

InSpire

The monthly publication for the Parish of Capel & Ockley



InSpire magazine Issue 103 May 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

Copper, turned criminal, turned Christian!

Come and enjoy a delicious full English breakfast (healthier options also available) followed by a fascinating talk by Simon Pinchbeck.

After 23 years in the Metropolitan Police, Simon left the force and entered a life of crime. He plunged to the depths of despair, then totally turned his life around.

Come and hear his remarkable testimony!

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

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

Tickets are limited, so book early to avoid disappointment!

Thank You, from the Partridges

On the 22nd January Phil was taken up to St Georges Hospital, Tooting, and on the 24th a triple bypass heart operation was carried out. Phil is steadily continuing to make a successful recovery, and we just wanted to thank church, the community - and Suzanne (who set up a link to a few friends who prayed over this stressful and uncertain time).

Sue was at times very aware of being guided and protected by prayer. Phil has, in no uncertain way, learned the value of the NHS, our community and life itself, and some simple but crucial priorities in life. We should not take so many things for granted !

You will see Phil walking round the Recreation Ground and at the allotments, however his Glastonbury days may be over !

Love and Thanks to All,
Sue and Phil



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"A Christian is never in a state of completion but always in a process of becoming."

- Martin Luther

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www.capelandockleychurch.org.uk/inspire-magazine

This issue is sponsored by

Andrew Forsyth

in celebration of his and Bernice's wedding anniversary.

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

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Revd Liz writes

April's letter

Dear friends,

I hope you had a lovely Easter and are enjoying the warmer weather and spring flowers. It's a beautiful time of year, and our churches looked wonderful decorated for Easter. It was also great to see so many people at our Easter services.

After Easter, as we remember what happened next in the Bible. These are some of the most inspiring stories, describing how Jesus appeared to his followers after rising from the dead. One favourite story is about two followers walking from Jerusalem to a village called Emmaus. As they talk about Jesus' death, a stranger joins them—it is Jesus, but they don't recognise him. He explains how everything that happened was part of God's plan. Later, when they sit down to eat and Jesus breaks bread, they suddenly realise who he is—and then he disappears. It's an amazing story.

This month, we also celebrate Ascension Day, when Christians believe Jesus returned to heaven, 40 days after Easter. Then, nine days later, we celebrate Pentecost, when the Holy Spirit came to Jesus' followers. This is seen as the beginning of the church.

Pentecost reminds us that God's Spirit is with us and helps us connect with Him. Our new Archbishop of Canterbury, Sarah Mullally, has written a booklet about prayer during this time, which is available in our churches.

Recently, some of us have been taking part in the Alpha Course, which explores the Christian faith. We also spent a day at St James Church in Abinger Common learning about the Holy Spirit and how it fits with God the Father and Jesus the Son. Together, they are known as the Trinity, which we celebrate on Trinity Sunday this month.

This may all sound a bit complicated, but the most important message is simple: God is with us. He is with you wherever you are—in everyday life or in difficult times. He knows you and loves you. As the Bible says, we are "fearfully and wonderfully made" (Psalm 139:14).

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 01306 711260



CHURCH SERVICES AND EVENTS - MAY 2026

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

May

Sunday 3rd Fifth Sunday of Easter

9.30am Matins - Ockley
10.30am Family Communion - Capel
3-5pm Capel Church Teas

Sunday 10th Sixth Sunday of Easter

9.30am Holy Communion BCP - Ockley
10.30am The Sunday Session - Capel
Church for the curious, the questioning and the confused!

Sunday 17th Sunday after Ascension Day

9.30am Parish Communion - Capel

Sunday 24th Pentecost (Whit Sunday)

9.30am Holy Communion BCP - Ockley
10.30am Family Communion - Capel

Sunday 31st Trinity Sunday

9.30am Parish Communion - Ockley
11am **APCM** - St Margaret's Ockley - everyone welcome

June

Sunday 7th Trinity 1

9.30am Matins - Ockley
10.30am Family Communion
3-5pm Church Teas - Capel

Some other events in May:-

My Wishes, My Way

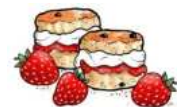
May 7th 7.30pm An event with Dandelion Farewells
Bookable in advance. See more information on page 23

***Christian Aid Week
Breakfast Together***

10th—16th May - see more details on page 30
Saturday 16 May 2026 8.30am – Okewood Village Hall with
Guest Speaker, Simon Pinchbeck (see details on page 2)

Capel Church Tea dates 2026

See page 29
Also available on
our website



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

NEWS from the Pews

From the Registers



Holy Matrimony

We celebrate the marriage

of

**Jessica Jane Trigg and Steven
Thomas Halkyard**

26th March 2026

St Margaret's Ockley

Annual Parochial Church Meeting (APCM)

This year's APCM will be held at

*St. Margaret's church at 11 am
on Sunday 31st May 2026.*

Everyone welcome

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

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 Meeting Dates for 2026

16th March

11th May

31st May APCM - See more info below.

13 July

7th September

9th November

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:

Honey
Marmalade
Sugar
Hand Wash
Tinned fruit
Washing up liquid

'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)



Russian clerics want more Ukrainian land, and praise the Ayatollah

A senior cleric in the Russian Orthodox Church, Metropolitan Kirill (Pokrovsky) of Stavropol, has recently called for Russia to move in and occupy even more Ukrainian territory.

His call came as the war entered its fifth year. Metropolitan Kirill is the Church's director for relations with the armed forces.

He said: "If the Western satanists fail to withdraw, and the current junta still controls territory, the Orthodox Church's persecution will continue, and Russia will need to go further, occupying Odessa and Kiev as well."

He urged Russian forces to continue "giving themselves for the safety and prosperity of the people," and said that President Zelensky could be "eliminated by a missile."

Meanwhile, following the assassination of Iranian Supreme Leader Ayatollah Ali Khamenei on 28th February, Patriarch Kirill of Moscow, head of the Russian Orthodox Church, sent a message of condolences to the President of Iran, Masoud Pezeshkian. In it, he praised Ayatollah Ali Khamenei, as "a man of deep religious convictions, a spiritual and national leader strong in spirit and character."

World Council of Churches condemns Russia's mass abduction of Ukrainian children

The World Council of Churches (WCC) has responded with grave concern to a recent United Nations commission that has confirmed Russia's mass abduction of Ukrainian children.

"These actions are a shocking violation of the God-given dignity of every child and the sanctity of family bonds", said the WCC's general secretary, the Revd Professor Jerry Pillay.

"The deliberate removal and relocation of children for political or ideological purposes is fundamentally incompatible with international law, morality and Christian values."

Professor Pillay was responding to a report by a UN-appointed Independent International Commission of Inquiry, which said that Russia had committed crimes against humanity by forcibly deporting Ukrainian children during and after its February 2022 invasion.

Vatican says people with Down syndrome are of 'equal dignity'

The Vatican has affirmed that a person with Down syndrome has the same dignity and sacred value as any other.

It firmly rejects prenatal screening and the selective termination of pregnancies, where the condition has been diagnosed in the unborn child.

The Holy See's Apostolic Nuncio in Geneva, Archbishop Balestrero, said that "persons with Down syndrome are more than a diagnosis, more than a condition, and certainly more than the limits others may imagine.

"All of them, like all of us, possess the same inherent dignity and sacred value, intentionally and lovingly imprinted by the Creator from the very first moment of conception."

The Vatican recently released the statement on World Down Syndrome Day (21st March).

Abortion law changes: Bishops take part in House of Lords debate

Eleven bishops joined a recent late night sitting in the House of Lords to debate proposed changes to the law on abortion.

A clause in the Crime and Policing Bill, inserted in the House of Commons last year, will disapply the existing criminal law for women who access an abortion outside the legal limits.

This means that a woman seeking an abortion outside the terms of 1967 Act – which regulates the term limit - could not be prosecuted for doing so. However, providers could still be investigated or prosecuted.

The Archbishop of Canterbury, Sarah Mullally, took part in the debate, alongside the Bishops of Chelmsford, Coventry, Chester, Leicester, Southwell & Nottingham, Portsmouth, Sheffield, Chichester, Hereford and Oxford.

Archbishop Sarah spoke in support of an amendment brought by Lady Monckton, to reject the clause altogether.

“Decriminalisation of abortion is a question of such legal, moral and practical complexity that I do believe it cannot be properly addressed in an amendment hastily added to another bill,” she told Peers.

“Consideration of any alteration to our abortion laws needs public consultation and robust Parliamentary processes to ensure that every aspect of this debate is carefully considered and scrutinised.”

She also spoke in support of amendments from Lady Stroud and the Bishop of Leicester which would reinstate in-person consultations before drugs for the termination of a pregnancy could be prescribed, which were provided before the Covid-19 pandemic. The Bishop of Leicester, Martyn Snow's amendment related to those under 18.

“Women confronted with the very complex and difficult decision to terminate a pregnancy deserve our utmost understanding, care and practical support as they face what is often a heart wrenching decision,” she said.

“However, I cannot support Clause 208 as it stands.

“Though its intention may not change the 24-week abortion limit, it undoubtedly risks eroding the safeguards and enforcement of those legal limits and inadvertently undermining the value of human life.”

Lady Monckton's amendment was lost by 185 votes to 148. Bishop Martyn's amendment fell by 163 votes to 68.

CARE's Director of Advocacy and Policy, Caroline Ansell, said, “We are deeply troubled and grieved by the outcome in the House of Lords on the amendments relating to abortion.

“By rejecting the opportunity to remove the highly controversial clause allowing women to abort their own babies up to birth without legal consequences, Peers have instead endorsed a dangerous principle which may prove truly terrible in practice with more, not fewer, women taking desperate and risky steps to end late term pregnancy.

“Tiny lives will be lost before they have begun. If the mark of a just society is how we treat the most vulnerable, what does this say about us?”

Peers also rejected a bid to make it mandatory for a pregnant woman to have an in-person consultation before lawfully being prescribed medicine for the termination of a pregnancy at home.



LOVE IS ALL YOU NEED?

It's nice, when writing a monthly column like this, to try to keep abreast of what's happening in the world and make some sort of connection between the news and faith. But that's pretty near impossible at moment. For a start, these articles have to be handed in to our esteemed editors a couple of weeks prior to publication and I've no idea what the world will look like by the time you get to read this! Any sense of "normal service" being resumed disappeared a long time ago. And how can you offer any reflections on faith in a world where leaders think it is acceptable to parody Jesus, insult the leader of the Catholic faith, publish their own editions of the bible, propose the extinction of an entire civilisation and use verses of scripture in nationally broadcast prayers that don't come from the bible at all but from a Hollywood movie - and Pulp Fiction at that!

Actually, it's very easy to turn to the bible and find all of these things being predicted. These are the words attributed to Jesus in Matthew 24. *"At that time many will turn away from the faith and will betray and hate each other, and many false prophets will appear and deceive many people. Because of the increase of wickedness, the love of most will grow cold, but the one who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come."* Is that how it feels to you at the moment? That false prophets are deceiving millions of people; that evil is growing while love grows cold? What hope is there when even the Son of God knows that the world is going to hell in a handcart? Where can we, can I, find comfort, hope and security?

I find the answer to these questions in the very person who predicted the chaos and misery that seems to fill the news headlines every day. I love the fact that Jesus never shied away from facing up to difficult situations. I love the fact that Jesus was *always* drawn to the underdog, the suffering and the afflicted. I love the fact that Jesus spoke words of love, inclusion and forgiveness *even* when he was crucified! And there is the key word. LOVE! It's the foundation of faith. *"For God so loved the world that He sent His only Son"* the bible tells us. In the Gospel of John he writes, *"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. We love because he first loved us"*. So, in a world where it is difficult (impossible?) to love those who wreak so much death and destruction on the innocent, perhaps the best, our only option is to turn to God and pray that He will love those that we find unlovable. And in doing that, may He remind us that love starts with the simple actions and words that we share within our community. Let us be the example that that St. Paul talks about in 1 Corinthians. *"So now faith, hope, and love abide, these three; but the greatest of these is love."*

The next **Sunday Session** is on 10TH April May we'll be at looking grace - the unmerited favour of God. 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

The Revd Michael Burgess continues his procession through a church building, this month pausing to consider the significance of the church windows.

'He gave us eyes to see them' – Stained Glass windows

You may know the story of the little girl with her family during a guided tour around a cathedral. As the bright sun streamed through one of the windows, she asked the guide who were the people depicted there. "Those are the saints," he replied. Later that evening the girl told her mummy, "I know who the saints are." "Do you, dear? Who are they?" the mother asked. The little girl replied: "They are the people who let the light shine through."

When the summer sun rises, its light catches the east window of a church I look after. It shines through the figures and colours of the Annunciation scene to bathe the chancel in a warm glow. Later as the sun sets, it shines once again through the west window showing Christ surrounded by angels, with the same wonderful effect. They are two stained glass windows by the Victorian designer, Kempe. But in St Mary's Church, Fairford in Gloucestershire, there are an incredible 28 windows of medieval glass that have survived the centuries and continue to astonish the visitor.

As the sun catches this array of windows, the colours take on a new, vibrant life. We see scenes in the life of our Lord and our Lady, Old Testament prophets, New Testament apostles and the communion of saints. The eye moves round and we reach the west window portraying Christ in majesty and the day of judgement. This great work has been attributed to the royal glazier, Barnard Flower, who was influenced by the late medieval illuminated prayer books. The windows are a living witness to his skill and faith.

George Herbert has a poem that calls us to shine out like the church windows. It is easy, he says, to be "brittle crazy glass", but in God's good grace we can become like a window where colours and light, belief and life can combine and mingle to radiate out into the world.



Photo: *St Mary's Fairford*
(from *Parish Pump*)

Pentecost

Canon Paul Hardingham considers the day the 'church' began.

The power of Pentecost

The celebration of Pentecost this month could be described as a birthday party for the church, when we remember the gift of the Holy Spirit to the first disciples (Acts 2:1-13). What are we celebrating?

God's Promise:

The disciples obeyed Jesus' instructions as they gathered in the Upper Room: *'Do not leave Jerusalem, but wait for the gift My Father promised'* (1:4). They met expectantly in prayer for God's promised gift. Just as we look forward to birthday presents, how eager are we to receive more of the Spirit in our lives?

God's Power:

'All of them were filled with the Holy Spirit' (4). The disciples needed the power of the Spirit to be different: not fearfully gathered behind locked doors, but instead energised to make Christ known. The Spirit can transform our lives into the likeness of Jesus and give gifts to equip our witness. Although the disciples' experience of this power was overwhelming, it was essentially an encounter with God's love. For us, this can be equally emotional or quiet, but *all* of us are included, and nobody is excluded from this experience.

God's Purpose:

The disciples *'began to speak in other tongues as the Spirit enabled them.'* (4). The Spirit empowered their witness, so that everyone heard them speaking in their own *'native language'* (lit: *dialect*, v8). We all have a story to tell of God's activity in our lives, and the Spirit will translate our words and actions into a language that those around can understand! At Pentecost, 3000 people were added to the Church in one day! What do we expect of the Spirit in our day?

'Let the church return to Pentecost, and Pentecost will return to her. The Spirit of God cannot take possession of believers beyond their capacity of receiving Him' (Andrew Murray).



‘Thy Kingdom Come’ – global prayer movement marks ten years

This year the global prayer movement *Thy Kingdom Come* (TKC) will take place from Thursday 14th to Sunday 24th May.

Spanning the 11 days between Ascension and Pentecost, the initiative encourages Christians to pray for five people whom they know (friends, families, neighbours) to come to faith.

This year is a special one for *Thy Kingdom Come*. It was ten years ago, in 2016, that it began as a call to prayer from the Archbishop of Canterbury and the Archbishop of York.

TKC has since grown into a global wave of prayer, involving tens of millions of Christians, in dozens of denominations, in almost 90% countries worldwide.

To mark these first ten years, the new archbishop, Sarah Mullally, has written a Novena for the initiative.

This year’s theme is ‘God With Us’. With the help of leaders from across the church traditions, TKC will explore a different Bible story each day, one which demonstrates God’s transformative presence, power and love at work in the lives of people and communities.

More information at: <https://www.thykingdomcome.global/>

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 the month of Pentecost

Luke 11:11-13

Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him!

John 14:15-18

If you love me, keep my commands. And I will ask the Father, and He will give you another advocate to help you and be with you forever - the Spirit of truth. The world cannot accept Him, because it neither sees Him nor knows Him. But you know Him, for He lives with you and will be in you. I will not leave you as orphans; I will come to you.

Titus 3:4-7

But when the kindness and love of God our Savior appeared, He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom He poured out on us generously through Jesus Christ our Savior, so that, having been justified by His grace, we might become heirs having the hope of eternal life.

Bible Society says its *Quiet Revival* report was based on a ‘faulty’ survey

The Bible Society has said that the survey sample on which its report the *Quiet Revival* was based was “faulty, and it can no longer be regarded as a reliable source of information about the spiritual landscape in Britain”.

In a recent statement, the Bible Society’s CEO, Paul Williams, said: “We are. . . deeply disappointed that YouGov not only made an error but also that it only discovered this so recently.”

YouGov’s CEO, Stephan Shakespeare, apologised, saying: “YouGov take full responsibility for the outputs of the original 2024 research, and we apologise for what has happened. We would like to stress that Bible Society has at all times accurately and responsibly reported the data we supplied to them.”

When it was published last April, the report suggested that churchgoing among young people, particularly men, in England and Wales was growing, but not in the Church of England.

The report compared two weighted YouGov polls on churchgoing and Christianity, conducted online in 2018 and 2024, of 19,101 and 13,146 adults respectively. This was supplemented by fieldwork carried out between 4 November and 2 December 2024. The report suggested that this showed “dramatic growth” in church attendance, owed largely to younger generations.

The report was subject to criticism, most recently by the Pew Research Center, which said that such reports “may be misleading” because they “canvass members of *opt-in* panels who have signed up to participate, often in response to website ads or email campaigns”, as opposed to surveys using random samples, which, Pew said, “do not show clear evidence of a Christian resurgence”.

Thursday’s statement by Mr Williams said that the Bible Society “recognise that this news may feel discouraging and we share that sense of disappointment.

“Over a 15-month period, Bible Society repeatedly sought and received assurances from YouGov, regarding both the robustness of the methodology and the reliability of the report’s conclusions. It was only at the beginning of March that YouGov confirmed that it failed to activate key quality control technologies that protect the sample from a wide range of errors and this undermines the reliability of the results.”

None the less, Mr Williams’s statement said, there was “plenty of other evidence that indicates that more people are finding faith today than for many years.

“We think Christianity in Britain is increasingly moving from being a declining nominal faith to being a committed and active faith; there is greater spiritual openness than in the past and a greater warmth towards faith and religion.”

Church bells rang for the first time in Betws-y-Coed

Those of us who enjoy visiting Betws-y-Coed will be glad to know that the bells at St Mary’s Church in Betws-y-Coed were rung for the first time at a church service this Easter, following the completion of a major restoration project.

Although the church was built with plans for a full ring of bells, that work was never completed. More than 150 years later, the tower now has a full set of bells in place.

Eight of the bells were brought from St John’s Church in Porthmadog, after its closure in 2024. They had been cast by John Warner & Sons, with six dating from 1900 and two added in 1902. The remaining bell, cast in 1873 for Betws-y-Coed by John Warner of London, has been restored and rehung as the clock and chiming bell.

Work on the installation included cleaning and tuning the bells, removing original fittings and installing new headstocks. A new base frame was designed using sections from the Porthmadog installation, supported by the original beams in the tower. The church clock mechanism has also been replaced so it can now chime the hour.

The project has cost around £100,000, funded mainly through grants, including support from the Keltek Trust, Hobart Trust and Bernard Piggott Trust.

High Days & Holy Days

24th May - John & Charles Wesley, evangelists & hymn-writers

John and Charles Wesley were the founders of Methodism. Two of 19 children born to Samuel and Susannah Wesley of Epworth Rectory in Lincolnshire in 1703 and 1707, their father was the local rector, while their mother was a spiritual inspiration to her many children.

Both John and Charles went to Christ Church, Oxford (1720 and 1726). John was ordained, and Charles and some friends formed a 'Holy Club' while still at college. It consisted of men who dedicated themselves to Bible study, prayer, fasting and good works. Such regular disciplines soon earned Charles the nickname 'Methodist'. The name stuck.

Both Charles and John felt called to the mission field, and so in 1735 they sailed to Georgia. Their time among Indians in America was not a success – they struggled for any real spiritual authority in their ministries. Feeling failures, they returned to England in some depression. John summed it up: "I went to America to convert the Indians; but, oh, who shall convert me?"

Then the Wesleys made friends with some Moravians. They stressed that salvation cannot be earned, but instead must be received by grace through faith in Christ. Charles was the first to experience this 'true' conversion, when on Pentecost Sunday, 21st May 1738, he wrote that the Spirit of God 'chased away the darkness of my unbelief.'

Only three days later, on 24th May 1738, it was John's turn. As he wrote in his journal: "In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading Luther's preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed."

John and Charles Wesley then devoted the rest of their lives to sharing the Good News of Jesus Christ. In doing so, they turned England upside-down. When the established Church threw John out, he took to the fields, preaching to coal miners and commoners. His itinerant evangelism took him 250,000 miles on horseback and to preach over 40,000 sermons. His small 'societies' attracted some 120,000 followers by the time of his death.

Charles became the most prolific and skilled hymn-writer in English history, writing hymns that are sung widely today, such as 'Love Divine, All Loves Excelling.' In all, he wrote more than 6,000 hymns.

The legacy of the two brothers lives on. As well as Methodism, their teaching has widely impacted the holiness movement, the Pentecostal movement, and the charismatic movement.

The hymns of the Wesleys

The Church calendar celebrates the lives of John and Charles Wesley. John's great gift to the Christian cause was the little matter of founding the world-wide movement known as Methodism. His brother Charles had an equally profound impact through his hymns. The majority of his many hymns are not sung these days, but among the ones we do still sing are all-time favourites – 'Love divine, all loves excelling', 'O for a thousand tongues to sing', 'Jesu lover of my soul', 'Hark the herald angels sing' – and scores more.

40 years ago, almost everybody knew quite a lot of hymns, but sadly that's no longer true. Traditional hymns are not usually sung at school assemblies, not even in church schools, and while the audience for 'Songs of Praise' on BBC TV is substantial, most of those watching are older people.

Nowadays, with only about five per cent of the population going to church, there is inevitably a lack of familiarity with hymns of any kind. Christmas carols are an exception, as is 'Jerusalem' and 'Amazing Grace', because they are frequently heard outside church.

Singing hymns is a wonderful experience at its best – just ask a Welsh rugby crowd singing 'Bread of heaven'! It seems a pity to lose it.

It's not a bad idea to take ten minutes and think about what is your favourite hymn – ancient or modern doesn't matter. Then try singing it in the bath or under the shower – a very purifying experience!

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

The Seven Deadly Sins: Lust

'Lust is the craving for salt by a man who is dying of thirst' (Frederick Beucher).

This month's Deadly Sin is *lust*. It is usually understood as an intense desire for sexual pleasure, but can include other things eg food, success or fame. Objectifying a person for our own selfish pleasure can leave us feeling guilty, ashamed or disappointed. Our relationship with God is spoilt, as we create an area of life which is not under God's authority. As Jesus says: *'You have heard that it was said, "You shall not commit adultery." But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.'* (Matthew 5:27,28).

How can we deal with lust in our lives?

Confess it to God: 'If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.' (1 John 1:9). Lust feeds on secrecy, yet God already knows our thoughts and desires. Focus on Jesus, who loves and accepts us for who we are. Confess our desires to Him, knowing that He wants to cleanse us of our sin.

Renew your Mind: 'Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will.' (Romans 12:2). Overcoming lust requires an understanding of our thinking. We need to acknowledge when lust affects us, understand the triggers for our thoughts (circumstances, time) and address them by asking for God's strength to overcome them.

'Lust is a poor, weak, whispering thing compared with that richness and energy of desire which will arise when lust has been killed.' (CS Lewis).

National Smile Month - 11th May - 11th June

National Smile Month is 50 years old this year. It is the UK's largest and longest-running campaign to promote good oral health, aiming to encourage people to brush twice a day with fluoride toothpaste, to cut down on sugar, and to visit the dentist regularly. Organised by the British Dental Health Foundation, the website offers the following snippets:

Some fun facts about your teeth:

- It takes 43 muscles to frown, but only 17 to smile.
- Some people pick their teeth with keys, earrings, bank notes and even screwdrivers!
- The going rate given by the tooth fairy these days is £2 to £5
- 61% of us have been attracted to someone by their smile alone
- 24% of us would share our toothbrush with our partner, but only 6% of us would share our toothbrush with a celebrity (!)
- Two thirds of us have less respect for a boss with bad breath.



"Whilst I appreciate the thought, would whoever it is please stop tweeting, 'So far, so good...?'"

PRAYERS, PROSE & POEMS

Promise of the Father

(Lk24:44-53, Heb 11:1-3)

Blessing led to leaving,
and leaving to a new coming,
a coming in power and joy
to worship and to witness
to God's plan fulfilled
in the reality of Jesus, living.

This is the promised day,
the day of clothing
with power and presence,
and a fresh sending
of those with opened eyes
in every generation,
releasing hope and faith-filled certainty,
making sense of everything.

Come Holy Spirit, clothe me, send me.

By Daphne Kitching



Christ is All-in-All

We hold you and your treatment
at the heart of every prayer,
And we ask our God who loves you
Just to hold you in His care.

May He make His presence known
To you in every way He can
While the healing balm of Christ is placed
In the hands of mortal man.

So may the good Lord bless you
As He holds you in His grace;
And may He ever let His peace
Be known in every place

Where your journeying will lead you;
In whatever may befall:
That you will know in everything
How Christ is all-in-all.

By Sam Doubtfire

Fill me with Your Spirit, Lord

Fill me with Your Spirit, Lord,
Fill me with Your love.
Fill this empty heart of mine,
Come down gentle dove.
You see all my self-concern,
Lovelessness and pride;
Help me open up my heart,
Place Your love inside.

Fill me with Your Spirit, Lord,
Fill me with Your power.
Give to me Your source of strength,
From this very hour.
You have seen me trying hard,
Failing every time,
Show me how to let You now,
Live Your life in mine.

Fill me with Your Spirit, Lord,
Fill me with Your joy.
Give to me that happiness
Nothing can destroy.
Even when my sufferings
Point me to despair,
May I know that joy inside
Just because You're there.

Fill me with Your Spirit, Lord,
Fill me with Your peace,
Quieten all the turbulence,
Bid my struggles cease.
Often my anxieties,
Fill my life with stress,
Show me how to let them go,
Give to Me your rest.

By Howard Webber

*"My Heart is filled with happiness
And sweet rejoicing, too.
To walk with God is perfect peace,
A joy forever new"*

Author unknown

*"Under His wings, what a refuge in sorrow!
How the heart yearningly turns to His rest!
Often when earth has no balm for my healing,
There I find comfort, and there I am blessed."*

William Cushing

(Both quotes taken from 'In the Shelter of His Wings—
Resting in God's Tender Care).

Deacon's diary

Dear friends,

Easter provided a wonderful start to the month with the backdrop of woodlands filled with bluebells and other spring flowers.

For me, the special weekend began on Maundy Thursday with the chrism service in the cathedral when the clergy of the diocese receive the oils for the coming year to be used in anointings at baptisms and other special services. I have to wait until after I am ordained a priest at the end of June before I can use mine, but I am looking forward to this very much indeed. One special service led to another as that evening I washed the feet of some brave parishioners in Capel church. This may sound rather odd, but it is the occasion when we commemorate that last evening of Jesus's life when he had washed the feet of his disciples. By doing this he was giving his disciples an example of how he expected them to treat each other.



Good Friday brought with it services involving music and art. In the morning, we heard St Matthew's passion read and sung as chorales by the choir in Capel church. In the afternoon we looked at some different pictures painted by artists through the centuries of the different events leading up to and including the death of Jesus. A true feast for the senses!

Easter Day involved the traditional Easter egg hunt in Ockley churchyard, but as I was preaching at the services at both churches, I was unable to linger and have since been informed it is possible that one of the plastic eggs may still nestle somewhere in St Margaret's churchyard!

My broken foot has meant that over the last few weeks I have not engaged with all my usual activities in the community, but I was privileged to conduct an internment of ashes in Ockley churchyard and the children in Capel school were very considerate as I led their weekly school assembly sitting down.

One huge advantage of having had to spend so much of the last six weeks sitting down with my foot up has been that I have finally begun to reduce my reading pile. As a curate it is hoped by the diocese that I find time to continue reading, although my formal studying of lectures and essays is completed and, to be honest, this is something that has not been easy as there is just so much going on in the parish! However, one of my recently completed reads was Sarah Clarkson's 'Reclaiming Quiet' recounting her experiences of trying to carve out enough time in a busy schedule to just have a few minutes each day when she might catch the whisper of the quiet voice of God. Please let me know if you would like to borrow this...

As this goes to print, I am delighted to report that I have discarded my special boot and crutches and am once more engaging with the world. I have just returned from a wonderful evening service at St. Martin's, Dorking, with music composed by our old friend from South Holmwood, Rev Barbara Steadman Allen, and played by an incredibly talented saxophonist.

The final few days of this month entails Ockley Village lunch, the alpha course meeting, school assembly, pavilion café, Toddlers, some parish visiting, after-school church club and a meeting excitingly entitled 'Heads and Revs'. This last event is a diocesan-wide meeting of the school headteachers and the vicars of their respective parishes to discuss opportunities for spirituality and the Christian faith to be explored in schools and for the connections between churches and schools to be closer. With the move of Scott-Broadwood School from Capel to the Weald happening at the end of this summer term, I am looking forward to helping keep our ties with the school as close as possible. I am hoping this meeting will generate as many ideas and suggestions as it has in the past.

As we continue to be blessed with sunny weather and longer evenings, please do let Rev Liz or me know if you would like a prayer for anyone or a situation which sits on your heart at this present time.

Best wishes,

Rev Gill Christie

curate@capelandockleychurch.org.uk 01306 711917

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

Reflecting Faith: The Creed (Part 1)

There are various sections that make up a Communion service. While different denominations, and different styles of churches even within the same denomination, may do things differently, generally speaking they all include the same foundational elements.

So, after the Bible readings, and then sermon, what follows next?

In Common Worship (CW) we 'immediately' jump to our feet and proclaim our faith!

If you follow the Book of Common Prayer (BCP), the Creed comes between the Gospel reading and the sermon – which is my excuse for forgetting to say it more than once when I've conducted the latter service first (if you get what I mean) on a Sunday morning.

The question is, 'Why is it placed here?' Wouldn't it make more sense to have it at or close to the beginning of a service; so that we can be sure everyone in the congregation is on the same page, so to speak.

Or why not at the end, just before we go out into the world taking our faith with us?
Why here?

When (BCP) it follows directly after the Gospel reading, it's as though having heard the words of Jesus we rush to say 'I believe that. I believe in who said it. And I believe in ... etc etc.' Rather like after your favourite team has scored a goal!

Where we've had the sermon first (CW), it's as though the 'explanation and contextualisation' by the preacher makes it so plain that we can do nothing less than join together and reaffirm our baptismal faith.

This month

Pause for a moment before you say the Creed next time and consider where in your service it is placed. What has encouraged you to be able to say it from your heart? Was there a word, phrase or sentence that particularly gripped you and prompted you to your feet? Or was it just words written on the service sheet with a direction to stand?

High Days & Holy Days -

NEW - 28th May - Gizur of Iceland

If you have ever cruised to Iceland, you'll know just how far off the beaten track it is. You may wonder how anybody in ancient times managed to survive all those miles of icy water to even find the place.

But it seems that Irish hermits in the early Middle Ages did find it, and so first brought Christianity to its shores. Then by the tenth century Norway had sent in missionaries, and the struggle was on for the Faith of Iceland, between paganism and Christianity. And so, the scene was set for the life and work of Gizur of Iceland.

Gizur came from a Christian Icelandic family – both his grandfather and father were bishops. Gizur seems to have been greatly respected: Harold Hardrada, the Norwegian military leader, described Gizur as fit to be either a king, a leader of Vikings, or a bishop.

Gizur chose to become a bishop and played a key role in the establishment of Christianity in Iceland. Not only did he manage to grow the church and then organise its neat division into two dioceses, he seems to have been involved in the development of its sagas, poetry and history, as well as explorations of Greenland and Newfoundland.

But Gizur's biggest moment came before he was a bishop. He was chosen by the Icelandic people to be the one to choose whether Iceland would remain pagan, or would adopt Christianity. After some time in seclusion, Gizur announced that there should be Christian religion, but Icelandic law. Thus, Christian worship was officially established, but people were permitted to worship their heathen gods in private, and to abandon any unwanted infants to perish of the cold. (These concessions were abolished within a few years, as the people absorbed Christian values.)

Helping people caught in crisis in the Middle East

At Pentecost, we think back to that morning in Jerusalem when the Church was born. So this month, as we celebrate Pentecost, it is good to know that many Christian agencies are working hard out there in the Middle East now, to help the suffering people of Gaza, Lebanon, Israel, the West Bank.... Not to mention all the other countries where bombs are falling and people are running for their lives.

Many of the Christian agencies work through local partners to provide essential supplies like food, water, and hygiene kits, alongside psychosocial support. If you would like to help to support this work, you could send funds through various key organisations:

Caritas Jerusalem; Christian Aid; Embrace the Middle East; Friends of the Holy Land; Help the Persecuted; Medair; Mosaic Middle East; Samaritan's Purse; and Tearfund

Trinity Sunday

The divine nature is really and entirely identical with each of the three persons, all of whom can therefore be called one. 'I and the Father are One'. - St Thomas

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: Ezekiel

Ezekiel was a prophet who proclaimed judgment to God's people in the 6th century BC. He was among the group of Jews exiled in Babylon by Nebuchadnezzar. Ezekiel received his call when he was 30 years old through a vision of the glory of God. His ministry finished 22 years later with a vision of the restored Temple in Jerusalem.

Ezekiel spoke to a community forced from its home, who had broken faith with God. He presents a God who rules over all people and history. He is a God who desires to be known and acknowledged (*'then they will know that I am the Lord'*). As a priest, Ezekiel was deeply concerned with the holiness of God. This call to holy living includes an emphasis on individual responsibility (chapter 18), which is a significant milestone in biblical thought.

Ezekiel offers a vision of true hope for those who have undergone judgment. He promises a restored Temple as a sign of God's presence among his people. He also promises a future *'prince'* who will rule with justice and restore God's relationship with his people (34:23-4).

In restoring them morally and spiritually, God promises to use them to bring light to the Gentiles. They will demonstrate the holiness of God's name, because they will know him from the heart. This is the promise that is fulfilled in Jesus and made possible for us:

'I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.' (36: 26-27).

24th May - Day of Pentecost, Whit Sunday



Pentecost took place on the well-established Jewish festival of First Fruits, which was observed at the beginning of the wheat harvest. It was seven weeks after Easter, or 50 days including Easter.

A feast day to celebrate the country's wheat harvest does not sound exactly world-changing, but that year, it became one of the most important days in world history. For Pentecost was the day that Jesus sent the Holy Spirit - the day the Church was born.

Jesus had told His disciples that something big was going to happen, and that they were to wait for it in Jerusalem, instead of returning to Galilee. Jesus had plans for His disciples, but He knew they could not do the work themselves. They would need His help.

And so, they waited in Jerusalem, praying together with His other followers, for many days. And then on that fateful morning there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues, to the astonishment of those who heard them. The curse of Babel (Genesis 11: 1- 9) was dramatically reversed that morning.

That morning the Holy Spirit came to indwell the disciples and followers of Jesus. The Church was born. The Christians were suddenly full of life and power, utterly different from their former fearful selves. The change in them was permanent.

Peter gave the first ever sermon of the Christian Church that morning, proclaiming Jesus was the Messiah. His boldness in the face of possible death was in marked contrast to the man who had denied Jesus 50 days before. And 3,000 people responded, were converted, and were baptised. How's that for fast church growth!

Of course, Pentecost was not the first time the Holy Spirit had acted in this world. All through the Old Testament there are accounts of how God's Spirit guided people and strengthened them. But now, because of Christ's death and resurrection, He could INDWELL them. From now on, every Christian could have the confidence that Jesus was with them constantly, through the indwelling of His Holy Spirit.

31st May - Without the Trinity, there is no Christianity

The Trinity is easier to say than to explain. Christians believe in one God, made up of three equal Persons. It is fundamental to the Nicene Creed, which sets out the definitive doctrine of the Trinity for more than two billion Christians worldwide, including all Roman Catholics, Eastern Orthodox, Anglicans, Lutherans, Presbyterians and Reformed Christians.

The theologian Ian Paul, writing on the Book of Revelation, points out that chapter five has a wonderful depiction of the Trinity in action. He writes: "... another figure appears in the drama, the lion who looks like a lamb. ... Here is the one who fulfils the hopes of God's people Israel, as the promised anointed Davidic king who was to come. Here is one who is fierce and powerful enough to conquer their enemies, and tear them apart.



"And yet when John sees Him, He is like a weak and vulnerable lamb who has been slaughtered, just as the Passover lamb eaten by the people, the suffering servant who was 'wounded for our transgressions' and the lamb offered as an atoning sacrifice. He is the one who *was* slain, but *now* stands, and shares the throne with God, and with Him sends the Spirit to enact His will on earth. Here we have the most explicit (and perhaps the most complex) Trinitarian statement in the whole New Testament."

From the Revd Dr Ian Paul's blog at: <https://www.psephizo.com/revelation/what-does-rev-4-5-tell-us-about-the-trinity/> (dated May 17, 2017)

LETTER FROM THE EDITOR

Dear friends,

Welcome to issue 103, May 2026. Much this month's issue features articles on **Pentecost** (24th May, previously known as Whit Sunday) and the Holy Trinity on **Trinity Sunday** (31st May). The Holy Trinity is always a difficult concept to grasp. "*The Trinity is easier to say than to explain. Christians believe in one God, made up of three equal Persons*"; so says Revd Dr Ian Paul on page 21. There is also a link there to his blog. Do see the history of Pentecost, also on page 21. It "*took place on the well-established Jewish festival of First Fruits, which was observed at the beginning of the wheat harvest. It was seven weeks after Easter, or 50 days including Easter.*"

As well as our own services and events in May, there is an interesting event being hosted by Dandelion Farewells, called '**My Wishes, My Way**' on 7th May and you can find out more on the opposite page (23) and on the back cover. There are also invites and flyers in our churches for this event. From 10th—16th May, it is '**Christian Aid week**'. You can find out more about this annual event on page 30. As always, we highlight some of the 'High Days and Holy Days' each month and do see page 19 for more on **Gizur of Iceland** who is remembered and commemorated on 28th May each year. "*Gizur chose to become a bishop and played a key role in the establishment of Christianity in Iceland. Not only did he manage to grow the church and then organise its neat division into two dioceses, he seems to have been involved in the development of its sagas, poetry and history, as well as explorations of Greenland and Newfoundland.*" So many of the names of those commemorated each month do not immediately bring recognition to me and I'm always fascinated to learn how so many people from humble beginnings do extraordinary things in faith. Also, don't forget there is a guest speaker Simon Pinchbeck joining **Breakfast Together** at 8.30am on Saturday 16 May 2026 at Okewood Village Hall. Do see more on this event on page 26, including details of how to get tickets. It promises to be an interesting Sunday session on 10th May where Bob and the team will be "*looking at grace – the unmerited favour of God*". For more information, see page 10.

As I sit writing this letter, it is absolutely glorious outside and so welcome after a long and very wet winter! As a family we are off to Woodbridge in Suffolk next weekend for a week's holiday. It will be good to be together with our sons and enjoy their company for a week of walking our dogs and generally catching up! Having only done Suffolk once before, I'm looking forward to the walking as it's nice and flat everywhere and no really steep inclines! On our first visit, we enjoyed a lovely (if somewhat windy!) walk around the Sizewell nuclear plant. I was fascinated to be there and walk around the outskirts of Sizewell B as I had typed up the tender documents over a frantic final weekend of tendering by my employers, Sir Robert McAlpine's in the late 1980's! We were up against other large contractors and the pressure was on! But we got the job! But nearly 40 years on, I had never actually seen the fruition of this, nor several other tender documents that I typed up for the team. It's only in recent years, when cheering Stuart on during his half marathon for charity, that I finally got to see the Canary Wharf development and that had been another project that McAlpines had tendered for and successfully won. Being part of a team like that was very rewarding. I wasn't an engineer, but always felt like a very valued member of the team, and as such felt the highs and the lows of tendering for large projects. I suppose it's a bit like being a member of a Christian community, whether it's joining with our fellow Christians locally or sometimes on a national or global scale. The feeling of unity, fellowship and being a valuable member of that community cannot be underestimated. 'Fellowship' is often described as "*spiritual, lasting, and invaluable connections that foster personal growth and unity*". I can safely say that I have felt this in the past in jobs as mentioned above, where I really felt they wanted to encourage my personal growth and equally I have found it when worshipping with others and being part of a Christian community. My thanks to all who have ever believed in me, supported me and encouraged me ...

"Encouragement is oxygen to the soul" George M. Adams

With my best wishes,

Suzanne

inspire@capelandockleychurch.org.uk

Dandelion Farewells is hosting a community event on the evening of Thursday 7th May (see poster on back page of this issue)

Held at The Venue, Broadbridge Heath (alongside The Bridge Leisure Centre) – a modern cosy space with plenty of free parking. We will be serving complimentary cheese and wine, with soft drinks also available, to make the evening sociable.

Our message through **'My Wishes, My Way'** is to encourage you to have the conversation for funeral choices, be informed and make a few notes.

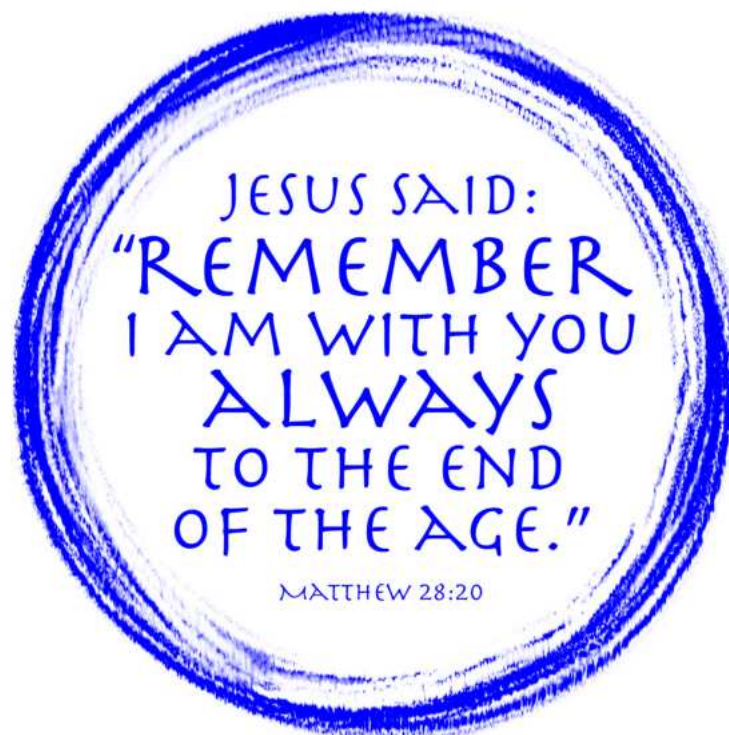
At the time of fulfilling your funeral, guidance for those left behind to make the arrangements really will ease the burden of trying to discern what you would have wanted.

'You don't know what you don't know'... come along and find out more! Be curious, leave wiser.

We will share an informal presentation packed with lots of information and ideas. You may prefer to just listen, or have a chat with others – no pressure, just possibilities.

Judith Dandy, Dandelion Farewells

Editor's note: You may wonder why there is a prevalence of material on Dandelion Farewells and their forthcoming 'My Wishes ... My Way' event to be held shortly. I wish I could be at this event but I will be away. I hope they do another one in the near future. Judith of Dandelion Farewells helped my family and I last year give my mother the fitting farewell and care that she deserved. I cannot praise Judith and her team highly enough and I know of several other local people who have benefitted from all that Dandelion Farewells offer to a grieving family. Equally, this is not the first funeral I have organised for someone close and it is very hard trying to pick all the things you hope the deceased loved one would have liked. It feels like a huge responsibility and one I'd like to avoid for my loved ones when the time comes. This idea of 'My Wishes, My way' seems a helpful idea to simply start thinking about it ...



One of the things that we have been trying to do in Capel recently is to clear up the churchyard and make it more welcoming for visitors and wildlife alike. We will be organising another Saturday morning session in May to carry out some weeding, strimming, grass cutting etc to build on what has been achieved so far. With birds and wildlife nesting in the vegetation we will leave the current brambles, but there is plenty more that can be done to encourage more wildflowers, insects, wildlife into the churchyard. We do not want the churchyard to become a monoculture where we only get a limited range of plants and wildlife, but to have different areas to attract a range of wildlife and plants. What is apparent is that we have limited knowledge of what uses the churchyard and what plants there are. Those that we know of are mainly the unwanted visitors such as nettles and brambles as well as squirrels and the occasional trapped swift. If we look there will be many others too. One I learned of recently was the yellow meadow ant which is a harmless yellow ant that likes to live in permanent pasture which has become a rare habitat. Churchyards such as ours have become a refuge to them and they create large mounds, often against gravestones, facing the sun. Over the years the number of workers increases and so does the size of the mound both above and below the ground. They live and feed mainly underground and therefore they lack colour and have smaller eyes than many ants. Mounds can be over 100 years old and as the ants need warmth of the sun they trim back the grass growing on the surface. I never knew that ants could be so interesting.

A charity called ‘Caring for God’s Acre’ has organised a **“Love your Burial Ground Week”** 6th June until 14th June 2026. During this week it is encouraging everyone to record the wildlife that they find in local churchyards and send it either via the iNaturalist app or email wildlife@cfqa.org.uk. They have a website:- <https://www.caringforgodsacre.org.uk/> on which you will find many guides and suggestions as to how to identify wildlife and record it. I don’t believe we are large enough to attempt to organise an event, but it would be good if a few of us visited the churchyard during that week and recorded what we found. It is only by knowing what we have that we can identify what we need to do.

The Church of England have a target of 2030 to reach net zero carbon. Carbon dioxide is a greenhouse gas and in excess increases the temperature of the ground resulting in different plants and wildlife. But the environment also requires carbon dioxide and when in balance can store and release carbon dioxide and oxygen as and when needed. Most people know the role that trees play in this management of carbon in the atmosphere, but soil, shrubs and grassland can also contribute and may cause less damage to the environment than a tree planted in the wrong place. Trees are good as they are big and live a long time, but grasslands probably hold 30% of the world’s carbon. When grass dies, carbon enters the soil by decomposing. This is then used as food by invertebrates, fungi, bacteria and microbes. Some carbon is released during this process, but the longer this process goes on for, the more mature the soil becomes and the better it is at storing carbon. Churchyards are good because they are relatively undisturbed which gives rise to many different plants, which in turn results in plenty of diversity below ground level. As a hierarchy, peat bogs and fens store the most carbon, mature semi-natural woodland next, followed by species-rich grasslands with scattered trees – a good description of a churchyard.

Irrespective of planned or self-seeded, our churchyards store carbon. In fact, the yew in Capel has been doing this for 1700 years. So, it is important to prolong the life of trees by coppicing and pollarding, like Capel’s limes and preserving yews by allowing their branches to touch the ground, take root and reinvigorate the tree. Even when branches fall off or are pruned, we should try to leave them on the ground around the tree to encourage wildlife and for the wood to decompose slowly. Likewise, leaves in the autumn will eventually be pulled into the ground by worms where they will increase the soil carbon and improve the composition of the soil, thus resulting in a greater diversity of plants, insects and other wildlife. Clay cannot be particularly appealing to many insects or wildlife, being solid for much of the year and a quagmire for the rest. So raking leaves to areas where none have fallen will improve soil quality and removal of excess leaves will also help grassland to maintain wildflowers as thick leaf litter and grass cuttings will gradually reduce diversity.



So please visit our churchyards between 6th and 14th June and record the wildlife and plants that you find and report either by the app, or by email to Caring for God’s Acre.

Capel & Ockley Parish Eco Team

“Got some ecotips to share?” ... Email: inspire@capelandockleychurch.org.uk

Letter from St James the Least of All

Happily, the Church of England still retains some singular parish clergy. Take the parish of St James-the-Least in the county of C- for example. Here the elderly Anglo-Catholic vicar, Eustace, continues his correspondence to Darren, his nephew, a low-church curate recently ordained... written by the Revd Dr Gary Bowness

On dealing with summer fetes

The Rectory
St James the Least of All

My dear Nephew Darren,

So, you are beginning to plan your first Summer Fete in your new parish. That you appear to be looking forward to it shows how little you know about them.

Parishes hold Summer Fetes so that their clergy can preach more meaningfully on purgatory. Their ostensible purpose is to raise money for the church - which is wholly illogical. The parish could double the money raised if the Fete were dropped, none of the endless preparations made, if everyone spent a pleasant afternoon in their own gardens and each person simply donated £20 to the church instead. But we still feel obliged to go to endless trouble, making ourselves miserable so we can show each other what a good time we are having. That it generally pours seems to make the entire event even more grimly satisfying.

No, the real reasons for a Summer Fete are twofold. First, it gives the entire parish the chance to inspect the Rector's garden. Whatever state it is in, it will cause disapproval. If it is poorly kept, then I am clearly being ungrateful for having three acres of lawn to enjoy. Mowing it each week should be one of my delights; what else would I do with a whole day off each week anyway? The hand mower, kindly given by Colonel French is assumed to be quite adequate - and rumour has it that I need to lose weight anyway. The mower was presented to me when the Colonel bought his own gardener a sit-on motor mower - which is of a size and opulence that makes me assume it has a drinks cabinet and satellite navigation.

The second reason for a Fete comes as a special perk for the organisers. It gives them a chance to inspect the inside of the Rectory. Under the pretence of looking for a little more sugar, they can systematically inspect all the kitchen cupboards and comment on their contents. By the end of the day, the whole parish will know what marmalade I spread on my toast, that I use unnecessarily expensive washing powder, and where I have unsuccessfully tried to hide the gin.

The details of what then happens while the Fete is in progress must wait until my next letter, when we will have had our own. It is now time for Evensong, drinks with Major Mallet and his wife, and then a quiet evening with a good book, while I toy with other possible hiding places for the gin this year.

Your loving uncle,
Eustace



Editor's note: This is quite amusing as we have a slight 'squirrel issue' at Capel church currently!

How to get rid of squirrels

Three churches in town were overrun with squirrels.

After much prayer, the elders of the Baptist church decided that the animals were predestined to be there. Who were they to interfere with God's will? So, they did nothing, and the squirrels multiplied.

The elders of the Methodist church, deciding that they should not harm any of God's creatures, humanely trapped the squirrels and then set them free outside of town. Three days later the squirrels were back.

It was the Anglican church which succeeded in solving the squirrel problem. The curate baptised the squirrels and registered them as members of the church. Now, they only see the squirrels on Christmas and Easter.

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



Book Reviews

Held in God's Gaze - Keeping Company with the Saints and Mystics By Jill Duff & Nicholas Heale, SPCK, £15.99

Discover the wisdom, prayer, and spiritual insight of saints and mystics across Christian history. This book is an invitation to share the authors' experience of becoming friends in faith with the saints and mystics.

Those who feature reflect the wide sweep of Christian spiritual heritage: several are from the ancient and Celtic background; several reflect medieval spirituality - including women's spirituality; there are the so-called 'Spanish Mystics', and some from more recent times.

Jill Duff and Nicholas Heale invite readers to share in their experience of friendship with holy figures, from ancient and Celtic saints to medieval mystics, women spiritual leaders, the Spanish Mystics, and modern voices of faith.

Through short, engaging chapters, the authors explore how these saints encountered God through prayer, scripture, and devotion, offering reflections that help readers grow in spiritual maturity. Each chapter concludes with study questions, perfect for individual meditation or group discussion.

Ideal for Christian spirituality enthusiasts, devotional readers, and anyone interested in saints, mysticism, prayer practice, and spiritual growth.

God's Homecoming - The Forgotten Promise of Future Renewal By Tom Wright, SPCK, £24.99

Building on his bestselling *Surprised by Hope*, Tom Wright now offers a comprehensive investigation into what the hope of salvation really means in terms of biblical teaching about the resurrection of the body.

Through a powerful exploration of Paul's letters and the Hebrew prophets, he reveals that biblical hope is not limited to individual salvation, but the renewal and reconciliation of all creation. At the heart of this hope is the promise that the Creator God will return to dwell among His people, filling the whole world with His glorious, healing presence.

Wright's in depth reading of Scripture reframes our understanding of grace, showing that Christianity is not about escaping the world but about God's initiative to restore it. When we stop asking, "How can I get to heaven?" and instead grasp God's desire to come and dwell with us, in us, and through us, we rediscover the true depth of the gospel: a story suffused with love, renewal, and divine purpose.

A profound follow-up to *Surprised by Hope*, *God's Homecoming* is essential reading for anyone interested in Christian theology, biblical studies, the afterlife, and the hope of resurrection, as well as fans of Tom Wright (NT Wright).

The Pieces Join - Navigating Faith, Trauma and Recovery By Beth Keith, Canterbury Press, £15.99

When trauma tears us apart, can the pieces ever truly come back together? In *The Pieces Join*, Beth Keith offers a compassionate and courageous exploration of recovery for those wounded by abuse within the Church.

While many works highlight the realities of trauma and misconduct, this book turns its gaze toward the slow, sacred process of recovery - of re-joining what has been broken. Drawing on moving personal accounts, survivor stories, and deep wells of Christian theology, Beth Keith exposes the ways in which Church systems can both harm and heal.

She weaves narrative and theological reflection into a tapestry of hope - where atonement and forgiveness are not given as easy answers but as a complex journey through pain. *The Pieces Join* fills a vital gap in pastoral care literature, offering wisdom and clarity to those navigating the aftermath of spiritual and sexual abuse within Christian contexts. It speaks with insight and tenderness to all who seek to understand trauma within the Church - pastors, chaplains, and survivors alike.

This is not a book about patching over the past, but about how faith, when practiced with humility and truth, can help make something new and whole from what was shattered.

Hallelujah! - The History of Contemporary Worship in 100 Songs By Les Moir, SPCK, £19.99

From *How Great Thou Art* to *The Blessing*, *Hallelujah* invites you on a journey through 100 of the world's most beloved worship songs - songs that have shaped church life and personal devotion over the last 50 years.

Inside, you'll find the full lyrics to each song, along with the remarkable stories behind them: how they were written, what inspired them, and why they continue to resonate with worshippers around the world. Whether you're rediscovering old favourites or exploring new ones, this book will deepen your appreciation for the songs that move your soul.

Each song entry also features a QR code, giving you instant access to:

- Classic and contemporary performances on YouTube
- Printable chord charts for every song, perfect for musicians and worship leaders

More than a songbook, *Hallelujah* is a companion for anyone who wants to understand, play, and live the worship they love.

Editor: *Read on ... It will be interesting to see how you compare, but it seems I maybe somewhat like a goldfish ... with a very reduced concentration span these days!*

You and a goldfish's attention span

How long can you concentrate on any one thing? According to the now infamous study by Microsoft (back in 2015), our digital lifestyles have had such a detrimental impact on our concentration levels that our average attention span has fallen to below that of a goldfish.

Humans now stay focused for just eight seconds, before being distracted by news alerts, social media and so on – while even a goldfish can concentrate for nine seconds.

And it is not just the endless stream of information that hits us, but the type of information that is so distracting. Violence and endless conflict can leave you distressed and unsettled. Medical experts recommend regular non-digital breaks such as a walk, a chat, or even just staring out the window.

Meanwhile, try these tips to calm your mind:

1. In the evening, reverse the settings on your device, so that you have white writing on a black background. This reduces the blue light that affects your brain's cyclic rhythm, disrupting your sleep/wake cycle.
2. Get moving. Exercise takes time, but it also sharpens your mind and increases your concentration. So, in the end you will get more done in less time.
3. Eat well. Avoid sugar and too much caffeine which make your mind busier.
4. Seek company. Anxiety levels rise after six hours, due to the changes in your brain hormones caused by social isolation. So, if you work from home, take your laptop to a coffee shop for an hour, or see a friend for coffee.
5. Fill the final half hour of your day with one simple task, rather than flitting from task to task.



Relax! I'm not the prison chaplain - I've just been given three months for wearing a crucifix in public!

Church Teas 2026

All teas at St John the Baptist, Capel

Timings: 3pm—5pm

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



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

The Great Exhibition that started the V & A

Some 175 years ago, from 1st May to 15th October 1851, the Great Exhibition was held in The Crystal Palace, Hyde Park. More than 10,000 exhibitors attended what is regarded as the first World's Fair.

Prince Albert was an enthusiastic promoter of the exhibition, which was described by some as a reaction to the successful French Industrial Exposition of 1844: he described it as a display of divine providence, though some religious writers took the opposite view, describing it as worldly and even ungodly with its emphasis on human achievement. Others welcomed it as an opportunity to evangelise.

Queen Victoria was an Exhibition enthusiast, visiting three times with her family and 34 times on her own. In fact, six million people – equivalent to a third of the population of Britain at the time – paid it a visit. The average daily attendance was 42,831, with a peak of 109,915 on 7th October. The Baptist preacher Thomas Cook, in a landmark achievement for his embryonic company, arranged travel there for more than 150,000.

The event made a surplus of £186,000 – worth about £30 million today. This was used to found the Victoria and Albert Museum, the Science Museum and the Natural History Museum.

The original Crystal Palace, constructed of cast iron and plate glass, was built specifically to house the Exhibition – consisting mainly of examples of technology developed in the Industrial Revolution. Designed by Joseph Paxton, it was three times the size of St Paul's Cathedral and boasted the greatest area of glass ever seen in a building.

After the Exhibition, the Palace was rebuilt near the affluent South London suburb of Sydenham Hill and stood there until it was burnt down in November 1936. The nearby residential area was renamed Crystal Palace.

Christian Aid Week - 10th to 16th May



It's that time of year again – when Christians across the country raise funds for Christian Aid's programmes, which help those suffering poverty and injustice worldwide.

Since 1957, Christian Aid Week has brought faith and action together to help families survive poverty and violence, and communities rebuild after crisis.

It says: "This is all thanks to the amazing support of churches, communities and individuals who choose to walk, run, bake, dance, make, and do whatever it takes to help make lasting change.

"Through our locally led work with partners around the world who are rooted in their communities to lead change, your valuable support will help communities ravaged by poverty and the effects of the climate crisis.

Christian Aid welcomes anyone who would like to be involved this year in raising support. And there are various ways to take part:

- Give online or through collections.
- Fundraise with friends, family, colleagues or your community.
- Take part through your church with worship, prayer and events.
- Volunteer locally to support Christian Aid Week activities.

Archbishop of Canterbury to visit West Africa

This summer, from 26th July to 8th August, Archbishop Mullaly will visit the Anglican Church of the Province of West Africa "to strengthen the ties between the See of Canterbury and the Province".

Archbishop Mullaly will visit Ghana and Cameroon at the invitation of Dr Cyril Kobina Ben-Smith, the Bishop of Asante-Mampong and Primate of West Africa, who was among the 26 Primates to attend the archbishop's installation at Canterbury. The visit is part of Archbishop Sarah's commitment to building relationships across the Anglican Communion.

What the Bible really means....

A father was approached by his small son who told him proudly, "I know what the Bible means, Daddy."
His father smiled "Okay. What does the Bible mean?"
"It's easy, Daddy." the young boy replied excitedly, "It stands for 'Basic Information Before Leaving Earth.'

I'll take Manhattan

'I'll take Manhattan' was a popular song in 1929. 'First, we take Manhattan' was a popular song in 1987.

But someone else got there first. For way back in May of 1626, 'taking Manhattan' was exactly what the Dutch colonist Peter Minuit, of the Dutch West India Company, did.

It was 400 years ago this month, on 24th May that he negotiated the purchase of Manhattan Island from the Lenape Native Americans for 60 Dutch guilders, or \$24 worth of cloth and buttons. (Equal to about \$1,150 today.) That was the beginning of the New Amsterdam colony, which became New York in September of 1664, after the British arrived and took over.

Today, the land of Manhattan alone is worth about \$1.74 trillion, and the total real estate value of the borough likely exceeds \$3 trillion. Just to buy an average apartment in Manhattan is now about \$1.3 million.

As for that \$24? These days, it costs about that much just to get across town!

Some observations on our walk with God

Life can become once more a grand adventure if we will surrender it to God.... He brings one adventure to an end, only to open another to us. ...with Him we must be ready for anything. - *Paul Tournier*

Humility is the beginning of true intelligence - *John Calvin*

A Christian is never in a state of completion but always in a process of becoming. - *Martin Luther*

God never put anyone in a place too small to grow in. - *Henrietta Mears*

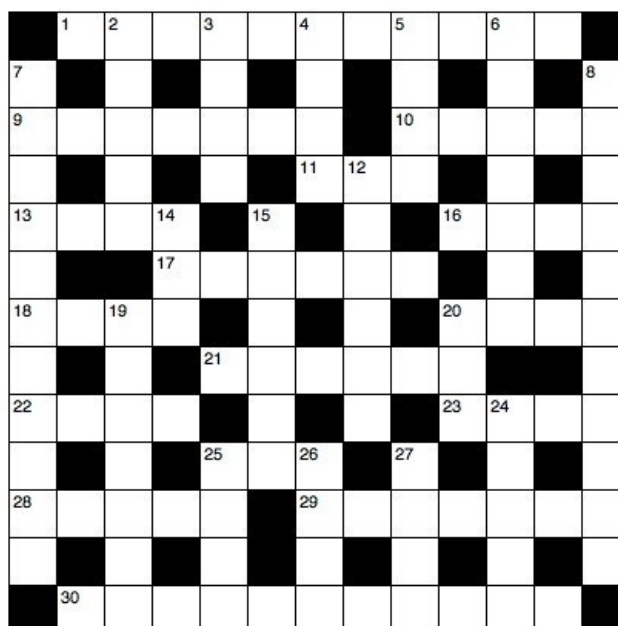
CROSSWORD

Across

- 1 Overpowered (Deuteronomy 11:4) (11)
- 9 'The — are mantled with corn' (Psalm 65:13) (7)
- 10 'Each man—a sword to his side' (Exodus 32:27) (5)
- 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
- 13 Stagger (Isaiah 28:7) (4)
- 16 'Anyone, then, who knows the good he ought—and doesn't do it, sins' (James 4:17) (2,2)
- 17 Stir up or provoke (Acts13:50) (6)
- 18 Burden (Luke11:46) (4)
- 20 'As far as the east is from the—, so far has he removed our transgressions from us' (Psalm 103:12) (4)
- 21 Sign (Luke23:38) (6)
- 22 'After that, Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)
- 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
- 25 Has (anag.) (3)
- 28 'This is the account of Shem, Ham and Japheth, —sons' (Genesis 10:1) (5)
- 29 'I will...make them drunk, so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)
- 30 Paul said of him, 'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

Down

- 2 Worth (Matthew 13:46) (5)
- 3 'A bruised — He will not break' (Matthew 12:20) (4)
- 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
- 5 Slip (anag.) (4)
- 6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
- 7 Bountiful (2 Corinthians 8:2) (11)
- 8 'Therefore, as we have —, let us do good to all people' (Galatians 6:10) (11)
- 12 Acquire (2 Timothy 2:10) (6)
- 14 Container cover (Numbers 19:15) (3)
- 15 'He...became obedient to death, even death on——!' (Philippians 2:8) (1,5)
- 19 Refrain (1 Peter2:11) (7)
- 20 'She began to—his feet with her tears' (Luke 7:38) (3)
- 24 One who worships Brahma, Vishnu or Shiva (5)
- 25 'Give to everyone who—you' (Luke6:30) (4)
- 26 'I lift up my eyes to the hills; where does my—come from?' (Psalm 121:1) (4)
- 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

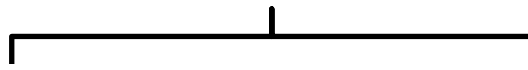


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	9			8	6			1

Easy Soduku

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

Medium Soduku



Puzzle solutions
on page 34



*...if you have been affected by any
of the issues raised in this sermon...*

Puzzle Solutions

Sudoku Easy Solution

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

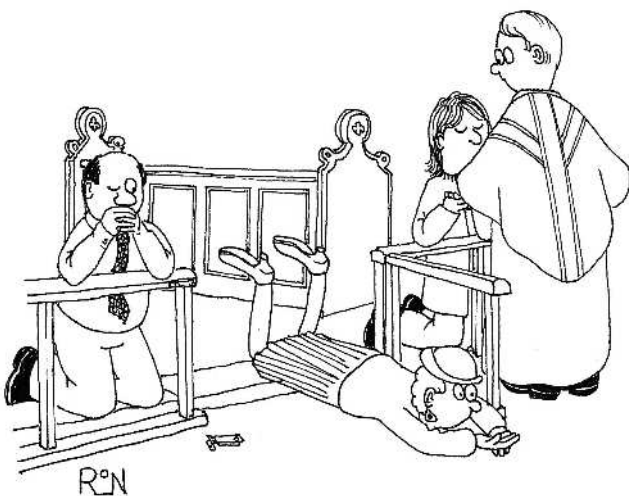
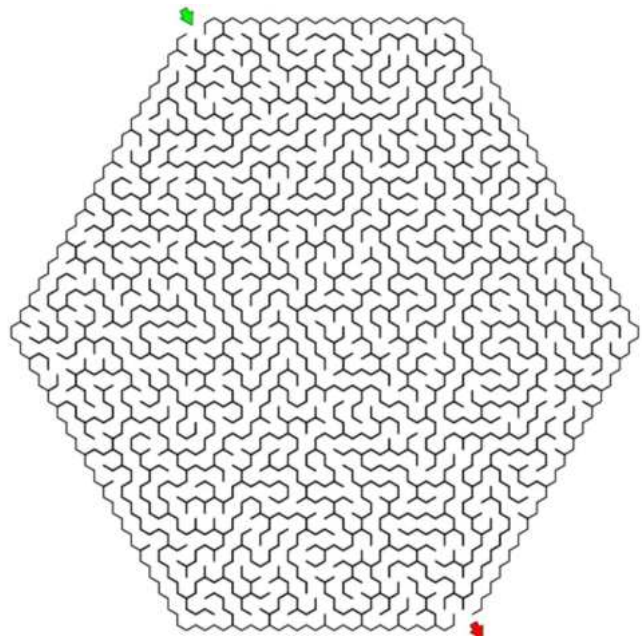
Sudoku Medium solution

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

Crossword Solution

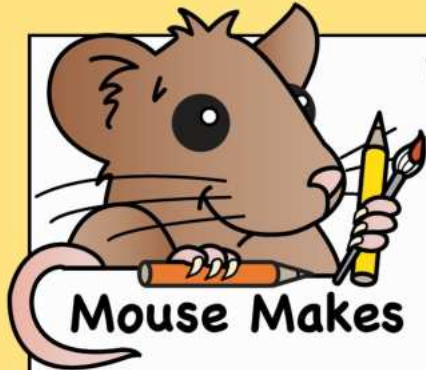
	O	V	E	R	W	H	E	L	M	E	D		
O		A		E		O		I		A		O	
V	A	L	L	E	Y	S		S	T	R	A	P	
E		U		D		T	O	P		L		P	
R	E	E	L		A		B		T	O	D	O	
F				I	N	C	I	T	E		B	R	
L	O	A	D		R	A		W	E	S	T		
O		B			N	O	T	I	C	E		U	
W	A	S	H		S		N		T	H	I	N	
I		T		A	S	H		H		I		I	
N	O	A	H	S			E	V	E	R	N	O	T
G		I		K		L		R		D		Y	
	O	N	E	S	I	P	H	O	R	U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

Can you find your way out of the maze?



Terry made a note to fix the bolt

Junior InSpire



Mouse Makes

WHO IS THE HOLY SPIRIT?

The Spirit of

Genesis 1:2

The

of the Father.

Acts 1:4

The Spirit of

A _____

Romans 8:15

H _____

John 14:26

The Spirit of

John 16:13

The Spirit of

Acts 16:7

The Fruit of the Spirit

Galatians 5:22-23

___O___

___Y___

___C___

___T___

___I___

___N___

S___

___N___

What happened when the Holy Spirit came at Pentecost?

read Acts 2:1-41

How many believers were baptised that day?

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

Look up the Bible verses and fill in the missing words. Look for them in the word search then look for these words below.

HOLY • SPIRIT • COUNSELLOR • COMFORTER
 ADVOCATE • TEACHER • LORD • PROMISE
 GLORY • GRACE • FAITH • DOVE • FIRE • WIND

*My Wishes
... My Way*
by Dandelion Farewells



**Dandelion
Farewells**
A funeral for our times...



Dying Matters Awareness Week 2026, 4th–10th May

Dandelion Farewells is hosting a **free**, relaxed evening about planning your **'Big Day'**, your funeral.

'My Wishes, My Way' is an informal presentation of information and ideas ~ no pressure, just possibilities.

Join us on **Thursday 7th May 2026, 7.30pm**
The Venue, Broadbridge Heath RH12 3YS



*Begin the conversation for funeral choices –
you will have peace of mind that you did, and it makes it
easier for everyone else if they know what you wanted.*

Light refreshments provided

BOOK YOUR FREE PLACE NOW
email: judith@dandelionfarewells.com
or call 01403 701001

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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