

# InSpire

## THANK YOU



The monthly publication for the Parish of Capel & Ockley

**InSpire magazine Issue 101 March 2026**  
**Free of Charge—donations welcome in honesty box in wall**



## **Breakfast Together with Guest Speaker 8.30am Saturday 16 May 2026 – Okewood Village Hall**

Come and join us for a delicious full English breakfast (healthier options also available!) followed by a fascinating talk by Simon Pinchbeck (pictured).

After 23 years in the Metropolitan Police, Simon left the force having received a not guilty verdict on an assault charge. He became obsessed with money and material things and entered a life of crime. After being ripped off for a large sum of money he was left at the lowest point of his life, facing either prison or death.



That was when God threw him a lifeline in the shape of Tough Talk's Bryan Robertson. Seeing the change that faith had brought to Bryan, Simon made a choice to invite Jesus into his life and embark on a personal relationship with him, made real through the Alpha course. Come and hear his amazing testimonial.

**Tickets:** from **Liz Thorne 01306 628227** or email **lizthorne2053@hotmail.co.uk**

This is a donation-only event (suggested donation of £10 per person for those who are able)

***Tickets are limited, so please book early to avoid disappointment!***

## **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](mailto:lizthorne2053@hotmail.co.uk)

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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

## Would you prefer to receive InSpire online?

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[www.capelandockleychurch.org.uk/inspire-magazine](http://www.capelandockleychurch.org.uk/inspire-magazine)

This issue is sponsored by

**Margaret Zandona**

*'In memory of my beloved mother whom I adored and who taught me to thank God for all his blessings throughout our life.'*

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

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# Revd Liz writes

## March's letter



Dear friends,

As Spring approaches I am feeling hopeful! I am hoping the rains we've experienced will have receded somewhat and that the sun will break through. I have recently been made to realise I talk a lot about the weather and what is happening around us in nature. Our youngest, our son, lives a London life with his lovely partner and new baby. He thinks it is hilarious that in his view I speak as if I am in a Jane Austen novel!! Apparently it is because I talk about the days drawing out and Spring approaching - oh and I use the word 'Hark' on occasion! My retort is that everyone talks like that in Capel and Ockley. Anyway, as I said I am being hopeful. So I will continue in my Jane Austen way and remark to you that the month of March looks to be a very busy one. We are travelling through Lent, our churches somewhat bare of floral decoration, apart from Mothering Sunday and of course to celebrate the joy of Easter Day when flowers adorn every surface our churches can give us. In the meantime we are in the season of preparation for all of that because to know and appreciate the joy of Easter Sunday fully, Good Friday has to be gone through.

It seems to me that life is often like that. To achieve certain things we have to prepare, to practice, be challenged, be stretched. I am thinking of the recent Winter Olympics as we've seen athletes at the pinnacle of their careers flying down the ski runs and the skeleton! One can only imagine the years of preparation and practice in their homelands that lead up to the final competition.

Of course we sometimes experience trials where we have not had a chance to practice our coping techniques so that is when we need to draw on our inner resources and the help and support of others. I have to say these first weeks of 2026 have felt challenging both personally, ministry wise and in our communities. We have had to say goodbye to some much loved individuals in both Capel and Ockley, which have taken their toll. Yet all of these dear people lived their lives to the full, and were hopeful that they were going on to a new life altogether. We just miss them! We are also devastated that our Bishop of Guildford, Bishop Andrew, has recently been diagnosed with an inoperable cancer, with very limited time left. Yet he is hopeful. Writing to the diocese he says he is relieved that despite his diagnosis, his faith in the 'resurrection of the body and the life everlasting' has only grown stronger in the last few weeks. He admits that privately he has always worried that when faced with the starkness of a terminal diagnosis his faith in the Risen Christ might falter. He says this: "Well it hasn't. Or better still, God hasn't faltered. Quite the reverse". These words are profoundly moving which speak deeply of lived resurrection hope. Hope not because of personal strength, but because of God's faithfulness. Our hearts and prayers are with Bishop Andrew, Beverley and their family at this time.

So let us be hopeful, continuing to encourage one another, so we can say joyfully on Easter Sunday that Christ indeed is risen. He is risen indeed. Alleluia!

With my love and prayers as ever,

**Liz**

Revd Liz  
Vicar St John the Baptist, Capel and St Margaret's, Ockley  
[vicar@capelandockleychurch.org.uk](mailto:vicar@capelandockleychurch.org.uk) 01306 711260

Postscript:- Since writing the above we are deeply saddened to now inform that Bishop Andrew has now died, peacefully at his home Willow Grange surrounded by his family. May he rest in peace and rise in glory. Please do see the editors further comments and letters from the diocese regarding this. There will be prayer cards for Bishop Andrew available in both our churches.

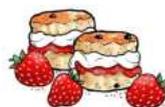


# CHURCH SERVICES AND EVENTS - MARCH 2026

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

### March

<b>Sunday</b>	<b>1st</b>	<b>Second Sunday of Lent</b>
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel



**Church Tea dates  
for 2026  
now announced!  
See page 35  
Also available on our  
website**

<b>Sunday</b>	<b>8th</b>	<b>Third Sunday of Lent</b>
	9.30am	Holy Communion CW - Ockley
	10.30am	The Sunday Session - Capel <i>Church for the curious, the questioning and the confused!</i>

<b>Wednesday</b>	<b>11th</b>	<b>Lent lunches</b>
	12-2	Home made soup, bread, cheese, fruit and cake - Capel Church Donations to the Bishop of Guildford's Lent Appeal. <i>All are welcome!</i>

<b>Saturday</b>	<b>14th</b>	
	10am—noon	Churchyard working party at Capel—all welcome. Refreshments available!

<b>Sunday</b>	<b>15th</b>	<b>Mothering Sunday</b>
	9.30am	Mothering Sunday service - Ockley
	10.30am	Morning Worship - Capel
	3-5pm	Mothering Sunday Teas at Capel

<b>Sunday</b>	<b>22nd</b>	<b>Fourth Sunday of Lent</b>
	9.30am	Holy Communion BCP - Ockley
	10.30am	Morning Worship - Capel

<b>Wednesday</b>	<b>25th</b>	<b>Lent Lunch</b> All are welcome at Capel church. (see above for 11th)
	12—2pm	

<b>Thursday</b>	<b>26th</b>	<b>Wedding</b>
	1pm	Jessica and Steven - Ockley

<b>Sunday</b>	<b>29th</b>	<b>Palm Sunday</b>
	10.30am	Parish Communion - Capel with dramatised reading of The Passion according to Matthew

### April

<b>Thursday</b>	<b>2nd</b>	<b>Maundy Thursday</b>
	7pm	Holy Communion with foot washing - Capel

<b>Friday</b>	<b>3rd</b>	<b>Good Friday</b>
	12pm	A Service of reflection using St Matthew's passion - Capel
	2pm	The last hour at the cross using Art - Ockley

<b>Sunday</b>	<b>5th</b>	<b>Easter Sunday</b>
	9.30am	Easter Holy Communion CW followed by Easter egg hunt - Ockley
	10.30am	Family Communion - Capel
	3-5pm	Easter Church Teas - Capel

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

## From the Registers



### Baptism

We welcome into the family of the Church  
**Alfred Jensen Nicholas Hopkins**  
21st February 2026

### In Memoriam

We remember with love  
**Hayley Suzanne Newman**  
9th December 2025

and

**Raymond Charles Sadler**  
12th January 2026

*May they rest in peace and rise in glory*

### CHURCHYARD WORKING PARTY

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

There is another opportunity to help and clear a bit more on **Saturday 14th March between 10 am and noon.**

Tea, coffee and biscuits will be provided too.

Stuart Cole & Andy Carr  
Churchwardens  
St John the Baptist, Capel

church.warden@ansford.me.uk

## 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

### PCC Dates

16 March  
11 May  
13 July  
7 September  
9 November

**Annual Parochial Church Meeting - everyone welcome**

**This year's APCM will be held at St. Margaret's church at 11 am on Sunday 31st May 2026.**

All reports should be submitted to Andy Carr well before the meeting for them to be included with other reports.

# 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:

Jam  
Custard  
Toothpaste  
Shaving foam  
Razors  
Longlife Fruit juice

### '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

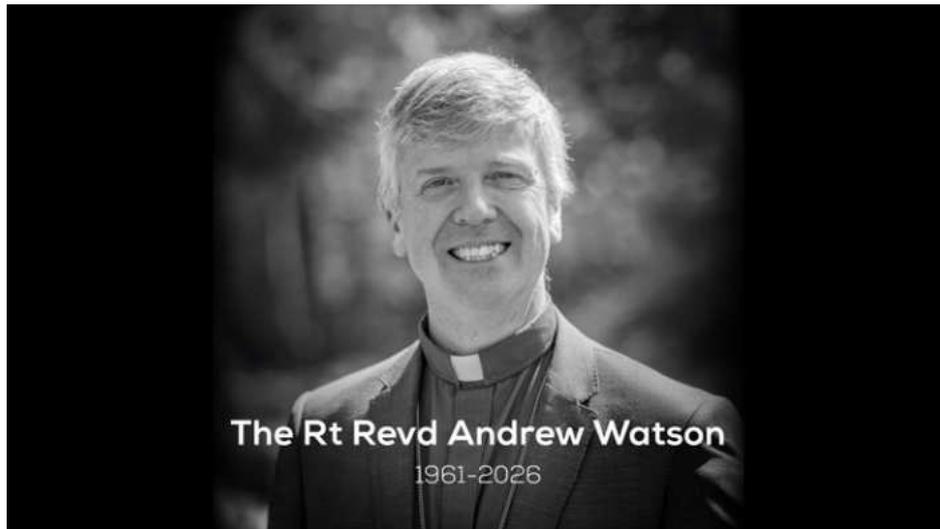
*This notice will appear each month in InSpire*

*'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](mailto:leighdesouza@yahoo.com) or Revd Liz Richardson 01306 711260 [liz@hostmyserver.co.uk](mailto:liz@hostmyserver.co.uk)

Diocesan contact number for reporting safeguarding concerns: [safeguarding@cofeguildford.org.uk](mailto: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)

## Death announced of The Rt Revd Andrew Watson, Bishop of Guildford



The Bishop of Dorking, The Rt Revd Paul Davies has announced the death of The Rt Revd Andrew Watson, Bishop of Guildford. Bishop Andrew died peacefully on Tuesday 3 March surrounded by family, less than one month after he received a terminal diagnosis of pancreatic cancer.

Prior to his death, he had shared his prognosis with the wider diocese, and he reassured them that he was “cheerfully persisting towards a good death”, and that his “faith in the resurrection of the body and the life everlasting, had only grown stronger”. He also reflected that he had been blessed with a loving family and the opportunity to fulfil a series of ministries in his “beloved Church of England”.

Announcing the death in a letter to the diocese, Bishop Paul said:

“Whilst his family mourn the loss of a much-loved husband, father, grandfather, son and brother, we mourn the loss of a much-loved diocesan bishop – as well as an inspiring fellow disciple, dear brother in Christ, precious friend and special colleague.

“In the midst of the shock and sadness of the last few months, Bishop Andrew has been an inspiration. For me, personally, he has taught me so much about how we should live and, in these past months, about how we should die.”

In his letter, Bishop Paul also encouraged the diocese that Bishop Andrew would want everyone to remain focused on “Jesus as our source of comfort, hope, salvation and strength.” Last week, an all-day prayer vigil was held at Guildford Cathedral, in which almost 2,000 clergy and lay people from across the diocese and beyond, joined together in a huge show of support and prayer for Bishop Andrew and his family.

The Most Reverend and Right Honourable Dame Sarah Mullally, Archbishop of Canterbury, very recently visited Bishop Andrew in his home. She said: “It is with great sorrow that I received news of Bishop Andrew’s death. Andrew was a man of deep Christian faith who lived his life in the service of Christ and others. In the face of death, he demonstrated a calm reassurance of God’s saving grace.

“Over four decades of ministry, Andrew made an enormous contribution to the life of the Church of England – and, through his concern for Anglicans and other Christians around the world, the global church. He was a gentle man and generous with those who held differing theological views. He will be greatly missed, not just by his family and friends, but by the whole church.

“At this time of grief and loss, I hold Beverly and their sons and daughters in my prayers, asking that God would comfort and strengthen them. I pray too for Andrew’s friends, colleagues and all those whose lives he touched. May Andrew rest in peace and rise in glory.”

The Very Reverend Bob Cooper, Dean of Guildford Cathedral, said: “ It is with profound sadness, and with hearts full of gratitude to God, that the Dean and Chapter of Guildford Cathedral mourn the death of Bishop Andrew. We have lost a shepherd, a servant, and a dear friend.

“A man of the Gospel, Bishop Andrew led not by command but by example, giving of his time and wisdom with an open hand and open heart. We give thanks for his life and ministry, and we grieve his passing — but not as those without hope.

*“Run with perseverance the race that is set before us, looking to Jesus, the pioneer and perfecter of our faith.” — Hebrews 12:1-2*

Diocesan Secretary, Geraldine Newbold added: “This is a very sad time for our diocese. Bishop Andrew was such a wonderful, caring man, who was genuinely interested in people and loved spending time with parishioners. He was also incredibly gifted and knowledgeable, and we all learnt a lot from him. His love of God, of his family, and the wider diocesan family, shone through in all he did. It has been a privilege to work with him and we will miss him dearly.”

Bishop Paul assumed interim leadership of the diocese just before Bishop Andrew’s death.

In his letter, Bishop Paul commended the following prayer to be used by parishes on Sunday.

*Heavenly Father, we give you thanks for Andrew,  
our brother and bishop:  
for his faith and faithfulness to you  
in life and in leadership.  
As we mourn his death  
and commend him to your everlasting arms,  
give us the same faith, hope and love,  
rooted in the death and resurrection of your son, Jesus.  
We pray especially for Beverly,  
Hannah, Sam, Joe, Lydia and the whole family.  
Comfort them with your Holy Spirit and protect them in their grief.  
And bring us, at the last, with Andrew and all your children,  
to that eternal joy where you live and reign in glory forever,  
through Jesus Christ our Lord.  
Amen.*

To watch the video from Bishop Paul announcing the death of the Rt Revd Andrew Watson, Bishop of Guildford, please click the following link:

<https://www.youtube.com/watch?v=Oj-qzNEktsU>



With the constant drip feed of depressing news (not to mention the depressing weather!) that fills our screens, newspapers and social media everyday you would think that when people turn on their televisions, they would be looking for something light-hearted and fun to watch. Not a bit of it! The single most successful show on British television at the moment is *The Traitors* – a series in which people practice the cunning art of deception for financial gain. You could tune in to the morning news bulletin to hear the real-life tales of powerful men (and it's pretty much *always* men) manipulating the vulnerable for their own perverse pleasure and enrichment but, apparently, that's not enough. People are drawn like moths to the light to a programme in which "ordinary" people seek to kill off fellow contestants for the financial prize that awaits at the end of the challenge.

Fortunately, the church can turn to the bible for a bit of respite from treason and trickery ..... can't it? OF COURSE NOT! The bible is full of traitors. Whether it's Joseph (he of the "technicolour dream coat") being sold into slavery by his own brothers, Samson (he of the long hair) who was betrayed by Delilah, Rahab (she of the questionable personal morals) who was a traitor to her own people but saved two enemy spies or many more, the "good book" is full of "bad people". Why is that? Because, while the bible might be God's good news for the world, it's also honest about the way that people can be vicious and uncaring towards one another – and towards God Himself – and offers a route towards forgiveness and grace.

We're fast approaching the season of Easter in the church calendar. That's when we remember the greatest of all the traitors in the bible, Judas Iscariot. The man who betrayed his friend and mentor with a kiss. How often is it, in our own experience, that we are betrayed by those closest to us; those with whom we share the most intimate relationships? At times like that, it's how we react to those traumatic breakdowns of trust that will determine how we cope with the life after loss. How did Jesus, the man who claimed to be the Son of God, who came to earth to show the world how much their creator God loved them, deal with betrayal by one of his own disciples? By willingly making the ultimate sacrifice - laying down His life for others. His arrest brought our freedom; His death bought us forgiveness; His resurrection gave us eternal life.

The **Sunday Session** on 8<sup>th</sup> March is going to be looking at traitors. So, if you're curious, questioning or confused, come along and join the rest of us. You'll get a warm welcome, a cup of coffee, a croissant and plenty to think about.

**Bob Cranham**



## NEW ALPHA COURSE IN CAPEL!

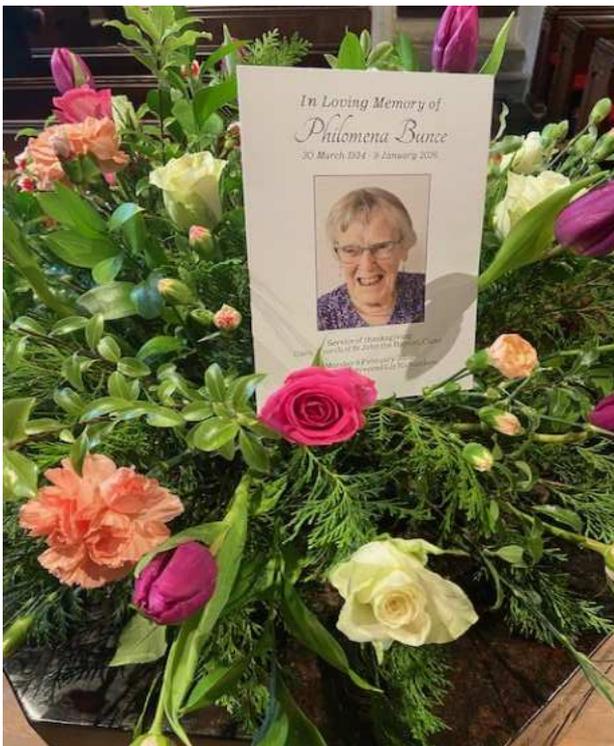
We are continuing with our **Alpha** course each **Tuesday evening at 7.00pm**. If you or someone else would like to join **Alpha** please do encourage them. We will also need help with catering so please do volunteer if you can! Please contact Rev Liz or Rev Gill for further information (contact details 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.

**Come and join us at  
The Cottage, 97 The Street, Capel, RH5 5JX.  
We look forward to welcoming you!**

### *In Loving Memory of Philomena Bunce*



On Monday 9th February 2026, many of us gathered at St John's in Capel to bid farewell to our dear friend Philomena. Many more went on to Randalls crematorium for another service and later on to the reception at Denbies vineyard.

Philomena had meticulously planned her funeral in the last couple of years with Rev Liz and it was a beautiful tribute to a wonderful lady who had lived a long and full life. She was a talented lady who made the most of her creative skills throughout her life and it was abundantly clear how loved she was by her family. Equally, it was very clear to all who were lucky enough to know Philomena what her family and her dear departed husband Jack meant to her. I for one, feel extremely privileged to have had Philomena in my life and to be able to call her a friend. I only wish I had known her longer. Rest in peace dear friend. With love from all who knew you.

Your friends at St John the Baptist and the Capel Community.

Suzanne, Editor of InSpire



## **Bishop Sarah Mullally to be installed as Archbishop of Canterbury on 25<sup>th</sup> March**

In a special service at St Paul's Cathedral, at her Confirmation of Election, Bishop Sarah Mullally DBE legally became the 106th Archbishop of Canterbury on 28<sup>th</sup> January.

The Confirmation of Election is a legal ceremony, set within a church service, at which Bishop Sarah, the Archbishop-Elect, legally became the Archbishop of Canterbury. Archbishop Sarah's first act as Archbishop was to take up the Primatial Cross and give the blessing at the end of the service.

The Confirmation will be followed by an Installation service at Canterbury Cathedral on 25<sup>th</sup> March, where Archbishop Sarah will preach her first sermon as Archbishop of Canterbury.

Between her Confirmation of Election and Installation, Archbishop Sarah will pay homage to The King and meet with the leaders of other Christian denominations and other faiths in the UK. She also co-presided at the Church of England's General Synod in London in February, where she delivered the Presidential Address.

By tradition, Archbishop Sarah will begin her public ministry and full programme of public engagements following her Installation.

Bishop Sarah said: "It is an extraordinary and humbling privilege to have been called to be the 106th Archbishop of Canterbury. In this country and around the world, Anglican churches bring healing and hope to their communities. With God's help, I will seek to guide Christ's flock with calmness, consistency and compassion.

"These are times of division and uncertainty for our fractured world. I pray that we will offer space to break bread together and discover what we have in common – and I pledge myself to this ministry of hospitality.

"I want us to be a Church that always listens to the voices of those who have been ignored or overlooked, among them victims and survivors of church abuse who have often been let down.

"I am committed to equipping the Church to be a kind and safe place that cares for everyone, especially those who are vulnerable, as we rise to the challenge of God's call to justice, equity, peace and the care of creation".

### **We hold 'national treasures for the common good' - new repairs fund announced**

The Church of England's Director for Cathedral and Church buildings, Emily Gee, has welcomed the Government's Places of Worship Renewal Fund, and its willingness to invest in repairs and improvements for eligible parish and cathedral church buildings.

She said: "We also welcome the Government's recognition of the special role of historic churches in national life - church buildings are national treasures for the common good.

"They have huge spiritual, cultural and historical significance, and are major centres of practical assistance through food banks, lunch clubs and parent and toddler groups. They serve as a place of sanctuary, refreshment and cultural heritage throughout the UK.

"The vast majority of fundraising for the maintenance and repair of these buildings is done locally by heroic volunteers and Government support is crucial in helping them reach their targets - and we are really grateful for this ongoing support.

"However, we are very concerned that the end of the Listed Places of Worship Grant Scheme - after more than 20 years - will mean added pressure on local fundraisers and inevitably a drain on other sources of funding. We will work with the wider sector and the Government to see how that burden can be alleviated.

## ArchaeoMargam Open Day Celebrates Landmark Discovery of Roman Villa

Margam Abbey Church in Wales has been celebrating the fact that a Roman villa, exceptional in both scale and preservation, has been identified in Margam, offering unprecedented insight into the region's Romano-British past.

The find is the result of ArchaeoMargam, a partnership between Swansea University's Centre for Heritage Research and Training (CHART), Neath Port Talbot Council, and Margam Abbey Church.

Geophysical surveys revealed the footprint of a substantial Roman villa complex, preserved with a clarity unmatched elsewhere in the region. The villa lies within a defended enclosure measuring approximately 43m x 55m, and additional structures, including a large aisled building, suggest a long and evolving history of settlement, agriculture, and possibly post-Roman leadership activity.

The discovery fills a major gap in Margam's archaeological story. While the area is known for its Bronze Age, Iron Age, medieval, and post-medieval heritage, almost nothing had previously been understood about its Romano-British occupation. The newly identified villa now provides a crucial link in the region's first-millennium narrative.

For Margam Abbey Church, the discovery carries deep spiritual resonance. The Revd Lizzy Tremble-Nicolls, Curate in the Port Talbot Ministry Area, said:

"The discovery of evidence of a Roman villa and Romano-British worship beneath Margam is profoundly moving for us as a church. It represents a unique blend of indigenous Celtic culture and Roman influence, and it tells a story of prayer and pilgrimage that stretches back nearly two thousand years."

Beverley Gulley, Church Warden and long-time supporter of Margam Abbey Church, reflected on the significance of the site:

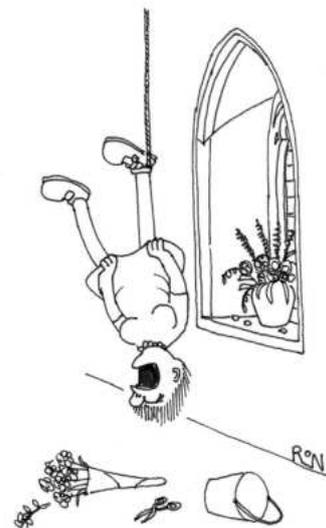
"As the only nave of a Cistercian Abbey to survive the Dissolution and still be in use as a church today, Margam Abbey Church is a monument of unique importance to the region. This is a deeply spiritual landscape and one that we are keen to know more about in partnership with people from across the region."

If you would like to know more about this discovery, click on the link here:

<https://www.bbc.co.uk/news/articles/cgk8j1gkxelo>



*As the servers's strike entered its third week, the Army was called in.*



*Mrs Stebbings always did the flowers in the South Window, as Mrs Todger soon learned*

## 15<sup>th</sup> March - Mothering Sunday – what people have said about mothers

*Here is just a tiny selection of what people have said about it.*

And Adam called his wife's name Eve; because she was the mother of all living. - *Genesis 3:20*

God could not be everywhere and therefore He made mothers. - *Jewish Proverb*

As we know, our own mother bore us only into pain and dying. But our true mother, Jesus, who is all love, bears us into joy and endless living. Blessed may He be. - *Julian of Norwich*

Every mother is a working mother. - *Anon*

This is the promise: that if you honour your father and mother, yours will be a long life, full of blessing. - *Ephesians 6:2 (Living Bible)*

No man is poor who has had a godly mother. - *Abraham Lincoln*

Even He that died for us upon the cross, in the last hour, in the unutterable agony of death, was mindful of His mother, as if to teach us that this holy love should be our last worldly thought – the last point of earth from which the soul should take its flight for heaven. - *Henry Wadsworth Longfellow*

Her children rise up and call her blessed. - *Proverbs 31:28*

God pays a good mother. Mothers, get your names on God's payroll. - *Billy Sunday*

Mother is the name for God in the lips and hearts of little children. - *Vanity Fair*

The commonest fallacy among women is that simply having children makes one a mother – which is as absurd as believing that having a piano makes one a musician. - *Sydney J Harris*

If you bungle raising your children, I don't think whatever else you do well matters very much. - *Jacqueline Kennedy Onassis*

A suburban mother's role is to deliver children obstetrically once, and by car for ever after. - *Peter de Vries*

Perhaps the greatest social service that can be rendered by anybody to the country and to mankind is to bring up a family. But here again, because there is nothing to sell, there is a very general disposition to regard a married woman's work as no work at all, and to take it as a matter of course that she should not be paid for it. - *George Bernard Shaw*

There are times when parenthood seems nothing but feeding the mouth that bites you. - *Peter de Vries*

Motherhood: All love begins and ends there. - *Robert Browning*

A mother's arms are made of tenderness, and children sleep soundly in them. - *Victor Hugo*

Children are the anchors that hold a mother to life. - *Sophocles*

Motherhood is about raising and celebrating the child you have, not the child you thought you would have. - *Joan Ryan*

There are places in the heart you don't even know exist until you love a child. - *Anne Lamott*



Editor: Canon Paul Hardingham considers the crowds of Jerusalem...

## The Way of the Cross

*'Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me.'* (Luke 9: 23)

These words of Jesus are spoken at a turning point in the gospel. Jesus challenged the disciples about His identity and their commitment to Him: *'who do the crowds say I am?'* (Luke 9:18). It is at this point that He *'resolutely set out for Jerusalem'* (9:51). On our journey through Lent, as we look to the events of Good Friday and Easter, what are our priorities as Jesus' disciples?

*To deny ourselves:* this means to saying *No* to ourselves and *Yes* to God, as we humbly submit our will to His. Jesus prayed in the Garden of Gethsemane *'not My will but Yours be done.'* (Luke 22:42). It means putting Jesus first in everything: our work, family, ambitions, possessions, marriage, finance and future. We will not be guided by self-interest, but by allowing God to show us how to live in His way.

*To take up our cross:* this reminds us that the disciple is not immune from suffering, as we follow Jesus along the way of the cross. Just as He carried His cross to Golgotha, we cannot avoid experiencing suffering in a fallen world. Every day we are to live in way that demonstrates to everyone that we have died to ourselves, our selfish ways and ambitions, and seek to live for God. It means breaking old selfish habits and ways of thinking, as we allow God to renew us by His Spirit.

Perhaps that is something we should learn—to wait for Jesus our Master, to be always obedient to Him, to serve Him with all our hearts, and to bear the mark of His grace in our lives.

In all of this we cannot lose, because like Jesus, it is only through death that we find God's new life. *'He is no fool who gives what he cannot keep, to gain that which he cannot lose.'* (Jim Elliot).



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

## Mothering Sunday

Mothering Sunday - the fourth Sunday of Lent- offers families an opportunity to honour the women who have nurtured them. Lots of different streams and traditions have come together to make today's Mothering Sunday the special day that it is.

In the Middle Ages it was an occasion for everyone to visit their 'mother' church - the place where they had been baptised. Later, an opportunity for those who worked away from home to visit their mothers became added to the mix of reasons to make it a special day.

Today we honour all women who have in one way or another been special to us, and in church this is usually signalled by small bunches of flowers for every woman present.

Treating mums and grans to Sunday lunch, chocolates and flowers is also part of the present mix. And will there be a simnel cake to be seen - a tradition from ages past - with its rich layers of marzipan, and eleven balls of marzipan on top, reminders of the 11 disciples who remained faithful to Jesus?

Not everyone has enjoyed a wonderful or enduring relationship with their mum, so lest we get carried away on a wave of love and sentimentality, there is usually space in the Mothering Sunday church service to reflect on and pray for those whose relationships with their mother were not all they might have been.

Also, there are the families blighted by the lack of, or death of a child; families remembering a mum who died tragically young; women who never had a child but would have dearly loved the opportunity; all these and more are a recognition of the imperfections of human love, human life.

These imperfections can be brought in prayer to the God who mothers us. In the Old Testament, Isaiah speaks of God comforting His people like a mother hen. In the New Testament, both Matthew and Luke bear witness to Jesus expressing His desire to gather His people as a mother hen gathers her chicks under her wings. Yes, God has strong maternal qualities which He invites us to discover and enjoy!

Have you discovered the mothering, nurturing, maternal qualities which God offers to all people? It's lovelier than flowers, more long-lasting than simnel cake, better than a visit from family, and it's free to everyone who wants it - it could be yours!

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

## The Seven Deadly Sins: Anger

*'Anger is never without a reason, but seldom with a good one.'* (Benjamin Franklin).

Who or what makes you angry? In the third of our 7 Deadly Sins, we are looking at *anger* (or *wrath*).

It describes uncontrolled feelings of hatred and resentment, and it can lead to resentment and grudges, quarrelling and damaged relationships. Jesus warns us about the consequence of anger: *'I tell you that anyone who is angry with a brother or sister will be subject to judgment.'* (Matt 5:22).

Jesus Himself got angry, notably when He saw the Temple being exploited by the money changers (Matt 21:12-13). Such *righteous anger* is a measured response to injustice or evil, motivated by love not vengeance.

However, it is important for us to deal with unrighteous anger in our lives: *'In your anger do not sin: do not let the sun go down while you are still angry, and do not give the devil a foothold.'* (Ephesians 4:26,27). What practical steps can we take to do this?

*Acknowledge your anger:* What are the root causes of our anger? Often it comes from deeper feelings, like fear, inadequacy or the desire to control.

*Control your anger:* Stepping back before reacting can prevent anger from controlling us: *'everyone should be quick to listen, slow to speak and slow to become angry'* (James 1:19,20).

*Seek to forgive:* Practising forgiveness, not seeking revenge or holding grudges, will enable us to overcome anger: *'Clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone.'* (Colossians 3:12,13). Christ died to take the wrath of God we deserve, that we might know God's forgiveness.

*'People who fly into a rage always make a bad landing'* (Will Rogers).

## High Days & Holy Days in March

### 1<sup>st</sup> March - On St David's Day, why the leeks?

St David's Day, and it's time for the Welsh to wear proudly wear a leek or daffodil.

Shakespeare refers to the custom in Henry V, Act 5 Sc.1, where Gower berates Pistol for mocking at "an ancient tradition begun upon an honourable respect and worn as a memorable trophy of predeceased valour."

According to some sources, the wearing of leeks may be based on a legend that Welsh archers fought bravely at the Battle of Crecy in a field of leeks and, as a reminder of their bravery and loyalty, the Welsh began to wear a leek in their caps every St David's Day. The legend, true or not, could be a source of the 'honourable respect' which the Welsh had for their valorous archers.

We do know that David - or Dafydd - of Pembrokeshire was a monk and bishop of the 6th century. In the 12th century he was made patron of Wales, and he has the honour of being the only Welsh saint to be canonised and culted in the Western Church. Tradition has it that he was austere with himself, and generous with others - living on water and vegetables (leeks, perhaps?!) and devoting himself to works of mercy. He was much loved.

In art, St David is usually depicted in Episcopal vestments, standing on a mound with a dove at his shoulder, in memory of his share at an important Synod for the Welsh Church, the Synod of Brevi.

# PRAYERS, PROSE & POEMS

## For Mothering Sunday

A mother's first gift is life,  
the second is love and the third is ...  
understanding.

A mother's love transcends time  
and circumstances and endures forever.

Creator God, We thank you for your love which  
shapes us and helps us to grow. On this Mothering  
Sunday, we give thanks for women who have been  
examples of self-giving love, who have given time,  
wisdom and care to the nurture of children, their  
own or others. Amen.

Be with those who are grieving because they have  
no mother; Be close to those who are struggling  
because they have no children; Be near to those  
who are sad because they are far apart from those  
they love. Amen

Her children arise up and call her blessed -  
*Proverbs 31.28*

## The Daughters of Mothers

There are certain small things that you notice,  
Little things you have started to do,  
That prompt you to question, and wonder  
If the face in the mirror, is *you*.

The realisation is dawning,  
As one year hurtles after another,  
That in word, thought and deed,  
In gesture and glance,  
You have somehow turned into your mother!

*By Daphne Kitching*

## A prayer as Lent continues

Let me hold fast to You, beautiful Lord, whom the  
angels themselves yearn to look upon. Wherever  
You go, I will follow You. If You pass through fire,  
I will not flinch, I fear no evil when You are with  
me. You carry my griefs, because You grieve for  
my sake. You passed through the narrow door-  
way from death to life, to make it wide enough for  
all to follow. Nothing can ever now separate me  
from Your love.

*By Bernard of Clairvaux 1090 -1153*

## Truth Encounter

*(Luke 4:1-14, John 17:17, James 4:7)*

Led by the Spirit  
And tempted by the devil  
He wandered in the wilderness,  
Hungry  
And focussed on God,  
And the truth and power of His Word.  
Truth and power enough  
To resist His enemy and ours.  
To go on - armed with the Spirit -  
To give His life,  
To give us life.

A lesson in tactics then:  
Know the truth,  
Submit to God,  
Resist the devil  
And our wildernesses will blossom.  
We will bear fruit,  
Fruit to be known by  
As His.

*By Daphne Kitching*

## The Love that gives love

Jesus Christ, the love that gives love,  
You are higher than the highest star;  
You are deeper than the deepest sea;  
You cherish us as Your own family;  
You embrace us as Your own spouse;  
You rule over us as Your own subjects;  
You welcome us as Your dearest friend.  
Let all the world worship You.

*By Hildegard of Bingen 1098 - 1179*

## A Child's Morning Prayer

Look down on me, a little one,  
Whose life on earth is but begun:  
Dear Saviour, smile on me.

Watch over me from day to day,  
And when I work, or when I play,  
Dear Saviour, smile on me.

Help me to do Thy holy will,  
With lovely thoughts my mind to fill:  
Dear Saviour, smile on me.



## *Deacon's diary*

Dear friends,

This month began with a great flurry of activity with the Christingle service in Capel - so nice to bring home an orange with a candle (the sweets don't make it out of the church!) and display it on my kitchen windowsill reminding me of light both real and metaphorical - followed swiftly by the Archdeacon's Visitation. Every two years the Archdeacon visits the parishes under his care to check through service books, works and maintenance schedules in respect of the church buildings and to talk through the aims of the church for the next twelve months asking whether there is anything the diocese can do to support. This meeting is an important one and Rev Liz, the churchwardens, the treasurer and I were all delighted that the Archdeacon seemed very pleased with everything he saw and spoke about.

Life in the parish as a curate is never dull and in the following few days I was privileged to assist at two funerals at St. John's and conduct one at St. Margaret's. I feel this is a central part of my calling and with every service I feel more embedded in my community - thank you to everyone who supports and encourages me in this.

My formal diocesan training continues one day a month, sometimes with Rev Liz in tow. This month's training day was such an occasion when all diocesan curates were asked to attend with their Training Incumbents and we were presented with talks on different leadership styles - very practical and relevant.

And our Alpha course has begun! At the time of writing, we have only had the first weekly meeting, so all I can report on this is that I thoroughly enjoyed the evening which started with a delicious meal, followed by a short video and then some interesting, stimulating conversation which provided plenty of food for thought among old friends and people whom I had not previously met. I am looking forward to the next few weeks of meetings! Church Club at Scott-Broadwood School is thriving with the 25 or so children who attend each week expressing great enjoyment of their time in the club. I attended the most recent "Heads and Revs" seminar arranged by the diocese and was delighted to have the chance to start considering what opportunities there may be to be involved with school life in the next academic year at both the Weald and Scott-Broadwood when they are on the same site in Beare Green.

Due to the commitments of the editorial team, this article needs to be with the editor shortly after St. Valentine's Day, so next month's writings will include a note of my activities for the second half of February as well as March (I am not slacking, I promise). However, I conclude by drawing your attention to the brave announcement made by our Guildford Bishop concerning his health. He has recently been diagnosed with inoperable cancer and I would ask that we all include him and his family in our prayers at this time.

And as for you?

Should any of you like a prayer to be said for you, anyone you know or a situation you care about, please do let me or Rev Liz know.

Best wishes,

**Rev Gill Christie**

[curate@capelandockleychurch.org.uk](mailto:curate@capelandockleychurch.org.uk)

01306 711917



*My sermon today comes from  
Apps Chapter 1 beginning at verse 2...*

## 15<sup>th</sup> March – Mothers and children

Whatever our childhood was like, it was formational. We learned from our earthly parents, good things ideally, although not everyone's childhood is great.

In the Bible, St Paul refers to the importance of up-bringing and of spiritual heritage. When he greets Timothy in his second letter to him, he calls him his 'Dear Son', praises his 'genuine faith' and then goes on:

"You share the faith that first filled your grandmother Lois and your mother Eunice. And I know that same faith continues strong in you."

Timothy's childhood had been rooted in the Old Testament scriptures that he had been taught by his mother and grandmother. Their example had set him on the right path, until he was old enough to choose for himself to follow Jesus.

Physically, we when we are young, we need nurturing by mothers and fathers. Spiritually it is the same. When we come to faith, we need spiritual mothers and father to help us grow into maturity as God's adopted children.

We also need spiritual sustenance: regularly reading the Bible, spending time in God's presence in prayer, and worshipping with the family of the Church.

God – our heavenly parent provides our personal nurturing through prayer and the Bible, but He also gives us each other, to encourage and share our experiences of his faithfulness.

However imperfect our earthly upbringing was, *God is a good, good Father*, a perfect parent who will only teach us *good* things. And gradually, as the fruit of the Holy Spirit ripens in us, we will become more like Jesus. We will gain more of the family likeness!

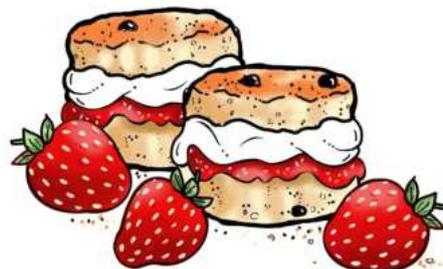
Is there someone in your life who has helped you to grow spiritually? This Mothering Sunday, thank God for them.

Is there someone your life whom you have 'mothered' or 'fathered' along the way? This Mothering Sunday, pray for them.

### Afternoon tea, anyone?

Do you take afternoon tea? Ever wondered where it started? The custom seems to date back to the mid-19<sup>th</sup> century, and the seventh Duchess of Bedford, Anna Russell. The Duchess got hungry at about 4pm each day, calling it "that sinking feeling". As it was still four hours until dinner (at 8pm), she began to have sandwiches or a small cake with some tea. Her friends thought this was marvellous, and the idea spread quickly through (hungry) upper class circles.

Soon, it seems, everyone in England was looking forward to Afternoon Tea, and a great British tradition was born. Though, during the last century, the sandwiches and cake gave way to biscuits, still we reached for the teapot each afternoon. Not so much anymore, it seems. In the last five years, sales of tea and biscuits have dropped. Perhaps we are drinking coffee? The research was done by retail analysts Mintel.



***Lent is the time for spiritual self-examination, for taking stock of oneself before God. With that in mind....***

God requires a faithful fulfilment of the merest trifle given us to do, rather than the most ardent aspiration to things to which we are not called. - *St Francis de Sales*

Holiness consists of doing the will of God with a smile. - *Mother Teresa*

God often works more by the illiterate seeking the things that are God's than by the learned seeking the things that are their own. - *St Anselm*

It is His long-term policy, I fear, to restore to them a new kind of self-love – a charity and gratitude for all selves including their own; when they have really learned to love their neighbours as themselves, they will be allowed to love themselves as their neighbours. - *CS Lewis*

Monasteries are houses of the soul, and their deepest language comes from the depths of silence. - *Peter Levi*

Mysteries are not dark shadows, before which we must shut our eyes and be silent. On the contrary, they are dazzling splendours, with which we ought to sate our gaze. - *A Carthusian*



*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: Jeremiah**

Jeremiah is described as '*a true, honest, and God-revealing companion for the worst of times.*' (Eugene Peterson). He was a priest from the village of Anathoth, near Jerusalem. His ministry to Judah began in 626 B.C. and continued until after the fall of Jerusalem in 586 B.C.

Jeremiah brought a message of judgment and hope: '*See, I have set you this day over the nations and over the kingdoms, to root out and to pull down, to destroy and to throw down, to build and to plant.*' (1:10).

During Jeremiah's ministry, Judah had rejected the Lord for idols (2:13). They claimed to be God's people, yet they refused to heed God's word by refusing to be corrected and following false prophets who spoke what the people wanted to hear. Therefore, Jeremiah was the prophet of judgement. He called Judah to repent, but they refused (6:16-17). However, he also brought a message of hope. He preached that they should trust God (9:23-24) and that a faithful remnant would be restored to the land (23:3; 31:7-9).

Jeremiah was a reluctant prophet, who felt compelled to speak God's word (20:9). His life was characterised by sorrow, '*O my Comforter in sorrow, my heart is faint within me.*' (8: 18). His people continually refused to listen to him, rewarding his labour with rejection and persecution.

Much of Jeremiah's message remains relevant today, because we still fall into idolatry, whether it is wealth, talents or social standing. Sin requires repentance and restoration; obedience brings blessings and joy with it. However, Jeremiah also points to Christ, as the one who makes this possible. He showed great compassion for His people and shed tears for them. He suffered their ingratitude, but still forgave them.

## High Days & Holy Days in March

### 26<sup>th</sup> March - Harriet Monsell, compassion and humour

The daughters of baronets don't usually choose to work with prostitutes and orphans, but Harriet Monsell was no ordinary woman.

She was born in 1811 into one of Ireland's oldest families. Her father, Sir Edward O'Brien, was 4<sup>th</sup> Baronet of Dromoland, and represented his county Clare in Parliament. Harriet married Charles Monsell, an Anglican clergyman connected with the Oxford Movement, and they moved to Derry, where his father was Archdeacon. But Charles developed tuberculosis, and soon he and Harriet were sent to the milder climate of Naples.

When Charles died in 1850, Harriet moved to England and continued her connection with the Oxford Movement. She also began working among former prostitutes and unwed mothers. Soon Harriet, along with two other women, decided to profess religious vows, and dedicate their lives to caring for the poor and needy. Inspired by John the Baptist's call to penitence, in 1852 they took the name of the Community of St John Baptist, of which Harriet became the Mother Superior.

They were one of the first Anglican religious orders since the Reformation, and because much of their work was in the Berkshire town of Clewer, they were often called the 'Clewer Sisters'.

Within five years their work had gone from caring for about 30 marginalised women to dedicating a building that would house about 80 such women. Mother Harriet guided the work with endless energy and extensive correspondence. The work grew to include 40 institutions, ranging from mission houses to orphanages, schools and hospitals.

Mother Harriet was much loved for her "strength of character, firmness of faith, an infectious sense of humour, a gift for listening, and a magnetism which none could resist," according to one admirer. She had to retire in 1875 for health reasons, but maintained an interest in the work until her death on Easter Sunday March 1883.

### Artwork for new mural in honour of Scots heroine of the Holocaust unveiled

The artwork for a striking new mural in Paisley to commemorate the bravery of a Scot who died in Auschwitz has been unveiled.

Jane Haining was the matron of the Scottish Mission School in Budapest, Hungary during the Second World War and refused to abandon Jewish girls in her care.

She was arrested in April 1944 and eventually deported to the Auschwitz-Birkenau death camp in Nazi-occupied Poland where she died in a gas chamber a few months later.

The town was chosen for the first wall mural in Scotland in her memory because she worked as a secretary at J&P Coats' Ferguslie Mill for 10 years before moving to Budapest in 1932 to take up her role at the Church of Scotland school.

The Scottish Mission School had around 400 day and boarder pupils aged from six to 16 years old, a mixture of Jews and Christians.

Miss Haining helped keep the children safe for more than four years after the war broke out in 1939, until she was betrayed by the cook's son-in-law, whom she scolded for taking scarce food meant for the girls, some of whom were orphans or abandoned by their parents.

She was determined to stick to her post and repeatedly ignored Church of Scotland requests to return home, saying: 'If these children need me in days of sunshine, how much more do they need me in days of darkness?' Miss Haining was arrested by German officers in April 1944 and former pupil Agnes Rostas said her haunting last words to sobbing children were: "Don't worry, I'll be back by lunch".

## LETTER FROM THE EDITOR

Dear friends,

Welcome to the March 2026 issue of InSpire! I shall keep my letter as brief as possible once more as you also have letters from Rev Liz and Rev Gill. It is very sad news about the Bishop of Guildford, the Rt Revd Andrew Watson, who has so tragically died this week, just weeks after finding out he had inoperable cancer. There is a tribute to him on pages 7 and 9 and you can watch Bishop Paul's video where he pays tribute to Bishop Andrew on Youtube - link on page 9. I'm sure we all join together in thinking of his family particularly and sending our prayers to them. Rev Liz says more in her postscript to her letter too.

This month, I'm pleased to say that we have the Church Tea dates for 2026! They can be found on page 35. Our thanks to Helen Berry for continuing to host these wonderful teas with her delicious cakes! I am a particular fan of her coffee cake and it could easily be my downfall as it's hard to stop at one piece! I'm sure Helen would welcome any volunteer help for taking cash etc at the teas, so if you can help on any of them, please do get in touch with Helen or have a word with Rev Liz. On the subject of catering, there are also a couple of Lent lunches in St John's this month on Wednesdays 11th and 25th March 12—2 pm with soup, cheese, bread, cake etc. Well worth a visit!

This month we celebrate Mothering Sunday on 15th. I thank Margaret Zandona for her sponsorship of this issue in loving memory of her mother. Like so many of us, Margaret will be marking Mothering Sunday by remembering her mother. I have so many wonderful memories of a loving mother who I miss very much. She could be my biggest cheerleader and often my biggest critic! But I'm grateful for the close relationship we shared and all that she taught me about motherhood. It is rightly a happy day for many but equally it is a tricky day for others - those who have lost children, those who have never been able to have the children they desire or those who have taken on someone else's children as a step parent. There are so many variants and for many it will be a wonderful day of celebrating motherhood, whilst for others it's a hard day. It is surely a time to respect one another's feelings and to pray for one another, whether it be celebratory or with compassion. Later in the month, as we move through Lent, we celebrate Palm Sunday and from there move into April for Easter Sunday.

After much deliberation, I have decided not to do the Christmas Fair again this year as I find myself still in the midst of so much to sort after my mother's death. Once it is all sorted, I shall have more time to organise a Fair properly and we have already set a date for 2027 (Saturday 14th November)! We are lucky to have built up a wonderful circle of Stallholders, so many of whom have been hugely supportive of this decision. We look forward to welcoming many of them back and to raising funds once more for our Parish churches and the Motor Neurone Disease Association (MNDA) next year.

With my best wishes,

*Suzanne*

inspire@capelandockleychurch.org.uk

*"When you kneel to pray, don't give orders – report for duty!" - Anon*



Just some of the beautiful flowers in church for the Service of Thanksgiving for Philomena Bunce in February.

Helen Berry had done a wonderful job, as always, of decorating the church.

Do see a brief tribute to Philomena on page 11.

*Editor: My apologies - this article should have appeared in January 2026!*

## **A challenge for 2026?**

Are you looking for a new challenge in 2026?

Something that has free tuition and use of equipment with no joining fee? Something that provides gentle exercise and stretches your brain too, where there is always something new to learn or achieve? Something that is welcoming and accepting and available to all, where you get to meet new people from all walks of life? Then why not come and try ringing church bells at your local bell tower?

Ringling is well within the capabilities of most people but it is a universal truth that the older you get the more difficult it is to acquire a new skill. Research shows though that there are many benefits to learning something new and keeping the mind and body active. Ringling is also a very sociable activity where many new friendships are made. The band of ringers have to collaborate to achieve a common goal and fit together particularly as the sound is heard loudly outside and we need to be considerate of the neighbours.

Bells are the largest and loudest instrument in the world. They are also the perfect way to get gentle physical exercise. Bellringing is open to everyone, young and old, with any level of fitness. Whilst bells can weigh up to 4,500 kg most are much lighter and are rung using mainly technique rather than strength. The movement associated with bell ringing has been shown to improve agility, co-ordination, reaction time, balance, muscle endurance and cardiovascular fitness.

Pulling a rope may look like hard work but actually it's more about having good rhythm. Stretching up tones core abdominal muscles and glutes and the downwards rope pulling action improves the upper body strength while working biceps, quads and calves with minimal force. Bellringing also requires you to think and use your memory, keeping the mind active at the same time.

Anyone interested in finding out more is welcome to come along and have a go, under supervision, or just to watch. If you decide to take it further then individual sessions are arranged at a mutually convenient time and handling a bell can be achieved in as little as a few hours.

Practice nights at St Margaret's Ockley have moved to Thursday evenings from the earlier time of 5.30pm to 7pm. We also practice at St Peter's Newdigate on Tuesday evenings 7.30pm to 9pm.

For more details call Sue on 01306 627168 or email [ockleybellringers@btinternet.com](mailto:ockleybellringers@btinternet.com)



**NEWS FROM  
THE BELFRY**

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

## **Reflecting Faith: *Togetherness***

Last month we began our Lenten journey with ashes on Ash Wednesday, reminding us of our beginning and our ending; soon we will conclude that time with Christ's resurrection on Easter Sunday.

Such a relatively short time for so great a distance. I'm reminded of this by the opening words used in Church of England services at the Palm Sunday services:

*Dear brothers and sisters in Christ, during Lent we have been preparing by works of love and self-sacrifice for the celebration of our Lord's death and resurrection. Today we come together to begin this solemn celebration in union with the Church throughout the world. Christ enters His own city to complete His work as our Saviour, to suffer, to die, and to rise again. Let us go with Him in faith and love, so that, united with Him in His sufferings, we may share His risen life.*

It's all about togetherness. Together as a small group of people in that one church where we worship. Together with 'the' Church across all denominations and throughout the world. Together with Christ Himself.

It's one of the reasons that we process on Palm Sunday. Ideally it will be a joyful and noisy procession with banners and rejoicing – reminding us of Jesus' entry into Jerusalem as much as into our own lives.

*This month*

It's in this joy wherein lies the contrast with our solemn and silent procession on Good Friday. We need them both. One on its own doesn't tell the full story. Just like a play on Good Friday without its follow-up on Easter Sunday leaves you hanging.

We all know that social media tends to only show happy occasions but that underneath all those meals and holidays and smiling faces there can be great heartaches and sorrows.

It's the togetherness of both of those emotions where the true depth of joy is to be found and not on the surfaces.

How do we greet Christ anew on Resurrection Sunday without the devastating loss of Good Friday, or that long week travelling in and out of the city walls? May you find real joy in togetherness this Eastertide!

*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 ...*

## **Peaceful mind in Lent**

*Lent is a time of prayer and inward reflection, when we take stock of where we are with God...with this in mind, the following may be helpful.*

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." *Matthew 11: 28-30.*

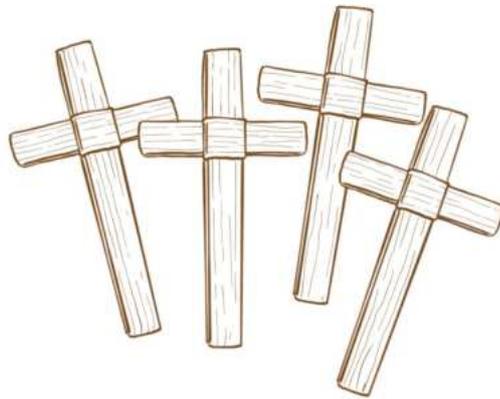
"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." *John 16:33*

"Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love Him." *James 1:12*

### Two donkeys

Two donkeys were walking the streets of Jerusalem. One said: "Just a few days ago I came down that hill carrying Jesus, and the people were all singing and shouting and throwing down their cloaks and palms for me to walk on. But today they don't even recognise me."

The other donkey replied: "That is how it is, my friend. Without Jesus, none of us amounts to much."



*Editor: Lester Amann considers the little donkey of Palm Sunday...*

### Why we should be like donkeys

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They are content with poor fodder like thistles and can travel an average of 20 miles a day.

There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn't get a specific mention in the manger story, that same one that transported her was probably there at the birth; where else would it have been?

On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. Jesus used this animal to show that He had come with the dignity of the King of peace. His entry into the Holy City also fulfilled Zechariah's prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work he has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!

## Earth Hour 2026 – a time to turn off your lights

The Earth Hour 2026 takes place on Saturday 28<sup>th</sup> March, when at 8.30pm in their local time millions of people worldwide will turn off their non-essential lights for one hour.

Organised by the World Wildlife Fund (WWF), the 20<sup>th</sup> anniversary of this global initiative will aim to raise awareness of the earth's climate crisis, and to encourage environmental action through sustainable, actionable lifestyle changes.

The first Earth Hour was held in Sydney, Australia, on 31<sup>st</sup> March 2007, and has since become a global movement. The 2025/26 theme is 'Giving an Hour for Earth' is encouraging people to adapt sustainable habits in their daily lives.

And while our lights are off for an hour, Earth Hour will encourage us to spend the time in nature, or stargazing, or engaging in environmental, educational, or sustainable activities.

More info at: <https://www.earthhour.org>



## Our love affair with our phones

It was 150 years ago this month, on 10<sup>th</sup> March 1876, that the world's first telephone call was made. Alexander Graham Bell called his assistant and said: "Mr Watson, come here. I want you."

That phone call was the beginning of a worldwide addiction to phones. Phones spread quickly, constantly improved, and after more than 100 years of landlines, mobile phones arrived.

The first was introduced by Motorola in 1983 in the USA. The Motorola DynaTAC 8000X weighed nearly two pounds and cost around \$3,995.

The first smartphone, the IBM Simon Personal Communicator, was released in 1994, combining phone calls with PDA features like email, fax, and a calendar on a touchscreen. It was so expensive it sold only about 50,000.

But by the late 90s, the BlackBerry had become a top favourite, with its popular email and messaging services beloved by Barak Obama, among many others.

Then in 2007, Apple released the first iPhone, informally known as the iPhone 2G, with an advanced multi-touch interface and app ecosystem.

Fast forward nearly 20 years, and there are now about **7.5 billion** active smartphones in the world. The total number of all connections (SIMs/devices) now even exceeds the human population of about 8.3 billion.

# Book Reviews

## **Doorways to Hope – 40 days of spiritual wisdom** **By Christopher Chapman, Canterbury Press, £12.99**

When so much seems to be falling apart, it is a struggle to find ground for hope.

This book explores the nature of hope, and offers ways of cultivating it. Avoiding wishful thinking, it offers instead a hope that is incarnate and redemptive, forever coming along side us to renew what is broken. This is a liberating, encouraging book for all who feel powerless in the face of the pain of the world or hemmed in by personal circumstance.

## **You Are Mine: Daily Bible Readings from Ash Wednesday to Easter Day** **By David Walker, BRF, £8.99**

How do we belong to God and with Jesus? This book explores different aspects of human belonging through the medium of Scripture and story, in order to help us recognise the different ways in which we are God's beloved.

And we come to recognise ourselves and our own lives in the narrative of God's engagement with humanity and His creation.

## **Middle Eastern Jesus – the Christ of the Gospel and the Culture of God** **By Nadim Nassar, Canterbury Press, £16.99**

Every culture shapes its image of God and interprets Scripture through its own assumptions – often missing the richness of the text. Nadim Nassar invites readers to step into Jesus' world and see the Gospels through Middle Eastern eyes.

Drawing on his heritage and deep knowledge of Middle Eastern culture, language, and Scripture, Nadim Nassar invites readers to encounter Jesus not only as a figure of faith but as a living presence within a region marked today by profound human suffering.

In a time when the Levant is torn by political instability and religious tensions, this book explores how the peace revealed in Christ confronts cycles of hatred and opens a path toward reconciliation, healing, and restorative justice.

## **Becoming Prayer – a Franciscan Guide** **By Simon Cocksedge and Nicholas Alan Worssam, ssf, Canterbury Press, £13.99**

Inspired by a vivid account of St Francis at prayer - where he didn't merely pray but became prayer, this book introduces readers to the heart of Franciscan spirituality. From moments of thanksgiving and praise

to silent contemplation, readers will learn how to pray not just in church, but in every moment.

The book explores communal practices such as the Daily Office, liturgy, and online gatherings, and delve into prayer rooted in Scripture—through the Passion, the Stations of the Cross, and the Rosary. It also embraces the stillness of solitude: night time reflection, silence, and the Jesus Prayer.

Rooted in a tradition that speaks powerfully to today's world, and published in a milestone year for Franciscans globally, this is an invitation to an ancient yet ever-renewing journey of prayer.

## **Christian. Mother. Working: Your practical, prayer-filled companion** **By Naomi Aidoo, BRF, £8.99**

This book considers how family and faith impact our work in each of life's seasons. With more and more mothers in the workforce, it shows how working motherhood is something to be celebrated. Through work we can display the call on our lives into areas which extend beyond our families, and which can also bring flourishing and fulfilment.

## **Faithful Grandparents: Hope and Love through the Generations** **By Anita Cleverly, BRF, 39.99**

This book urges grandparents to 'Be the grandparent God wants you to be!'

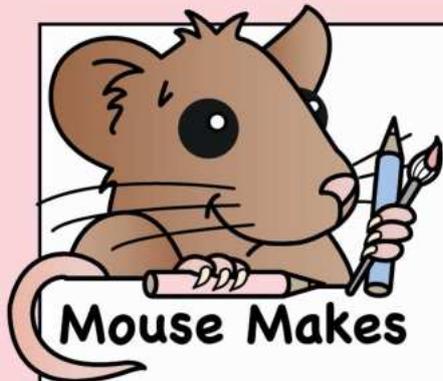
There has never been a more important time to find meaningful ways of passing on our faith to the next generation. Part of this privilege and responsibility lies with grandparents who are living authentic Christian lives. They can be the vital link between the gospel and the faith of a younger generation.

## **The Works of the Lord: 52 biblical reflections on science, technology and creation** **By Ruth Bancewicz, BRF, £12.99**

'Great are the works of the Lord, studied by all who delight in them,' says Psalm 111:2. We all benefit from science, and we all make choices about how to use its fruits.

This series of reflections lets scientific discoveries fuel your worship and helps you to consider how we can move forward wisely in a scientific society. Written by a diverse group of scientists and theologians associated with the Faraday Institute for Science and Religion in Cambridge, UK, you are invited into the conversation whether you are a scientist or not, and you are given the opportunity to respond in both praise and practical action.

# Junior InSpire



## Mouse Makes

The Bible has many stories of mothers who had great faith in God. With their love, care, encouragement and prayers their children grew up to be great people of God.



Who saved her baby by putting him in a basket in the river?

Exodus 2:1-3  
and 6:20

Who was 90 years old when she had her son Isaac?  
Genesis 17:19

### Across

3. **Obed's** mother

Matthew 1:5

4. **John's** mother

Luke 1:57-60

7. **Reuben's** mother

Genesis 29:32

8. **Joseph's** mother

Genesis 30:22-24

9. **Jesus'** mother

Acts 1:14

### Down

1. **Boaz's** mother

Matthew 1:5

2. **Solomon's** mother

1 Kings 1:11

4. **Timothy's** mother

2 Timothy 1:5

5. **Ishmael's** mother

Genesis 16:15

6. **Jacob and Esau's** mother

Genesis 25:21-26

Whose prayers for a child were answered by God?

1 Samuel 1:20

Who had two sons called Cain and Abel?  
Genesis 4:1-2



Answer the questions then put them into the crossword

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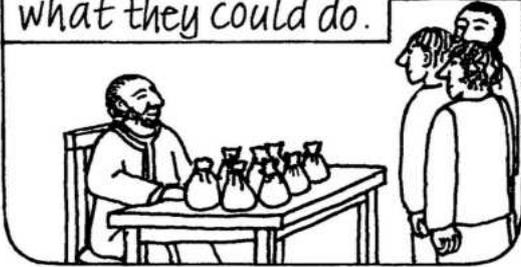
# Bible Bite

A short story from the Bible

It can be read in the Bible in Matthew 25: 14-30

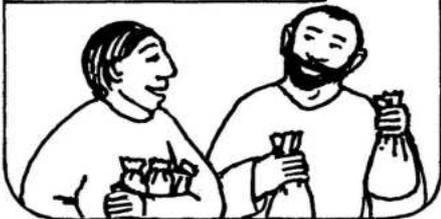
Jesus told a story to help his disciples to be ready for the end of time. 'A rich man was about to go on a journey...'

He gave his servants money to look after, depending on what they could do.

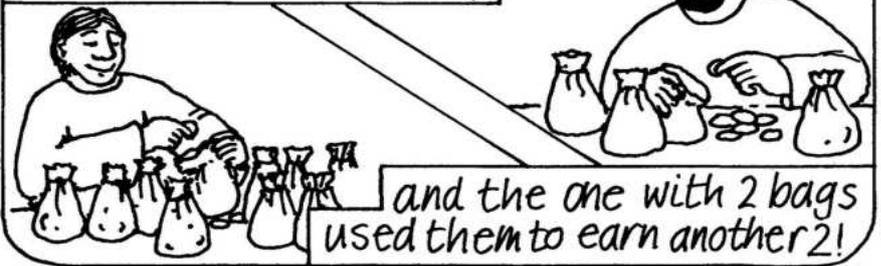


He gave 5 bags of coins to the first, 2 to the second, and 1 to the third.

As soon as he had gone, the first two servants started to work.



The one with 5 bags of coins used them to earn 5 more,



and the one with 2 bags used them to earn another 2!

The third servant dug a hole and buried his bag.



When the master came back, he called his servants to him...



The first two showed him they had doubled his money, and he was very happy with them.



You are a hard man who expects us to work. I was afraid so I just hid it.



If you knew what I expected, why didn't you do it?



Get out of here!

### How God works

A grandmother was taking her young grandson for a walk in the park. The daffodils were in bloom, and it was a beautiful Spring day. Wanting to encourage her grandson's spiritual understanding of the world, she said: "Doesn't it look like an artist painted this scenery? Did you know God did all this?"

Her grandson replied: "Oh yes, and God did it left-handed, too." In astonishment, the grandmother asked what he meant. "Well, He must have done," said her grandson, "because we learned at church last week that Jesus sits on God's right hand."

### How many words does it take?

**Pythagorean Theorem - 24 words**

**Lord's Prayer - 66 words**

**Archimedes' Principle - 67 words**

**Ten Commandments - 179 words**

**Shakespeare's 'To be, or not to be' soliloquy - 260 words**

**Churchill's speech 'We Shall Fight on the Beaches' - 308 words**

**US Constitution with all 27 Amendments - 7,818 words**

**EU regulations on the sale of cabbages - 26,911 words**

**Puts things into perspective, doesn't it?**

### Ask children about angels - *and this is what you get!*

Angels talk all the way while they're flying you up to heaven. The main subject is where you went wrong before you got dead. - Daniel, age 9

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets out his breath again, somewhere there's a tornado. - Reagan, age 10

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go south for the winter. - Sara, age 6

Angels live in cloud houses made by God and His Son, who's a very good carpenter. - Jared, age 8



### How many church members does it take to change a light bulb?

What do you mean CHANGE??? That light bulb was given in memory of my grandmother! My father installed it with his bare hands! He donated his time AND the use of his ladder to do it, too! My family's been members of this church for four generations! And if you think you're going to come in here and make a bunch of changes all of a sudden, vicar, you've got another thing coming!

# Word Search

## Love and serve one another

On Maundy Thursday we recall the final command that Jesus gave to his disciples before his death. After the Last Supper, He rose and washed his disciples' feet. This was astonishing for a 'teacher' to do, but He had a firm purpose in mind: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The 'washing of the feet' ceremony was an important part of the medieval church's liturgy, symbolising the humility of the clergy, in obedience to the example of Christ.

Maundy  
Thursday  
Final  
Command  
Jesus

Disciples  
Death  
Last  
Supper  
Washed

Feet  
Astonishing  
Purpose  
Teacher  
As

Loved  
you  
Must  
One  
Another

Service  
Domination  
Latin  
Ceremony  
Medieval  
Humility  
Obedience



*One of my churchwardens is a stickler for 'Health and Safety'...*

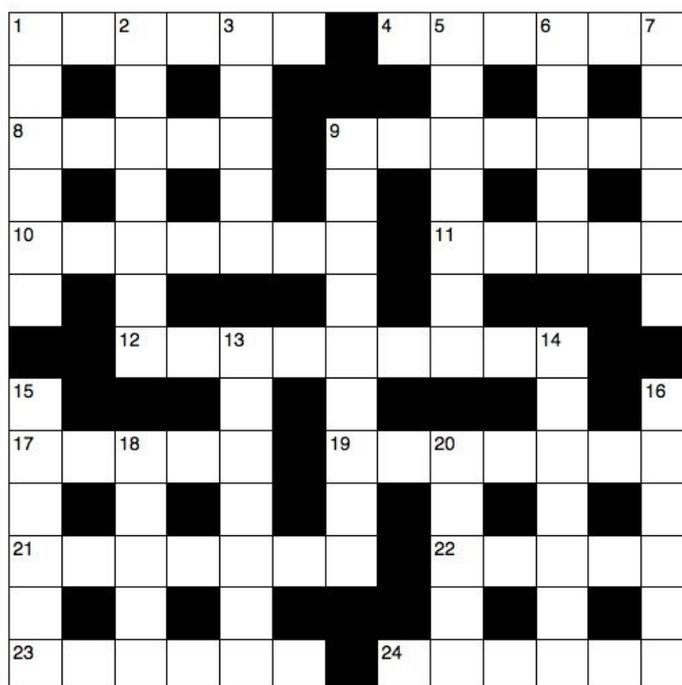
## CROSSWORD

### Across

- 1 Arouse (Song of Songs 2:7) (6)
- 4 Extinguish (Isaiah 1:31) (6)
- 8 "“They — — ,” you will say, “but I’m not hurt!”” (Proverbs 23:35) (3,2)
- 9 Unhappiness (Nehemiah 2:2) (7)
- 10 Jewish (7)
- 11 Dirge (anag.) (5)
- 12 ‘A truthful witness gives honest — , but a false witness tells lies’ (Proverbs 12:17) (9)
- 17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)
- 19 ‘Do not use your freedom to — the sinful nature’ (Galatians 5:13) (7)
- 21 ‘As you can see, he has done nothing to — death’ (Luke 23:15) (7)
- 22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)
- 23 ‘All the people — — one man, saying, “None of us will go home”’ (Judges 20:8) (4,2)
- 24 Lazarus, who was carried by angels to Abraham’s side when he died, was one (Luke 16:20) (6)

### Down

- 1 Appalled (Job 26:11) (6)
- 2 ‘In an — to escape from the ship, the sailors let the lifeboat down into the sea’ (Acts 27:30) (7)
- 3 Expel (Acts 18:16) (5)
- 5 ‘But I have a baptism to — , and how distressed I am until it is completed!’ (Luke 12:50) (7)
- 6 ‘Of the increase of his government and peace there will be — — ’ (Isaiah 9:7) (2,3)
- 7 Hurry (Psalm 119:60) (6)
- 9 ‘For I desire mercy, not — , and acknowledgement of God rather than burnt offerings’ (Hosea 6:6) (9)
- 13 One of its towns was Sychar, where Jesus met a woman at Jacob’s well (John 4:5) (7)
- 14 Shouting (Acts 7:57) (7)
- 15 Arachnid (Isaiah 59:5) (6)
- 16 One of Paul’s first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)
- 18 Donkeys (5)
- 20 Raked (anag.) (5)



## God in the Arts

*Editor: Have you ever thought how an actual church building might provide a series of visual aids to spiritual meditation? This month we pause to consider the significance of the railings and kneelers.*

### 'He gave us eyes to see them' - railings and kneelers



This month we visit St Nicholas' Church, Compton in Surrey. It is a very fine building with an unusual double sanctuary on two floors at the east end. Our eyes look up to see a gallery and an altar, and then at ground level is another altar surrounded by a glorious Norman arch with Jacobean railings and kneelers. As we enter this church, we realise with T S Eliot in *Little Gidding* that we are here 'to kneel where prayer has been valid.'

With the liturgical reform of the last century, it is customary in many churches to stand to receive Holy Communion. Sitting and standing seem the norms now for worship, in spite of all the beautifully embroidered kneelers that many churches boast. But open the *Book of Common Prayer*, and there is a multitude of rubrics on kneeling, whenever people gather for services. It is a posture that takes us back to those vivid images of Jesus praying on His knees in St Luke's Gospel, Peter kneeling to pray in Lydda, and the people kneeling on the beach with Paul in Acts 21.

The Psalmist invites us to kneel before the Lord our Maker, and Paul wrote to the Philippians, 'At the name of Jesus every knee should bend.' As we kneel at the Jacobean railings of St Nicholas, Compton or in our own churches, we are heirs to that tradition.

Cranmer in the Prayer Book said that kneeling was a sign of gratitude for benefits received. But it is more than that. Buildings like Compton church bring us to our knees quite naturally as we gaze and wonder at the beauty and majesty of the building. Kneeling is a sign of reverence and adoration of the God who inspired such architecture of old and who feeds us now in the sacraments.

*By the Revd Michael Burgess (Photo: Colin Smith / St Nicholas, Compton / Wikimedia Commons)*

### Easy Sudoku

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

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### Medium Sudoku

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

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Sudoku solutions page 26

# Puzzle Solutions

## Sudoku Easy Solution

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

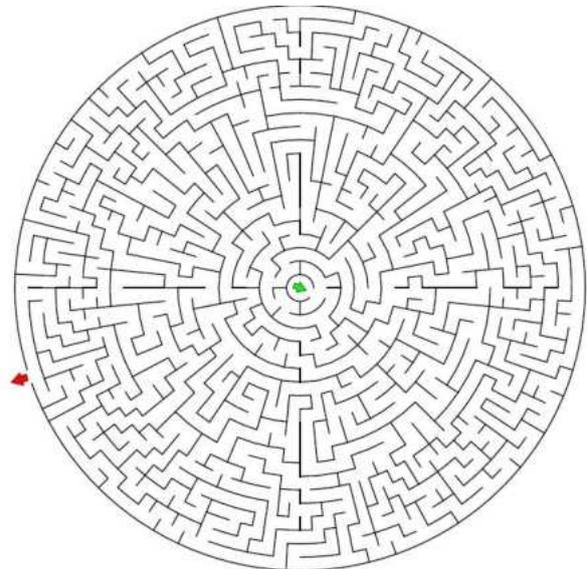
## Sudoku Medium solution

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

## Crossword Solution

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

Can you find your way out of the maze?



### What God won't ask when you die

- ~ God won't ask what kind of car you drove, He'll ask how many people you drove who didn't have transportation.
- ~ God won't ask the square footage of your house, He'll ask how many people you welcomed into your home.
- ~ God won't ask about the clothes you had in your closet, He'll ask how many you helped to clothe.
- ~ God won't ask what your highest salary was, He'll ask if you compromised your character to obtain it.
- ~ God won't ask what your job title was, He'll ask if you performed your job to the best of your ability.
- ~ God won't ask how many friends you had, He'll ask how many people to whom you were a friend.
- ~ God won't ask in what neighbourhood you lived, He'll ask how you treated your neighbours.
- ~ God won't ask about the colour of your skin, He'll ask about the content of your character.

# Church Teas 2026

All teas at St John the Baptist, Capel

Timings: 3pm—5pm

*\* Please see different time for Sunday 25th October*



**Sunday 15th March**

**Mothering Sunday**

**Sunday 5th April**

**Easter Sunday**

**Sunday 3rd May**

**Sunday 7th June**

**Sunday 12th July**

**Sunday 2nd August**

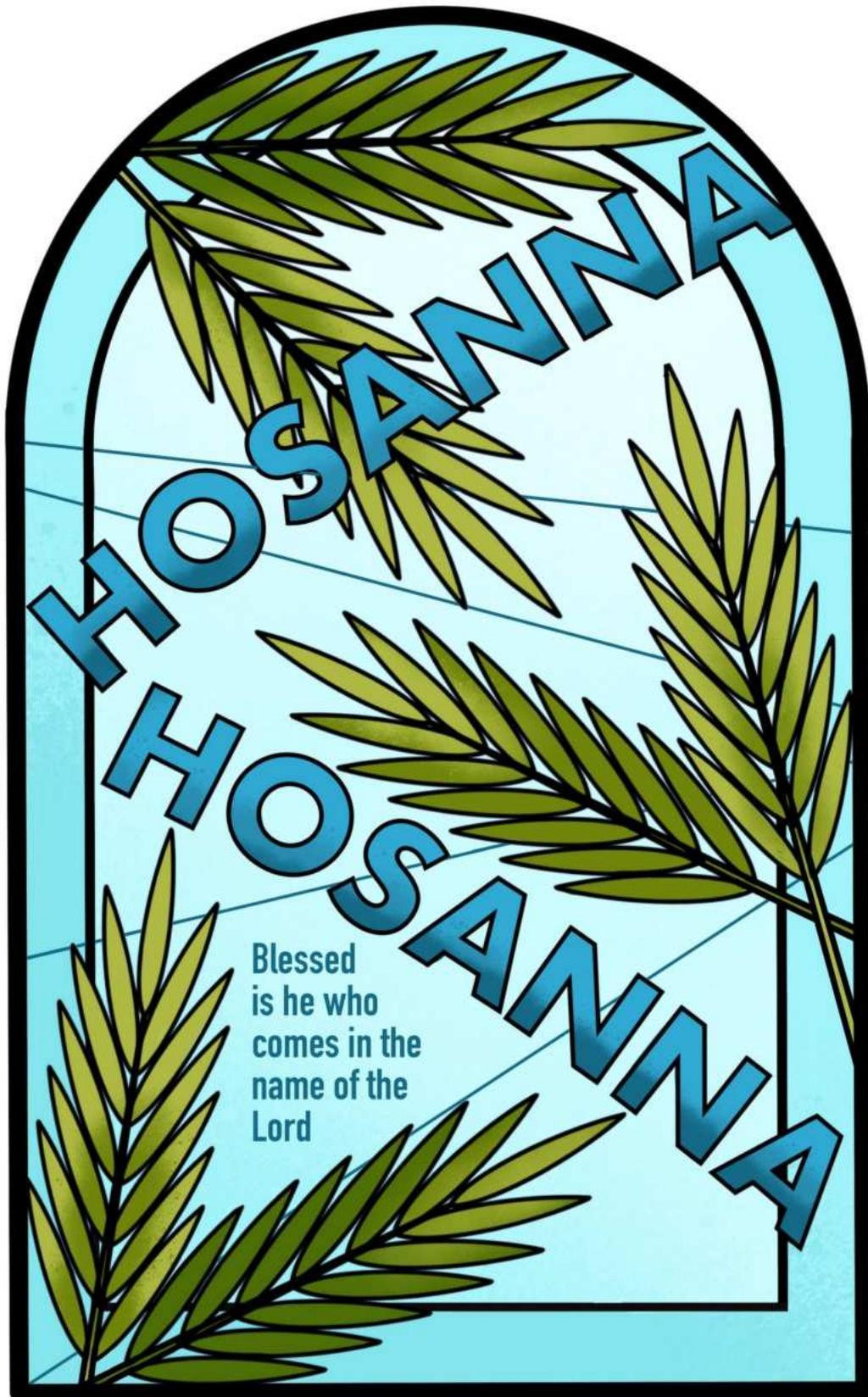
**Sunday 30th August**

**Sunday 27th September**

**Sunday 25th October \***

**\* Please note the tea begins at 4pm after the All Souls Service beforehand at 3pm**

**Sunday 29th November**



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