

InSpire

The monthly publication for the Parish of Capel & Ockley

**Holy, holy, holy! Lord God Almighty!
All your works shall praise your name,
in earth, and sky, and sea.
Holy, holy, holy! Merciful and mighty!
God in three Persons, blessed Trinity.**

InSpire magazine Issue 104 June 2026
Free of Charge—donations welcome in honesty box in wall



***Can you help bake for the Military Show
and/or be a volunteer on the Church teas stall
over the weekend?***

Once again, our biggest fundraiser of the year is nearly upon us. We would love your help in baking cakes and traybakes to serve over the weekend.

Please see the sign up lists in church (more details below)

**The Military Show takes place on the weekend of
3rd/4th and 5th July (Friday, Saturday, Sunday)**

We will also need help setting up on the Thursday and taking everything down and packing away on the Sunday afternoon.

Thank you for reading this and your help in any form would be much appreciated.

Coffee, chocolate and lemon drizzle cakes have been our most popular to date, but please feel free to make your own choice of cake/traybakes. We ask that there are NO NUTS in anything you bake, your cakes are clearly labelled and if decorating the top, please don't use any coloured sprinkles as they bleed into the icing. Many of us have used the 'Wrights' cake mixes in previous years. They are handy as they require oil and water and no eggs. They can be purchased at supermarkets or directly from Wrights:-

<https://wrightsbaking.co.uk/category/cake-mixes/retail-cake-mixes/>



Please cook your cakes in shallow foil trays (32 x 20 x 3.3cm) - these can be bought from Amazon, Tesco and Asda amongst others. There will be the ability to freeze the cakes etc. in advance.

For any queries, please contact either:

Leigh Smith 07732 825908 OR Helen Burt 07990 597553

As mentioned above, there are sign up sheets for baking and for volunteering at the church teas stall at the show in both churches.

Issue 104 June 2026

Contents:-

- 3 Contents & Church contacts
- 4 The Deacon's Diary
- 5 Services & Events
- 6 News from the Pews
- 7 News from the Pews
- 8 News
- 9 News
- 10 The Sunday Session
- 11 High Days & Holy Days June
- 12 Called to One Hope
- 13 Murder Mystery 2026
- 14 Bishop Paul to launch gatherings across the Diocese
- 15 The Seven Deadly Sins: Gluttony
- 16 Prayers, Prose and Poems
- 17 Giving thanks for Fathers
- 18 Our British Bumble Bees and The Big Idea: Introduction to the book of Colossians
- 19 Letter from the Editor
- 20 15th June - Evelyn Underhill and International Day of Prayer for the Emergency Services 25th June
- 21 Reflecting Faith: The Creed (Pt 2)
- 22 Celebrating Fathers
- 23 Capel Churchyard - Eco church article
- 24 Jacob: The man who encountered the Holiness of God
- 25 Need total darkness to sleep?
- 26 Book Reviews
- 27 Feed the Birds thoughtfully
- 28 Crossword
- 29 Sudoku puzzles
- 30 Puzzle solutions
- 31 Capel Church Teas 2026

My only hope is in Your love and faithfulness.

Psalm 40:11

Father's Day 21st June 2026

*"But you are to be perfect, even as your Father in heaven is perfect."
Matthew: 5:48*

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www.capelandockleychurch.org.uk/inspire-magazine

This issue is sponsored by

Peter & Christine Bradley

In memory of the dogs we have owned and loved



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

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Deacon's diary

Dear friends,

May has proved to be another happy month crammed with activities, meetings and conversations. It has had many highlights, but to name just a few:

The Teddy Bears Picnic on Ockley Green was great fun as children participated in the treasure hunt, and families picnicked on the grass. The church ran a couple of tombola stalls and the whole event provided a lovely opportunity to chat with friends and meet people I had not spoken with before.



In readiness for the redecoration of the interior of Ockley Village Hall I assisted in the 'clear out' day where the band of workers unearthed all sorts of objects and filled a 22yard skip! This involved some hard physical work, but there was also plenty of laughter (and cake!). I am looking forward to participating in the Village Lunches and the Toddler group in a much-refreshed Hall.

A three day clergy conference with Rev Liz in Swanwick, Derbyshire gave me another 'first' experience. This was a time of part professional development, part retreat and part networking with other clergy all of whom came from the Guildford diocese. It also provided a wonderful opportunity for the clergy (from curates to archdeacons) to gather around Bishop Paul and pray for him in his role as acting Bishop of Guildford following the death of Bishop Andrew earlier in the year. The role is expected to last a couple of years while the process of appointing a new bishop works away, and it is not a role to be undertaken lightly. I know Bishop Paul appreciates all our prayers for him.

In the middle of the month a splendid breakfast was hosted by Okewood Church in Okewood Village Hall after which a most interesting talk was given by Simon Pinchbeck. This gentleman began his working career as a police officer, but after a couple of decades turned criminal. At this point in his life, he attended a service at Holy Trinity, Brompton and his life changed dramatically again. His faith now undergirds everything he does and he regularly attends prisons, speaking with convicts and bringing them to a life of faith. A most remarkable man!

Looking ahead – the excitement is now almost tangible for me and my fellow first year curates as we approach our priestly ordination due at the end of June. The service takes place on **Saturday 27th June at Guildford Cathedral at 10.30am** and everyone is welcome to attend. However, almost more special will be the communion service the following day (Sunday 28th) at 10.30am at St. Margaret's church, Ockley. I will be presiding at my first communion and authorised to pronounce blessings! After this service there is a buffet lunch at Ockley Village Hall to which everyone is very warmly invited. The original germ of the idea of becoming an ordained priest for this parish first raised its head back in 2018. It has taken a long time, lots of study and training to get to this point so I would be delighted if people would join in my celebrations - please do get in touch with me if you would like more information about that weekend.

Most importantly, if you would like any prayer for yourself or anyone you know, please do let Rev Liz or me know.

Best wishes,

Rev Gill Christie

curate@capelandockleychurch.org.uk 01306 711917

CHURCH SERVICES AND EVENTS - JUNE 2026

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

June

Sunday	7th	Trinity 1
	9.30am	Matins - Ockley
	10.30am	Family Communion
	3-5pm	Church Teas - Capel

Sunday	7th	Trinity 1
	9.30am	Matins - Ockley
	10.30am	Family Communion
	3-5pm	Church Teas - Capel

Sunday	14th	Trinity 2
	9.30am	Holy Communion CW - Ockley
	10.30am	The Sunday Session - Capel <i>Church for the curious, the questioning and confused!</i>

Sunday	21st	Trinity 3
	10.30am	Parish Communion - Capel <i>Father's Day in the UK</i>

Saturday	27th	Rev Gill's Ordination at Guildford Cathedral
		A chance to join the congregation at the Cathedral to celebrate Gill's ordination.

Sunday	28th	Trinity 4
	10.30am	Parish Communion - Ockley - Rev Gill's first Holy Communion as priest Buffet Lunch to celebrate Rev Gill's ordination in Ockley Village Hall - everyone welcome!

July

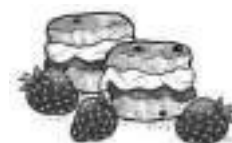
Sunday	5th	Trinity 5
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel

More events in June:

International Day of Prayer for the Emergency Services - 25th June - see more on page 20

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

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

Please note that there are no Registers
this month

Clergy gather for conference

Around 200 clergy from across the diocese gathered in Swanwick, Derbyshire last week for the Triennial Clergy Conference, a key moment to step back, reflect and be renewed in ministry. Under the theme *Rooted & Reaching: Church for a Changing World*, the conference offered a rich mix of teaching, worship, fellowship and leisure time. Speakers included The Rt Revd Rhiannon King, Bishop of Southampton, The Rt Revd Pete Wilcox, Bishop of Sheffield and Revd Dr Israel Oluwole Olofinjana.

Clergy were encouraged and inspired through Bible teaching, practical mission insights and reflections on areas such as mixed ecology, intercultural ministry and growing spiritual openness. Alongside this, there was a strong and intentional focus on clergy wellbeing. A dedicated session, led in partnership with the Clergy Support Trust, addressed the challenges clergy face, while on-site chaplains provided space for prayer, conversation and support throughout.

Opening the conference, Bishop Paul reaffirmed priorities of prayer, pastoral care and discipleship, while also highlighting diocesan commitments to wellbeing.



Both Rev Liz and Rev Gill attended the conference.

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
Coffee
Tea
Razors
Washing tablets

'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)



A joy and privilege to be received by the Pope, says Archbishop of Canterbury

The Archbishop of Canterbury has praised the Pope for speaking out against injustice and about hope; has commended working together for the common good; and has endorsed the strengthening power of common witness, in an address after a recent private meeting at the Apostolic Palace in the Vatican.

She prayed with Pope Leo and said: “It is a joy and a privilege to be received by you, together with this delegation from Lambeth Palace.”

She said: “Your Holiness, you have spoken powerfully about the many injustices in our world today, but you have spoken even more powerfully about hope. The world needed this message at this time — thank you. It reminded us that, despite our sufferings, people long for life in all its fullness, and countless people are working each day for this vision of the common good.”

She continued: “May we continue to work together in that hope, trusting that the one who has begun this good work among us will bring it to completion. Please be assured of a warm welcome for the Church of England should you honour the United Kingdom with a visit.”

Stabbing of two Jewish men in Golders Green ‘devastating’ says Bishop of Edmonton

The Area Bishop of Edmonton, in the diocese of London, Dr Anderson Jeremiah, has expressed shock and sadness after two Jewish men were recently stabbed in Golders Green, north London,

The Jewish men, one in his 70s and one in his 30s, were treated at the scene for stab wounds; both were then taken to hospital. A 45-year-old man was arrested on suspicion of attempted murder.

Dr Jeremiah said: “This was not just an attack on individuals, but on the safety and spirit of our entire neighbourhood. In the face of such darkness, our community must stand firm. We must respond with unwavering resilience and a commitment to the kind of love and unity that overcomes bigotry.”

Archbishop of Canterbury ‘appalled’ by rise in anti-Semitism across UK

The Archbishop of Canterbury has said that she is “appalled” by the growing aggression against Jewish communities in the UK, after a series of anti-Semitic attacks in London, including an arson incident, in Harrow, and a stabbing of two men in Golders Green.

“An attack on Jewish people is an attack on us all — we must stand together against the virulence of antisemitism that brings only violence, fear and hatred,” Archbishop Mullally wrote on X. “We must face this challenge together across society and within all our communities. I want to assure the Jewish community of my wholehearted support, solidarity and prayers.”

The Archbishop’s social media post came after bishops in London also expressed their “solidarity” with the Jewish community, saying that they “condemn unequivocally” the “abhorrent” incidents.

They were recently joined by the Bishops of Chelmsford, Gloucester, Southwark and Norwich in condemning the current rise of anti-Semitism in Britain.

Harakat Ashab al-Yamin al-Islamiyya (HAYI), an Islamist militant group, was reported to have said that it was behind several of the attacks.

School assembly songs to inspire new worshipping communities for children

A major new programme will see the launch of worshipping communities for children and families, based on songs that are already popular in school assemblies.

iSingPOP will support 300 churches to create new gatherings where families from local primary schools will be invited to explore faith together, drawing on the energetic worship songs children already know from school.

The aim is to connect collective worship in schools to engagement with church for families interested in growing in faith together. The programme has received £500k investment from the Strategic Mission and Ministry Investment Board (SMMIB).

iSingPOP, from the charity Innervation Trust, produces vibrant worship songs that engage more than 77,000 children every week, alongside resources that equip teachers, clergy and volunteers to lead faith-based music sessions in schools and churches.

It also brings schools, churches, and the community together by giving churches the opportunity to host a large joy-filled concert, teaching children songs that explore the Christian faith over four days, culminating in a whole-school performance to parents. This approach has already inspired many families to explore faith beyond the school gates.

Through the new programme, iSingPOP will help to link worship in schools with the life of local churches.

Miz Porter, Director of iSingPOP by Innervation Trust, said: "For 25 years, we have been working with churches and schools to create inspirational collective worship resources that uplift children.

Assisted dying: Proper scrutiny was 'moral necessity', says bishop as bill falls

Adequate scrutiny of the assisted dying Bill before Parliament was a "moral necessity" and not just a "procedural detail", the Bishop of Newcastle said recently, as the proposed legislation ran out of time in the House of Lords.

Bishop Helen-Ann Hartley, said the more closely the Terminally Ill Adults (End of Life) Bill had been examined, the more concerns came into focus, not fewer, as she spoke in the final day of the Bill in the House of Lords.

"In our context, where questions of life, death, care and conscience are so closely intertwined, the quality of our scrutiny is not a procedural detail—it is a moral necessity," Bishop Helen-Ann, who was a member of a Select Committee that examined the Bill – told Peers.

"Some may dismiss my contribution as one which is grounded in a faith, but this is as legitimate and significant as any other viewpoint – grounded in faith, belief or none.

"Whilst my faith informs my alarm at our designation of dignity or the lack of it, it is from my experience on the Select Committee, that I have found that the more closely we have examined this Bill, the more concerns have come into focus, not fewer.

"For a Bill of this magnitude in terms of societal change, the highest level of scrutiny is imperative."

The Private Member's Bill would have allowed someone with a terminal diagnosis and six months or less to live to be provided with drugs to end their life if they had capacity and met the eligibility criteria.

It has been going through Parliament for the past year and a half, but ran out of time before the current session of Parliament came to an end.

The Archbishop of Canterbury, Sarah Mullally, speaking briefly in the debate, emphasised the shared wish of both opponents and proponents of the Bill that those who are terminally ill should be treated with compassion and be able to die in a pain-free and dignified way. She paid tribute to the 'enormous' amount of work that had gone into the Committee Stage of the Bill.



LOVE - LIFE - LOSS

The older members of this parish will remember the 1965 hit by The Byrds, "Turn! Turn! Turn!", which reminded us that, "there is a time for every purpose under heaven." (The lyrics were based on the Old Testament book of Ecclesiastes 3.) They reminded us that there is, "a time to be born, a time to die; a time to dance, a time to mourn; a time to gain, a time to lose." It's the circle of life that we all know only too well.

Love and loss are possibly the two most difficult things we face in life. To start with, finding the *right* person to fall in love with can be a challenge. The path of true love is never straightforward. And once we've found somebody to commit our lives to, we face the inevitable truth that one day, one of us is going to face the pain of saying goodbye to the other. Love - Life - Loss. It's an impossible path to walk without facing the inescapable grief that lies ahead.

Well, this is not the usual, upbeat, encouraging article that you've come to expect! Or is it? I was bought face-to-face with this very issue following a conversation at our last Sunday Session service. It made me think, for some reason, of disciples who followed Jesus in the New Testament. Twelve men who gave up everything (their jobs, their families, their homes) and chose a life committed to someone who they not only came to love for who he was, but ended up worshipping, adoring and recognising as the Son of God. It's easy for us to imagine the shock, the sorrow, the pain that they must have felt when the person that they had given their lives to was cruelly crucified. They were alone in world, at a total loss as to know how to continue. Does that sound familiar? But they hadn't seen the whole picture. In spite of hanging on every word that Jesus spoke, seeing the miracles he performed first hand and watching the way he touched the lives of the people he came into contact with, they had all missed one very important thing that he'd told them. Jesus made it clear to his disciples that he would die - but he had also told them that this would *not* be the end. Strange, isn't it, that having heard Jesus talk about it, His resurrection seemed to take them all by surprise!

What a final gift from the Son of God. A promise that death was not the final curtain but a door to a future of unimaginable blessing. Maybe that's the biggest problem for us? It's literally "unimaginable". It requires faith, hope and trust. Isn't that that what happens when we enter into a relationship? We put our faith, hope and trust in another human being, knowing that we all have failings and faults, but we love them despite their shortcomings. Maybe it's worth remembering that God loves each and everyone of us - in spite of all our imperfections - and offers everyone the same promise that carried Jesus from the cross to heaven. Could it really be that love, life & loss is not the end of our story?

The next **Sunday Session** is on 14th June we'll be at looking at this subject in more depth. 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

High Days & Holy Days - June

1st June - Justin Martyr on the Damascus Road

Sometime in the summer of 165AD seven Christian men were put to death in Rome. Accused of belonging to an illicit religion, they refused point blank to offer sacrifices to pagan gods. Threatened with torture and execution they replied that suffering and death gave them confidence to appear at the Great Tribunal 'of our Lord and Saviour.'

The sentence was pronounced and having been scourged, all seven were beheaded. Their leader was named Justin and we know him in Church History as Justin the Martyr. His conversion to Christianity, although a quiet and low key affair, is a story that should be known.

Justin was born in the year 100AD in Samaria, near the modern town of Nablus. His family was Gentile and pagan and as a young man Justin was drawn to the study of philosophy. Soon he was a recognised pagan philosopher, and he began to travel as an itinerant teacher, wearing the distinctive cloak of the philosophers. He tells us that his search for truth led him to study the various schools of Greek philosophy, but in none of them could he find the assurance he was looking for.

Then something happened that radically changed his life. Walking one evening by a seashore, he fell into conversation with an old man. Justin listened as the old man told him that the prophecies of the Hebrew Bible had been fulfilled and they could be found in the writings of the Christian Bible. He further told Justin that truth can only be known through the one true God and that His Spirit would enlighten Justin. Justin was deeply moved by the conversation, began to read the New Testament – and was converted to faith in Christ.

Now a Christian believer, Justin continued to travel, still wearing his philosopher's cloak but now preaching and teaching the Christian gospel. He wrote two *Apologies* explaining and defending the Christian faith. He travelled to Asia Minor and finally to Rome where he taught in a Christian school. His strong defence of Christianity came to the notice of the authorities and he was arrested with six of his friends. Refusing to acknowledge pagan gods, they were executed together. Who was the old man who introduced Justin to Christianity? We don't know and Justin doesn't even tell us his name, if he ever knew it. Justin's conversion happened because a Christian witnessed to him. We should use every opportunity we have to pass on the Good News!

4th June - Corpus Christi – thanks for Holy Communion

The feast of Corpus Christi was proposed by Thomas Aquinas, focused on the Eucharist or Holy Communion. It celebrates the joy of sharing the Body and Blood of Christ with His presence in the Eucharist, and is usually celebrated on the Thursday after Trinity Sunday.

Today, most Protestant denominations don't acknowledge the festival, because of its association with the doctrine of the Real Presence. However, some Anglican churches do observe it, as the Thanksgiving for Holy Communion.

How do we understand the significance of the Eucharist or Holy Communion? Paul in 1 Corinthians 11: 23-32, points us in three directions.

A Past Commemoration:

The Eucharist *looks back* as we remember the Passover meal Jesus shared with His disciples (Luke 22:14–20). Jesus broke the bread and took the cup to signify that His atoning sacrifice on the Cross delivers us from the bondage of sin and death. As we remember His broken body and shed blood, it becomes personal: Christ died for *me*, suffered for *my* sins that *I* might live. It is truly a *eucharist*, a thanksgiving: '*Do this in remembrance of Me*' (1 Corinthians 11: 24,25).

A Present Communion:

The Eucharist speaks of the communion we enjoy with a living Christ, because our sins are forgiven. Paul encourages us to *look in* at the state of our hearts: '*Everyone ought to examine themselves before they eat of the bread and drink from the cup.*' (28). We should also *look around* acknowledging the communion we have with other believers. Holy Communion expresses our unity together: '*Because there is one loaf, we, who are many, are one body, for we all share the one loaf.*' (11:17). Paul is expressing his concerns here about the divisions in the Corinthian Church.

Contd on page 12

Corpus Christi – thanks for Holy Communion *(continued from previous page)*

A Future Certainty:

The Eucharist is also a place where we *look forward* to Christ's return: *'For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes.'* (26). It declares that the reign of Christ has already begun, as we look forward to Jesus' return. He will unite earth and heaven under His rule and sin, death and Satan will finally be defeated.

So, when we next take Holy Communion, let's reflect on the past, present and future implications of what this meal means for us.

'Called to One Hope': Anglican Consultative Council to meet in Belfast in June and July

Gathering Anglicans from around the world, the 19th meeting of the Anglican Consultative Council (ACC-19) will take place in Belfast from 27th June to 5th July 2026.

Themed 'Called to One Hope' from the letter to the Ephesians, this important international gathering of Anglican bishops, clergy and laity will explore how the Church can share the reconciling love of Christ in a fragmented world.

Supported by the Anglican Communion Office and hosted by the Church of Ireland, ACC-19 will also be the first official Anglican Communion meeting attended by the new Archbishop of Canterbury, the Most Revd and Rt Hon Sarah Mullally DBE.

Meeting every three years, the Anglican Consultative Council is one of four 'Instruments of Communion', alongside the Lambeth Conference, Primates' Meeting, and Archbishop of Canterbury. Every member church is entitled to send up to three representatives, which include both clergy and lay people, as well as bishops. The last ACC met in Ghana, in 2023.

*The finest ship to sail the sea of life is
friendship*

J. M. Robertson

*Trust should be in the living God who always richly gives
us all we need for our enjoyment.*

1 Timothy 6:17

Murder Mystery returns to Capel and Ockley

You are cordially invited to the Harvest Supper meal and murder mystery play directed by Sylvie Beckett.

The venues and dates are:

*Ockley Village Hall **Friday 18th September** with a two-course supper*

*Capel Memorial Hall **Saturday 19th September** with a two-course supper*

*Capel Memorial Hall **Sunday 20th September** in the afternoon when an afternoon tea will be served*

The play is set in the 1940s so please feel free to come in the dress of the period

Please put the dates in your diaries and keep the evenings free so that you can gather your teams together, or come and join others on the night, to solve the mystery of the murder.

Tickets will be on sale in August and details of the box office will be available nearer the time.

Yvonne Featherstone

Laughter lines

Which Way to Heaven?

The evangelist Billy Graham told of a time early in his ministry when he arrived in a small town to preach a sermon. Wanting to post a letter before the service that evening, he asked a young boy in the street where the post office was.

When the boy had told him, Dr Graham thanked him and said, "If you'll come to the Baptist Church this evening, you can hear me telling everyone how to get to heaven."

The boy replied, "How can you do that? You don't even know your way to the post office."

A lesson in lies

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17."

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up. The minister smiled and said, "Mark has only 16 chapters. I will now proceed with my sermon on the sin of lying."



Bishop Paul to launch gatherings across the diocese

Following recent months of both grief and encouragement across the diocese, there are clear signs of God's presence at work in churches, schools and chaplaincies.

With Bishop Paul's focus on prayer, pastoral care, and the prioritising of discipleship—particularly revitalisation and ministry with children and young people—he is inviting congregations from all our parishes to meet him at prayer and praise gatherings in each deanery over the coming weeks.

These evenings will include praise-filled worship, shared stories of mission, conversation and fellowship, and dedicated prayer for every parish, school and chaplaincy. They will also be an opportunity to reflect on how we can sustain a strengthened culture of prayer across the diocese.

Bishop Paul is looking forward to meeting church communities and understanding the joys and challenges faced at this time.

All are warmly invited to attend. No booking is required. [Visit the diocesan website](#) for dates and venues. Please attend the gathering for your own deanery if you can but, if this is not possible, you are welcome to attend any of the other meetings.

See Bishop Paul's message on YouTube: <https://www.youtube.com/watch?v=8E8A3xtSkfY>



Here is a prayer which is as relevant today as it was 18 centuries ago.

Courage to die for You

We believe and trust, Lord, that at the time of terrible persecution, You will hear and answer our prayers with the utmost urgency. We pray with all our hearts that You will give us courage to remain true to the gospel and proclaim Your name right up till the moment of death. Then may we emerge from the snares of this world, with our souls unscathed, and rise from the darkness of the world into Your glorious light.

By Cyprian of Carthage (martyred during the terrible persecutions of the Roman Empire in 258).

With our Christian faith in mind...

All but God is changing day by day. - *C Kingsley*

We expect our young people to lay down their lives for our nation, but most of us are not willing to lay down our bank accounts for God. - *Anon*

We trust not because 'a god' exists, but because THIS God exists. - *C S Lewis*

Our life is scarcely the twinkle of a star in God's eternal day. - *B Taylor*

God's gifts put man's best dreams to shame. - *Elizabeth Barrett Browning*

God loves His children as well in adversity as in prosperity. - *T Watson*

Grace is the sum and substance of New Testament faith. - *J I Packer*

The great of this world are those who simply loved God more than others did. - *A W Tozer*

History is the long story of man trying to be God. - *V Havner*

God cares not for phrases but for affections. - *J Hall*

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

The Seven Deadly Sins: Gluttony

'They're called deadly because they lead to the death of the soul.' (Richard Newhauser).

This month we are looking at *Gluttony*. Which food do we find hardest to resist?

It is reported that 66% of adults in the UK are overweight or obese. Gluttony is indulgence to excess, usually involving food, but can also include drinking, screen time, shopping etc.

Paul warns us about the dangers of gluttony when he refers to those whose minds are set on earthly things: *'their destiny is destruction, their god is their stomach, and their glory is in their shame.'* (Philippians 3:19). Our struggle with gluttony is often the outward sign of a spiritual hunger for acceptance, love, or self-worth. This desire for satisfaction cannot be satisfied by food alone.

How can we overcome gluttony?

Glorify God with your body: 'Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?' (1 Corinthians 6:19). Paul reminds us that our bodies belong to God; as temples of the Holy Spirit, we should use them to glorify God. While we have freedom in the things we consume, we are also called to honour God in our actions.

Exercise self-control: 'live by the Spirit, and you will not gratify the desires of the flesh.' (Galatians 5:16). Paul goes on to list self-control as one of the Fruit of the Spirit (5:23). As we examine ourselves and identify those areas where we lack self-control, we can entrust them to God, asking for the strength of the Holy Spirit to overcome gluttony.

We recognise that true satisfaction is only found in a desire for God alone: *'Blessed are those who hunger and thirst for righteousness, for they will be filled.'* (Matthew 5:6).

PRAYERS, PROSE & POEMS

Be the Power of All Things Within us

O God the Holy Ghost who art Light unto Thine elect,
Evermore enlighten us.
Thou who are Fire of Love,
Evermore enkindle us.
Thou who art Lord and Giver of life,
Evermore live in us.
Thou who bestowest sevenfold grace,
Evermore replenish us.

By Christina Rossetti (1830-94)

Editor: here is a peaceful prayer for anyone leading a too-busy, stressed-out life.

God, the Port of Peace

Now come all, you who have been brought
In bondage full of busy bitterness,
Earthly desire abiding in your thought!
Here is the rest from all your busyness,
Here is the port of peace and restfulness
To those who stand in storms and in dis-ease,
Open refuge to wretches in distress,
And all comfort from trouble and mis-ease.

Adopted from John Walton, about 1410

June

Flowery banks,
A-drone with bees,
Dreaming cattle
Under trees:
Song-bird pipe
A merry tune -
This is summer,
This is June.

From a poem by Irene F Pawsey

June 21st The Summer Solstice

A Canticle for Brother Sun

Praised be You, My Lord, in all Your creatures,
Especially Sir Brother Sun,
Who makes the day and enlightens us through You.
He is lovely and radiant and grand;
And he heralds You, his Most High Lord.

St Francis of Assisi

God in All

He inspires all,
He gives life to all,
He dominates all,
He supports all.
He lights the light of the sun.
He furnishes the light of the night.
He has made springs in dry land.
He is the God of heaven and earth,
of sea and rivers,
of sun, moon and stars,
of the lofty mountain and the lowly valley,
the God above heaven,
and in heaven,
and under heaven.

A prayer of St Patrick

Day by day the Lord observes the good deeds done by godly men, and gives them eternal rewards.

Psalm 37:18

Christ With Us
My dearest Lord,
Be Thou a bright flame before me,
Be Thou a guiding star above me,
Be Thou a smooth path beneath me,
Be Thou a kindly shepherd behind me,
Today and evermore.

A prayer of St Columba

In celebration of Father's Day on June 21st

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

Giving thanks for fathers

There is no finer sound in the world than your child calling you 'daddy', or 'dad'. I love it!

And as I look around our neighbourhood, dads today are far more involved in their children's lives than when I was a child. Pushing prams, holding hands while out on a walk, bathing, playing games. Dads are in all these activities and more. I see the dads on either side of our house, and they obviously love their kids with all their hearts.

Unfortunately, too many kids grow up without a stable and involved male figure in their lives over the whole of their childhood and beyond. And no prizes for guessing the outcome; when they reach fatherhood, their kids often grow up without a stable and involved male figure in their lives.

The month of June brings Fathers' Day - this year on the 21st June. May all dads reading this be pampered like never before! If it's a fine day, it may be a case of 'Stand back everyone- dad's going to bar-b-q'. But before we get carried away, let's spare a thought for those who for one reason or another couldn't be dads, or whose dads fell far short of the high expectations we invest in them, or who lost a dad at a crucial time in life and feel a permanent ache where 'Dad' should be.

Our Christian faith teaches us to look at God as 'Father'- we address Him as such in the opening words of the Lord's Prayer, and it was Jesus' custom to talk to God as 'Father'. Maybe, taking into account those who have had a very mixed experience, or a bad experience of fathers, we should qualify what we say of God and call Him 'the Good Father', or 'our Good Father'.

Because that is what the experience of countless Christians would testify to; that God is a good father. I think of the picture Jesus paints in the parable of the Prodigal Son; the father on the look-out for his wayward son day after day, and when he sees him in the distance runs all the way to him to embrace him. Now in Jesus' time, in that culture, fathers did NOT run, least of all to welcome returning no-goods who had wasted half the father's fortune. Fathers were people of dignity. Run? Never!

Jesus has turned that on its head. We can be sure that a welcome awaits us; we turn to God, or return to God, and find that He's already half-way towards us, coming at speed to embrace us.



Our British bumblebees

Did you know we have about 270 kinds of bee in the UK, including 24 types of bumblebees? Here are just six of them:

Early Bumblebee: - Found throughout the UK. Rather small, with distinctive lemon-yellow bands on thorax and abdomen, and an orange tail. An important pollinator of our soft fruit.

Common Carder Bee: - One of our most common bees, and often still feeding in November. Fluffy, brown and orange, with sometimes darker bands on the abdomen.

Tree Bumblebee: - Found in England and Wales, and recently Southern Scotland. A fuzzy bee, with brown-orange hairs on its thorax, a black abdomen, and a white tail.

Red-tailed Bumblebee: - The female is very large, with a big red 'tail', while males are smaller.

Garden Bumblebee: - A scruffy-looking large bee, with a long tongue and face. It has yellow bands at the collar, rear of the thorax and at the first segment of the abdomen, and the tip of the tail is white.

Buff-tailed bumblebee: - The biggest of our bumblebees, with a yellow collar near the head and another on the abdomen. The queen has a buff-coloured 'tail', while the workers have white 'tails' and black hair on their faces.

Be kind to our bees. They are in steady decline across the UK.

Photo: Suzanne Cole

Taken at <https://www.mainegardens.org/> If you ever find yourself in New England, USA—well worth a visit!



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: Colossians

This month we return to look at the books of the New Testament. Many today are asking: *'How does Jesus uniquely reveal God to us?* This question lies at the heart of Paul's letter to the Colossians. The church in Colossae was a fruit of his three years ministry in Ephesus (52-55 AD). Paul went on to write this letter while in a Roman prison around 61 AD.

Paul was dealing with gnostic false teachers who denied that Jesus was fully God and man. They taught that enlightenment could be reached through special knowledge and rigorous self-discipline.

Paul attacked this false teaching by focusing on the supremacy of Christ: *'in Christ all the fullness of the Deity lives in bodily form, and you have this fullness in Christ, who is the head over every power and authority'* (2:9-10).

He affirms that Jesus is:

Lord of all Creation, who sustains everything. As the exact representation of God, He is first-born over all creation (1:15-17) and there is no place for worshipping angels or any other power (2:18).

Head of the Church (1:18), to whom the Colossians should submit (2:6, 7) and not be seduced by vain speculations (1:16-18).

Supreme Saviour (3:11), who has defeated all spiritual powers on the cross (2:15), allowing them to share in the power of His resurrection (2:20). All are adopted into His family and so there are no special qualifications needed to experience God's favour (2:8-20).

In chapters 3&4 Paul demonstrates the practical implications for the Christian's daily life. We are challenged to abandon the old life and cultivate our new life in Christ (3:5-4:6). If we maintain Jesus as our Lord, He will prove truly sufficient for all our needs.

LETTER FROM THE EDITOR

Dear friends,

Welcome to the June issue. As I write we are in the midst of a heatwave. I'm very glad that families have got good weather for the half term holiday for a change and I imagine it will be packed on the beaches on the south coast. June is a beautiful month with so much happening in our gardens and the beautiful countryside around us and we are constantly reminded of God's glorious creation. As everything bursts into life with colour, scent and texture, we also see more of the insects around. There is an interesting article on bumblebees on the opposite page and Stuart has written a piece on wildlife and nature in our churchyards on page 23. You may wish to know that **'Love your Burial Ground Week & Churches Count on Nature' runs this year between Saturday 6th June to Sunday 14th June 2026**. He writes that "If anyone is interested in helping wildlife whether at home or in the churchyard, the Wildlife Trusts have many resources at the following link: <https://www.wildlifetrusts.org/actions>. They have ideas for wildlife meadows, ponds, attracting butterflies becoming more ecofriendly and many more." There are many exciting possibilities on how to maintain our churchyards and in fact, getting them to both thrive and flourish.

Amongst the many events that will be taking place in our villages and the surrounding ones, our biggest fundraising event, the **Capel Military Show returns on 3/4/5th July** and we need your help once more! Full details are on the inside of the front cover. We need help with baking for the Church Teas stall at the show and for volunteering on the stall on the above dates. Please do consider signing up in both our churches. This is now our biggest fundraiser so we have to put a lot of effort into it! Thanks to Leigh Smith and Helen Burt for organising the stall on our behalf once more.

Amongst other events, I was interested to note that it is **International Day of Prayer for the Emergency Services on 25th June**. Each year, the Christian Police Association hosts an International Day of Prayer for the Emergency Services. There are four ways to get involved and you can find out more on page 20. What a worthy subject for our prayers - emergency services all around the world deserve our thanks and respect for all they do. It is also **Father's Day on Sunday 21st June** where we celebrate the importance of fathers. Canon Paul Hardingham writes *'If you want to know how well a person understands Christianity, find out how much they make of the thought of being God's child and having God as their Father.'* (J I Packer, *Knowing God*). He continues *'Unlike Mothering Sunday, this doesn't have a distinctly Christian origin. However, it does provide an opportunity to celebrate God's Fatherhood and what it means for us.'* Do read the rest of his article on page 22. There is also an article by the Revd Roy Shaw on page 17 **'Giving thanks for Fathers'**.

On page 24 Lester Amann considers the man who is our 'spiritual father' **'Jacob: the man who encountered the holiness of God'**. *'Have you ever had a dramatic turning point in your life? Was there an incident, a meeting or something you saw or read which profoundly changed you? The Old Testament character Jacob had a dream, which changed his life. His encounter with God didn't completely change the way he behaved, but it gave him a fresh perspective on life and where he fitted into God's plans. Like Jacob we too may encounter God at a particular time and grow slowly with God and His plans for us.'* For those who wish for less dramatic turning points, there are prayers, prose and poems on page 16, where we can find quiet time to reflect and be with God. There are also some Biblical quotes for helping find **'A Peaceful Mind in June'** on page 24.

Enjoy your June however you choose to spend it and I hope you find time in the busyness of our everyday lives to find 'God our Father', not just on Father's Day, but every day. I hope that fathers and grandfathers everywhere will enjoy their special day on 21st June where we take the time to celebrate their important roles in our families. My father, Colin, was a wonderful Dad to my sister Joanne and I. Ten years after he died, we miss him still. He was always there for us - our steadfast, loyal and wise Dad, right until the end of his life. Even when his body was weakened so much by Motor Neurone Disease, he was still the strong one in our family. Somehow, a few words from him was all the reassurance we needed in times of difficulty and doubt. Just like our Father in Heaven, always there for us

"Any man can be a father, but it takes someone special to be a dad."

"As a father has compassion on his children, so the Lord has compassion on those who fear him." Psalm 103:13

With my best wishes,

Suzanne



inspire@capelandockleychurch.org.uk

High Days & Holy Days in June

15th June - Evelyn Underhill, mystical writer of the 20th century

For anyone interested in Christian mysticism, Evelyn Underhill may be a good place to begin. She died on 15th June 1941 after a life full of remarkable achievements: author of more than 30 books that explored the intersection between the spiritual and the physical, the first woman ever to lecture to the CofE clergy, the first woman to conduct spiritual retreats for the Church, the first woman to establish ecumenical links between churches, and one of the first women theologians to lecture in English universities. Evelyn was also an award-winning bookbinder.

Born in 1875, the daughter of a barrister from Wolverhampton, and then wife to a childhood friend, also a barrister, Evelyn moved in cultured, educated circles, and travelled widely each summer along the Mediterranean – both her father and husband were keen yachting enthusiasts.

Evelyn's inner, spiritual journey was more complex: from agnosticism to theism, on to Neoplatonism and then Roman Catholicism she went, until in 1921 she became an Anglican - with a later fascination for the Greek Orthodox church. Her daily life was one of reading, writing, and doing various forms of religious work, from visiting the poor to counselling people in trouble.

Her spiritual search began in childhood, after a number of "abrupt experiences of the peaceful, undifferentiated plane of reality—like the 'still desert' of the mystic—in which there was no multiplicity nor need of explanation". Trying to understand these mystical experiences sparked her passion and lifelong quest.

Evelyn became one of the most widely read writers on mysticism in the first half of the 20th century. Her greatest book, *Mysticism: A Study of the Nature and Development of Man's Spiritual Consciousness*, was published in 1911, and is romantic, engaged, and theoretical rather than historical or scientific. While writing it she came into contact with Baron Friedrich von Hugel, who became her spiritual mentor for many years. He gradually steered her away from mysticism and towards a more Christocentric view of reality.

During World War I Evelyn worked in naval intelligence, but in later years became a Christian pacifist.

International Day of Prayer for the Emergency Services - 25th June

Each year, the Christian Police Association hosts an International Day of Prayer for the Emergency Services. This year it will be on Thursday 25th June 2026. There are four ways to get involved:

- Watch the CPA YouTube channel 'International Day of Prayer' playlist
- Join one of the Zoom meetings held on the day. Contact CPA for details.
- Use the Pray 4 Your Police (P4YP) material on its Publications Page.
- Engage in its Social Media using the hashtag #WaveofPrayer

Please help support Emergency Service colleagues around the world, as they face a variety of challenges.

More info at: <https://cpauk.net/events/>



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

Reflecting Faith: The Creed (Part 2)

Last month we considered where the Creed is placed within the service. This month let's think about what is in the Creed(s).

It's important to know that the earliest known Creed, which is still substantially used today was first found in a letter from around AD 341. This is known today as the Apostles' Creed because it is widely thought to have been originally written by the Apostles themselves.

Every phrase in it can be noted as derived directly from biblical texts and it is the compilation that has taken so much thought and discussion until we arrive at the versions we use in churches today.

Because the Creed succinctly includes everything Christians believe, it unites us all in those truths; whichever Christian denomination you choose to worship within.

So, establishing wording that expresses the faith of all Christians has been the challenge.

Protestants sometimes wonder at the phrase, 'the holy catholic Church' being included, but the word 'catholic' here has the meaning of 'universal' rather than denominational.

We are ALL united in our basic faith.

This is what makes us Christians and distinguishes us from other 'churches', whether they have the name of Jesus in their title or not.

Only Churches which acknowledge and include one of the recognised creeds can join the international organisation of 'Churches Together'.

Essentially, this is a sure way to know that you are at a Christian service.

In more recent years the Church has authorized several Affirmations of Faith which contain the key tenants of faith but are shorter and, if you like, simpler to understand.

This month

Because the Creed has to be universally accepted within established churches, deviations from the texts are not permitted. However, just for the joy of thinking ... what would you include in a statement of faith if you were drafting it? Which friends would you want to include on your 'committee'?



June
2026

Editor: Canon Paul Hardingham considers Father's Day

Celebrating Fathers

'If you want to know how well a person understands Christianity, find out how much they make of the thought of being God's child and having God as their Father.' (J I Packer, *Knowing God*)

This month we celebrate the importance of fathers on Father's Day. Unlike Mothering Sunday, this doesn't have a distinctly Christian origin. However, it does provide an opportunity to celebrate God's Fatherhood and what it means for us.

At His baptism, when Jesus came out of the water: *'heaven was opened, and He saw the Spirit of God descending like a dove and alighting on Him. And a voice from heaven said, 'This is my Son, whom I love; with Him I am well pleased.'* (Matthew 3:16,17). What do we learn about Jesus' relationship with His Father, our relationship with God and the role of fathers?

The Father's presence

When Jesus was baptised, the Father was present in the Holy Spirit. It's the Spirit who enables us to address God as daddy ('*abba*', Galatians 4:6) in an intimate way. God is present with us and understands our joys and sorrows, fears and trials. Dads should relate to their children like this.

The Father's love

The Father described His Son as '*beloved*'; like us, Jesus was the subject of God's unconditional love. Dads should assure their children of their constant, undeserved love.

The Father's pleasure

The Father tells Jesus that He is '*well pleased*' with Him, as He embarked on His public ministry. We need to hear this as well, especially when we feel that we are disappointing God or letting Him down. We should also be aware of the effect of our words spoken to our children. Dads should be using every opportunity to demonstrate their pleasure in their children, especially when things go wrong.



...well you cannot fault the efficacy of the new 'Planned Giving' scheme...



Perhaps he's heard that we're losing our churchwarden

Capel Churchyard

'Love your Burial Ground Week & Churches Count on Nature' runs this year between Saturday 6th June to Sunday 14th June 2026. During the week we are encouraged to count the wildlife in our churchyard and send the results of what plants and wildlife we find to Caring for God's Acre. Follow this link for an explanation: [Caring for God's Acre](#)



Of course we do not have to record what we find, but could just take the time to appreciate what is there in nature and consider how we can help nature. Love your Burial Ground Week is a celebratory week which has been running for many years and Caring for God's Acre has been encouraging all who help to look after churchyards, chapel yards and cemeteries to celebrate these fantastic places in June. We are not going to run any special event, but suggest that all of us should visit the churchyard during the week to consider what else we could do. We have done much over the past year to reinvigorate our churchyard, but there is still more that can be done. Traditionally we have organised working parties during the year to concentrate on one particular feature or area that could do with tidying up, but there are other ways.

If you have ever been to St Just-in-Roseland Church near St Mawes on the Roseland Peninsula in Cornwall you will see what active churchyard maintenance can achieve. It was described by Sir John Betjeman as "to many people the most beautiful churchyard on earth". In H.V.Morton's book 'In Search of England' (first published in 1927) he wrote 'I have blundered into a Garden of Eden that cannot be described in pen or paint. There is a degree of beauty that flies so high that no net of words or no snare of colour can hope to capture it, and of this order is the beauty of St Just in Roseland.... I would like to know if there is in the whole of England a churchyard more beautiful than this.' It does have the advantage on a stunning position on a tidal creek rather than our A24 and benefited from a 19th century Rector, who aided by John Garland Treseder introduced many tropical plants into the churchyard. Today it is maintained by volunteers from the parish who look after their own areas and plant and tend as they see fit. Therefore, there is always diversity throughout the churchyard.

We would like to try something similar in Capel. A person, family, or business agreeing to maintain an area of the churchyard that we do not currently actively maintain by mowing. This could be a grave, an area such as the memorial garden, or by providing bird and wildlife boxes, and maintaining piles of logs for wildlife, bug hotels and such like. Currently we only mow about half of the churchyard, so there is plenty of choice and great opportunity for improvement for wildlife. We need volunteers to take on the maintenance of the memorial garden by mowing, trimming the hedge, and planting native herbaceous plants that will blend into the design. We would prefer not to have to pay to maintain the garden as this will come out of our normal giving. ***If you are interested in looking after part of the churchyard, please talk to Stuart or Andy (contact details on page 3).***

If anyone is interested in helping wildlife whether at home or in the churchyard, the Wildlife Trusts have many resources at the following link: <https://www.wildlifetrusts.org/actions>. They have ideas for wildlife meadows, ponds, attracting butterflies becoming more ecofriendly and many more. It is not possible for many of us to build or make things such as birdboxes, but there are shops that sell birdboxes for charities. CJ Wildlife sells many birdboxes and feeding stations that benefit the National Trust: <https://www.birdfood.co.uk/>. As I am writing this there is a heatwave outside. The Wildlife Trusts have the following suggestions to help wildlife during hot weather:

Provide water for wildlife - Leave out a shallow dish of water for thirsty birds, mammals and insects. Placing stones in a dish will help any insects that may fall in, and provide useful landing spots for them to have a drink too. Change the water daily to help keep birds healthy and disease-free.

Filling up a bird bath with water - Birds need water to bathe to keep their feathers in good condition, so providing a bird bath can really help. Make sure to change the water daily - you can use rainwater collected in a water butt. Remember to clean your bird baths every week to help birds stay free of disease.

Provide enough cover from the sun - Adding a log pile, rockery and tall grassy areas to your garden will provide cover for frogs, toads and newts seeking shelter from the sun.

Top up your pond - Ponds that are low can be topped up. The best way to do this is through collecting rainwater. If your water butt or rain barrel is empty, tap water can be used but only use a little at a time. Ideally let the tap water stand for 24 hours before adding it to your pond.



Stuart Cole on behalf of
Capel & Ockley Parish Eco church team
Email: church.warden@ansford.me.uk



Editor: Lester Amann considers the man who is our 'spiritual father'...

Jacob: the man who encountered the holiness of God

Have you ever had a dramatic turning point in your life? Was there an incident, a meeting or something you saw or read which profoundly changed you? The Old Testament character Jacob had a dream, which changed his life.

One night, in the region of Luz, a Canaanite city, Jacob had a dream. He saw a ladder, on which were angels, linking earth with heaven. The dream revealed to him that God is continually connected with this world. When Jacob woke up, he knew he was in a special place. He became a changed man and changed the place name from Luz to Bethel, which means House of God. Many years later Jacob changed his name from Jacob to Israel. Bethel became a holy place.

How might we define a holy place? We could say it's a place where God has touched earth with something of heaven e.g. with a miracle or a vision. Venues such as Lourdes (France), Lindisfarne (England), St Peter's in Rome or Jerusalem's Church of the Holy Sepulchre are considered Holy Places. The Garden of Gethsemane was a special place for Jesus.

Jacob certainly wasn't faultless or impeccable. His encounter with God didn't completely change the way he behaved, but it gave him a fresh perspective on life and where he fitted into God's plans. Like Jacob we too may encounter God at a particular time and grow slowly with God and His plans for us. God doesn't wait until we are perfect before He can use us. Sometimes we too may need a Holy Place to make or to return to, to help us remember we are in God's hands.

*Dear God, in my busy life, find for me a place where I can be still;
a place to meet with You. I am weak and need your strength for each situation.
Give me a holy place where I know your arms are embracing me, always safe and secure.
Amen.*

Editor: There is a lot of talk about 'mindfulness' these days, and how to find calm moments in our daily lives. As Christians, we have an extra, divine resource to call on ...

Peaceful mind in June

June is a time when we tend to spend more time outside, and probably see more of other people...

A man that has friends must show himself friendly... *Proverbs 18:24*

Do not seek revenge or bear a grudge against anyone among your people but love your neighbour as yourself. I am the Lord. - *Leviticus 19:18,34*

How good and pleasant it is when God's people live together in unity! - *Psalms 133:1*

Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends. - *Proverbs 17:9*

Need total darkness to sleep?

According to followers of 'The Dutch Method', it is good to sleep with your curtains open.

That way, in the morning your bedroom slowly floods with natural light, which coincides with your circadian rhythm, the internal body clock that regulates your sleep cycle. Natural light also stops the production of melatonin (your sleep hormone) and triggers a natural rise in cortisol. That lets you know that the new day has begun. It is considered a gentle way to wake up.

Nevertheless, others of us prefer the curtains to be shut, and need pitch black to sleep.

Whichever you prefer, here are some tips on sleep and waking up.

~ Natural light in the morning is good for you. It is better to go for a walk at the start of each day, rather than to head straight for your phone and computer.

~ Melatonin levels decline as we get older, which makes it harder to fall and stay asleep.

~ Our body clock can shift to earlier, leaving us sleepier at night, but more awake earlier in the morning.

~ As we age, we become more sensitive to disruption during the night, and things like stress, life changes, noise or light can have a bigger impact.

~ A good routine before sleep is essential. Aim for bed at the same time, empty your head with a to-do list for tomorrow, clear your thoughts, and relax.

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

Called Through Cancer - Vocation, Vulnerability and the God Who Holds Us

By Lisa Barnett, Canterbury Press, £13.99

What if cancer isn't a detour from your calling – but part of it? In this deeply personal and spiritually grounded account, Anglican priest Lisa Barnett reflects on her own journey through cancer treatment and discovers a profound truth: that even in suffering, we are called.

Drawing on the wisdom of St Ignatius of Loyola and her extensive experience in vocational ministry, Barnett explores how illness can become a sacred space – where God is found, faith is deepened and vocation is reimagined.

With honesty, theological insight and pastoral sensitivity, she invites readers to see each stage of illness – from diagnosis to treatment, vulnerability to recovery – not as a disruption, but as *a vocation in its own right*. The book is for anyone navigating serious illness, and for all who seek to understand calling in the shadow of pain.

My Story – a spiritual and intellectual autobiography

By John C Lennox, SPCK, £24.99

John C. Lennox is widely regarded as one of the greatest Christian apologists of modern times, having devoted a lifetime to showing how faith in God and faith in reason can stand together.

In My Story, he invites readers into his remarkable journey: growing up in Northern Ireland, studying at Oxford and Cambridge, teaching mathematics at the highest level, and boldly defending the Christian faith in lecture halls, debates and the public square for more than sixty years.

With warmth, wit and disarming honesty, Lennox reflects on the ideas, people and pivotal moments that shaped his life - from the hunger for Bibles in Soviet Russia to encounters with Richard Dawkins and Christopher Hitchens, to his ongoing belief that rigorous science and deep faith are not enemies but allies.

Part memoir, part intellectual adventure, My Story is a must-read for anyone curious how a brilliant mathematical mind can hold fast to the gospel - and how one man's faith has helped millions find a reason to believe in an age of doubt.

Bible Stories Search and Find

By Rebecca Law, SPCK, £9.99

Bottom of Form

The book is a helpful introduction to the Bible for children ages 6-9. Youngsters will have fun searching for the more than 500 hidden objects across 20 fantastically illustrated scenes, while learning key stories from God's Word. This interactive Bible storybook could be an exciting way for your children to engage with the Bible while developing concentration and biblical knowledge.

Tame Your Thoughts - Three Tools to Renew Your Mind and Transform Your Life

By Max Lucado, Thomas Nelson £12.78

When was the last time you awakened to a swirl of out-of-control thought? Perhaps you felt overwhelmed with worry, fear, temptation, or guilt.

The way we think directly impacts our lives. Positive thoughts generate positive actions. Negative thoughts encourage negative actions. But the Bible encourages us to manage our thoughts, and so deal with those waves of worry, guilt, temptation, or fear.

This book offers three key thought-management tools: take intrusive thoughts captive, test each message against the truth of Scripture, and interrupt those poisonous thought threads. All in all, we can learn to think as God would have us to do.

Eat, Drink, and Be Merry – a Gospel Call to Bold Enjoyment

By Raymond C Ortlund Jr, Crossway, £12.99

So much is going wrong in these dark days. And the daily personal demands never let up. Who has the time—much less the freedom of heart—to play, to laugh, to delight? But God's strategy for wise living *includes* bold enjoyment. In fact, any 'Christianity' that feels embarrassed about enjoying God's good gifts dishonours Him, and leaves Christians with less to give their suffering world. Meditating on Ecclesiastes 11:9-10, Ortlund argues that following Christ here in this world is a nuanced mix of both suffering *and* happiness.



Feed the birds – but thoughtfully

If you enjoy feeding the birds, you are not alone. Up to 60% of all households in the UK regularly feed their wild birds, according to surveys from UK Pet Food. It all adds up to an estimated £250 million in sales annually, with roughly 150,000 tonnes of seed being sold.

When feeding wild birds, here are five mistakes to avoid:

Not keeping the feeders clean. This can spread disease. The RSPB advises cleaning bird feeders once a week with a mild soap such as washing-up liquid. Do it outside, using brushes that you keep for this job alone.

Leaving too much food out. It attracts rodents. Instead, the RSPB advises that little and often is best. But keep an eye on those feeders and keep them topped up. When birds are nest-building and raising broods, they need a lot of energy. Feed peanuts in a rigid mesh feeder, so that large piece of nut cannot choke baby birds. Avoid putting out fat in hot weather – it can go rancid.

Feeding bread. This can lead to malnutrition. Bread is high in carbohydrates, while garden birds require a protein-rich and high-calorie diet. A chick with a stomach full of bread can freeze to death overnight. Ideally, feed a combination of mealworms, seeds, sunflower hearts, dried fruit, peanuts and fat.

Forgetting to provide water. Birds need to drink and bathe daily, especially in hot weather. Change the water every day and keep the basin clean.

Putting feeders in the wrong place. Place your feeders near to shrubs, trees and bushes, to provide cover. Blackbirds and robins are ground feeders, whereas tits and sparrows prefer to feed from hanging stations. Using an array of feeders will attract a wide range of birds.



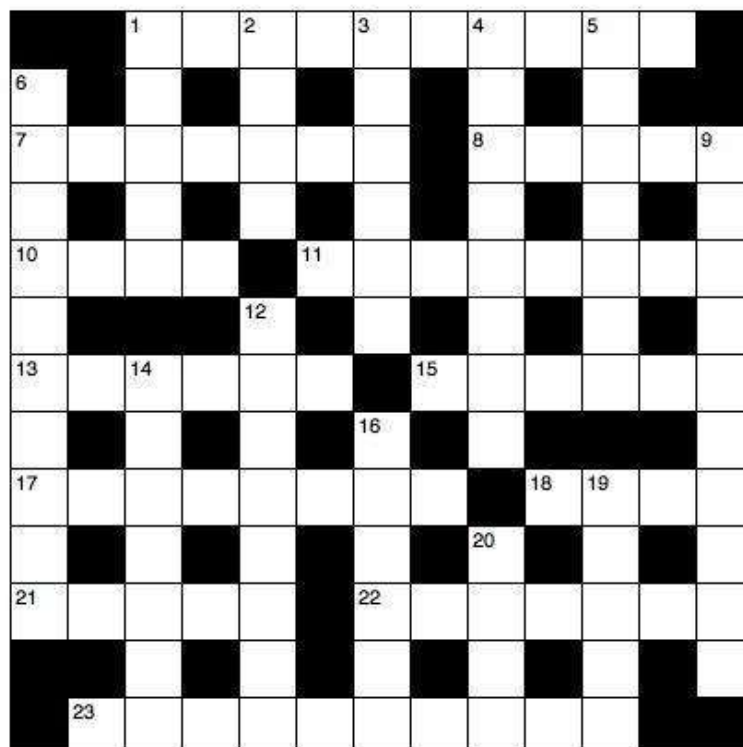
CROSSWORD

Across

- 1 Evil (Genesis 6:5) (10)
- 7 Musician called for by Elisha when he met the kings of Israel, Judah and Edom (2 Kings 3:15) (7)
- 8 The request that led to the institution of the Lord's Prayer: 'Lord, — us to pray' (Luke 11:1) (5)
- 10 'We are hard pressed on every—'(2Corinthians4:8)(4)
- 11 Fraud (2Corinthians6:8)(8)
- 13 'His troops advance in force; they build a siege ramp against me and — around my tent' (Job 19:12) (6)
- 15 Where Rachel hid Laban's household gods when he searched his daughter's tent (Genesis 31:34) (6)
- 17 'Now about spiritual gifts, brothers, I do not want you to be—' (1 Corinthians 12:1) (8)
- 18 Nomadic dwelling(Genesis26:25)(4)
- 21 'As for man his days are like—,he flourishes like a flower of the field' (Psalm 103:15) (5)
- 22 Or I live (anag.)(7)
- 23 Those guilty of 1 Across(Romans13:4)(10)

Down

- 1 'God so loved the — that he gave his one and only Son' (John 3:16) (5)
- 2 'Away in a manger, no — for a bed' (4)
- 3 Mob ten (anag.) (6)
- 4 'Each — group made its own gods in several towns where they settled' (2 Kings 17:29) (8)
- 5 Began (Luke 9:46) (7)
- 6 Speaking very softly (John 7:32) (10)
- 9 Workers Ruth joined when she arrived in Bethlehem with her mother-in-law Naomi (Ruth 2:3) (10) 12 Put in jail(Acts22:19)(8)
- 14 Aceturn(anag.)(7)
- 16 Discharge(Acts21:3)(6)
- 19 'All these—come from inside and make a man "unclean"' (Mark 7:23) (5)
- 20 'Let us rejoice and be glad and — him glory!'(Revelation19:7)(4)



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

Easy Sudoku

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

Medium Sudoku



Puzzle solutions
on page 30



The plug was stolen in 1548

Puzzle Solutions

Sudoku Easy Solution

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

Sudoku Medium solution

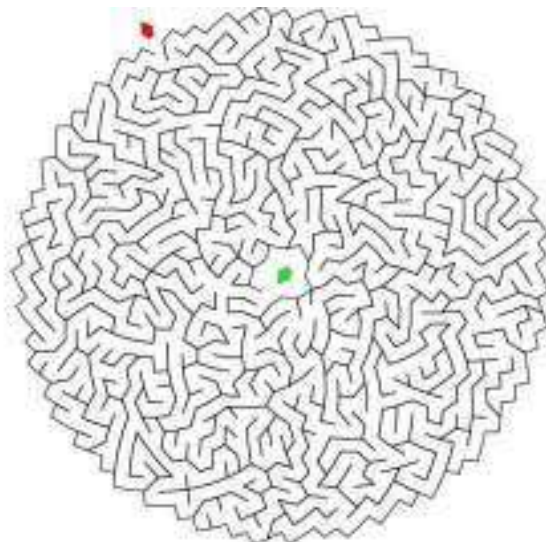
1	5	8	4	3	7	6	9	2
7	2	9	1	8	6	4	5	3
4	3	6	5	2	9	1	7	8
3	7	4	8	1	2	5	6	9
8	9	2	6	7	5	3	4	1
5	6	1	3	9	4	8	2	7
6	1	7	9	4	8	2	3	5
2	8	5	7	6	3	9	1	4
9	4	3	2	5	1	7	8	6

Crossword Solution

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



Can you find your way out of the maze?



Junior InSpire

Mouse Makes

"May the grace of the Lord **JESUS CHRIST** and the love of **GOD** and the fellowship of the **HOLY SPIRIT** be with you all."
2 Corinthians 13:14

V	O	V
HIW	ISD	UDE
VENLR	JYIAM	TRUTH
SLAEP LG	ACGODJM	THAHSRI
HALDOOR	LROCKUA	OSPOWER
EMEWORD	MELORDJ	ULFLIFE
PBREADW	IABBAGE	POWYNDR
HLALPHA	GTDEBES	AWISDOM
EEMCGJY	HOYRFET	DBEPBVC
RMEHOEK	TRAHATY	VWTIREO
DMIRSST	YGHOIEF	OIEREFM
SAVIOUR	VSWLARA	CTRIAIF
PNESNSU	OHEYENT	ANNTTRO
OUNTLOT	JEHOVAH	TEACHER
MESSIAH	IKINGLE	ESLGIFT
RLGBFIS	SHIELDR	DSGUIDE
KEOMEGA	SAVIOUR	THELPER

JESUS • CHRIST	GOD • FATHER	HOLY SPIRIT
SON • SAVIOUR • LORD	ABBA • LORD • JEHOVAH	GIFT • HELPER • WITNESS
EMMANUEL • MESSIAH	YAHWEH • ALMIGHTY	COMFORTER • GUIDE
SHEPHERD • LAMB • WAY	HOLY ONE • SAVIOUR	ADVOCATE • WISDOM
TRUTH • LIFE • DOOR	ETERNAL • CREATOR	POWER • TRUTH • BREATH
BREAD • WORD • HEALER	KING • MAJESTY • JUDGE	LIFE • ETERNAL • DOVE
VINE • ALPHA • OMEGA	SHIELD • ROCK • I AM	WIND • FIRE • TEACHER

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Church Teas 2026

All teas at St John the Baptist, Capel

Timings: 3pm—5pm

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



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 By 20th of each month please. If you would like to receive *InSpire* by email, you can subscribe to InSpire via the church website:- www.capelandockleychurch.org.uk/inspire-magazine