 Belief (5)
- 5 'Take the following fine spices: ... 250 shekels of fragrant — ' (Exodus 30:23) (4)
- 6 'Do not — Jerusalem, but wait for the gift' (Acts 1:4) (5)
- 10 A seer (anag.) (5)
- 11 'Even there your hand will — me' (Psalm 139:10) (5)
- 12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)
- 13 A non-Greek speaker who was looked down on by civilized people (Colossians 3:11) (9)
- 14 Famous 1950s musical whose characters included members of
- 16 Across, — and Dolls (4)
- 15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
- 18 'He was standing in the gateway with a linen cord and a measuring — — his hand' (Ezekiel 40:3) (3,2)
- 20 'Today, if you hear his — , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)
- 21 The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5)
- 22 'And now these three remain: faith, — and love. But the greatest of these is love' (1 Corinthians 13:13) (4)
- 23 'God has numbered the days of your reign and brought it to an end' (Daniel 5:26) (4)



Solution on page 26

High Days & Holy Days for February

1st February – Seiriol, saint of Puffin Island

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

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

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

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



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

Easy Sudoku

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

Medium Sudoku

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

Sudoku solutions page 26

Puzzle Solutions

Sudoku Easy Solution

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

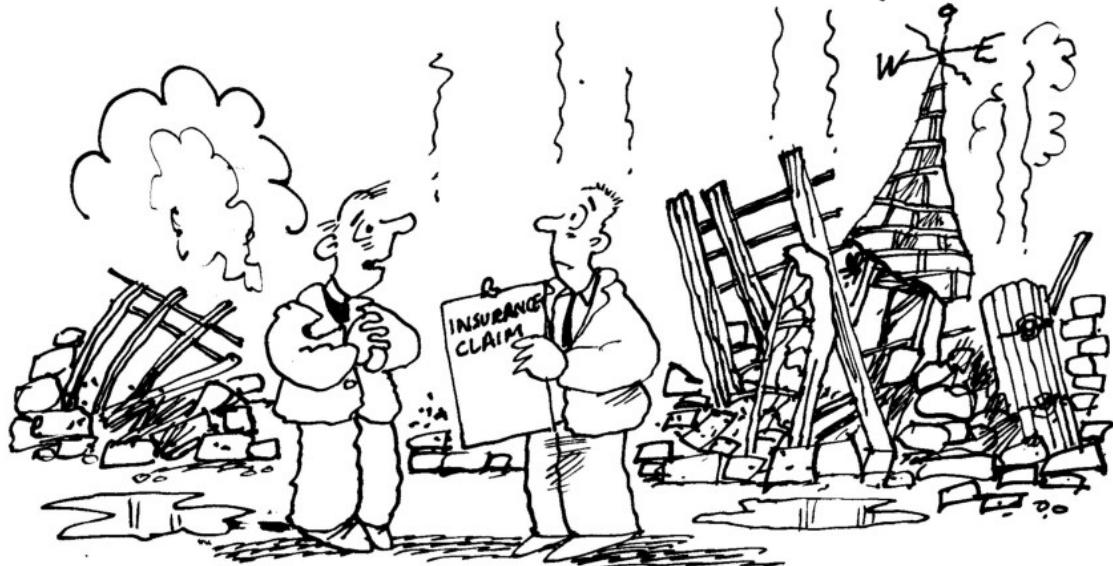
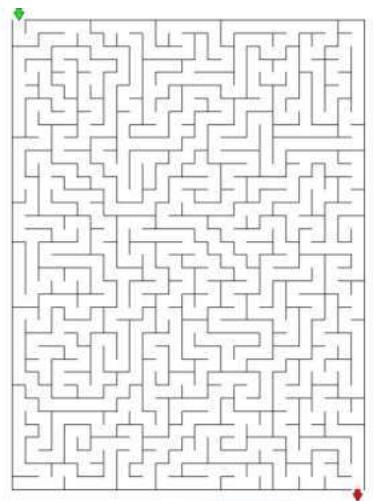
Sudoku Medium solution

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

Crossword Solution

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

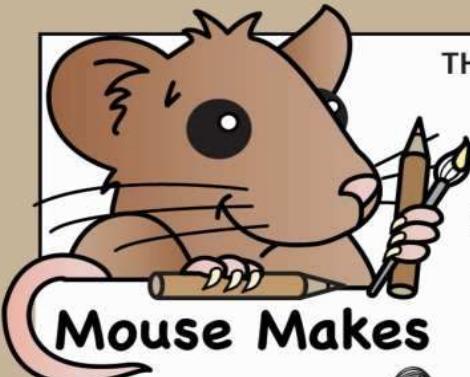
Can you find your way out of the maze?



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...er... apart from this little hiccup... it was an excellent church pancake supper...

Junior InSpire



Mouse Makes

Read the story in
Luke 4:1-13



SECOND TEMPTATION

THE DEVIL SAID:

"I will give you power
and wealth if you worship me."

JESUS REPLIED:

"Worship the Lord your God
and serve only Him."

Read Deuteronomy 6:13

WE LEARN:

Put God **first**
Worship **only** Him.

1

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

JESUS • BAPTISED • RIVER • JORDAN • HOLY SPIRIT • LED
WILDERNESS • DESERT • FORTY DAYS • HUNGRY • DEVIL
TEMPTATION • STONE • BREAD • WRITTEN • SON • WORLD
KINGDOMS • GLORY • WORSHIP • SERVE • GOD • HIGH
JERUSALEM • TEMPLE • SON • JUMP • DOWN • LIFT • FOOT • LORD • TEST • LENT

THE TEMPTATION OF JESUS

After Jesus was baptised in the River Jordan where did the Holy Spirit lead him to? v1

How many days was Jesus being tempted by the devil? v2

What did Jesus eat? v2

What did the devil tempt Jesus to turn a stone into?
What did Jesus say? v3-4

What did the devil offer Jesus if He worshipped him?
What did Jesus say? v7-8

What did the devil ask Jesus to do?
What did Jesus say? v9

What did the devil ask Jesus to do?
What did Jesus say? v9

What did the devil ask Jesus to do?
What did Jesus say? v9

What did the devil ask Jesus to do?
What did Jesus say? v9

FIRST TEMPTATION

THE DEVIL SAID:

"If you are God's Son order this stone to turn into bread."

JESUS REPLIED:

"Man shall not live on bread alone."

Read Deuteronomy 8:3

WE LEARN:

Read the Bible
Learn God's word.



THIRD TEMPTATION

THE DEVIL SAID:

"If you are God's Son throw yourself down, the scriptures say God will take care of you."

JESUS REPLIED:

"Do not put the Lord your God to the test."

Read Deuteronomy 6:16

WE LEARN:

God cares, **trust**
Him do not test Him.





Celebrating Love on St Valentine's Day 14th February 2026

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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