

InSpire

Issue 13 March 2018

The monthly publication for
the United Parish of Capel & Ockley

THE SEASON OF LENT
&

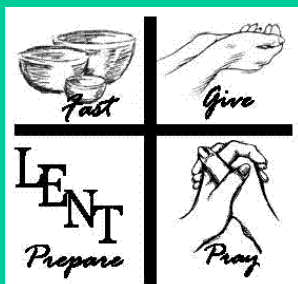
CELEBRATING MOTHERING SUNDAY

Contents:-

- 2 Church contacts
- 3 Rev Liz Writes
- 5 Sunday Session review
- 6 Take Note & News from the Pews

- 8 Church Services & Events in March
- 9 Letter from the Editor

- 10 Letter from the Treasurer
- 11 Prayers
- 12 Mothers & Mothering
- 13 Lent courses
- 14 Junior InSpire
- 15 News from the Belfry
- 16 High Days & Holy Days
- 17 News
- 18 Puzzles
- 21 Curry & Comedy night
- 22 News from Sally Cranham
- 23 Hymn Writers
- 24 Puzzle Solutions



Church Contacts:-

Vicar

Rev Liz Richardson
The Vicarage, High Lea, 54 The Street, Capel.
vicar@capel-church.org.uk
Tel: 01306 711260

Churchwardens

Capel:

Norman Ede 01306 713247 and Joy Harman 01306 711482
churchwardens@capel-church.org.uk

Ockley:

Shirley Dean-Webster 01306 822967 & Gill Christie 01306 711917

Ockley Parish Office: 01306 712594

Treasurers:

Capel Debbie von Bergen debbievonbergen@icloud.com
07774 784008

Ockley Helen Burt familleburt@gmail.com
01306 711671

Donations:

Dineke van der Bogerd
Tel: 01306 710087

Capel Organist & Choir

Anthea Smallwood 01306 711883

Weekly Sheets & InSpire Editor

Suzanne Cole editor@capel-church.org.uk
01306 711449

Church website:

www.capel-church.org.uk
Webmaster: webmaster@capel-church.org.uk

***This issue is kindly sponsored by Irene Cole
in memory of Stan Cole***

Stan would have been 100 years old on March 11th. As some of you know, he was father to Stuart, father-in-law to Suzanne and a much loved Grandfather to our sons, James & William. He died in May 2012, aged 94 and is still very much missed by us all.

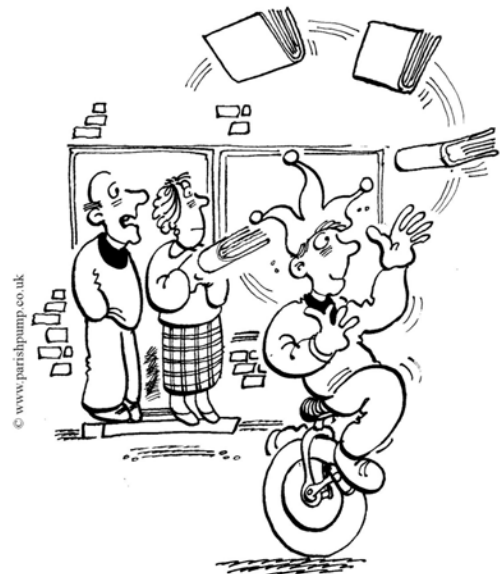
Dear all,

We have had another very full month in church as we held a Special Parochial Church Meeting (SPCM) a couple of weeks ago to review our activities in 2017 and then another SPCM straight after with our friends from St Margaret's Ockley to appoint our new joint PCC and Churchwardens. This was followed by a celebratory Bring and Share lunch which we enjoyed as two parishes united and looking very much forward to the future. Capel's SPCM took the place of our Annual Meeting which we normally hold in April and the full report for the past year and our end of year accounts are available in church. However, I thought I would give you a shortened update of what we have all been up to with a few advertisements for this year too. So here goes!

My Chair's report began with last Easter highlighting a new event on Palm Sunday which was a procession led by two donkeys along the street towards church, re-enacting Jesus' triumphal entry into Jerusalem. We are doing it again this year so please join us, at Bennetts Green, just past Capel News where we will congregate. Holy Week and Easter continued with Maundy Thursday and Good Friday when the choir sang some memorable music from Bach's St John's Passion – this year we are tackling St Matthew's Passion – just the chorales you realise (!) As usual we enjoyed wonderful flowers and decorations for Easter Day from Betty and Joy and their team and delicious Capel teas were served over Easter too.

Finance has been a big issue for us as for many churches this year and you may remember we sent everyone a special leaflet explaining how regular giving really helps our future planning and to be perfectly honest, our existence as church in this village. We were thrilled that our giving has now increased and are truly thankful to those who have signed up to the new Parish Giving Scheme. However, as you may have guessed, we still have a shortfall and would welcome more new givers. With that in mind a new revised leaflet may in due course come through your letter box. We also were without an appointed Treasurer and so the burden of keeping our finances in order fell to Dineke van der Bogerd, one of our Churchwardens who did a wonderful job of keeping things afloat plus promoting stewardship! Dineke is now pleased to report, as are we all, that we found a wonderful new treasurer in Debbie von Bergen who let slip in an unguarded moment that she was an accountant! And the rest as they say is history. Debbie is a marvellous asset and has helped us hugely since she took over in September and so huge thanks to her and to Dineke for taking on these responsibilities.

For myself as Vicar, I chair the PCC which meets every other month approximately along with Standing Committee to plan the Agenda and conduct church business in between PCC meetings. We have also enjoyed meeting with the team at Ockley to discuss and plan our potential future together and these meetings are always so positive with a real sense of fellowship and great joy and they continue to be so. We enjoyed celebrating with our wedding couples three weddings last year and welcomed several young children into God's family of the church through baptism. We also shared in people's sadness as I conducted several funerals all memorable in their own way. Duncan Jennings who was known to many and was a much loved church member, sadly died last summer after a courageous battle with cancer. It was a beautiful summer's day and the refreshments afterwards were held in church and of course outside too. So fitting for Steffi and the family as one of Duncan's favourite things was watching the antics of the characters in 'Last of the Summer Wine'. Very appropriate.



...I think I must have missed that module when I was at theological college!

Continued on page 4

In December we held the funeral for Muriel Dale who as many of you know was 108 years old. I will always remember the family leading her coffin on one of the farm trailers drawn by the tractor, having accompanied her all the way from the farm and a small calf brought up the rear. It was a wonderful and fitting occasion. That same young calf stepped in for our donkeys at the Nativity Service a week or two later adorning our nativity scene which was as usual delightful.

Other services have been a great joy especially when we have young members and their leaders of our uniformed groups join us. Christingle, Mothering Sunday, Harvest and Nativity along with Remembrance Day all feature our young people and we are so happy always to see them. We have also enjoyed Café Church which is an informal gathering beginning with refreshments café style whilst enjoying the company of others and some great music played by our new Worship Band. This is a new initiative for which we have to thank Bob Cranham. Bob is a professional guitarist and music producer who has put an impromptu band together. Come and see this fabulous trio singing and play at another new initiative called The Sunday Session which happens once a month on a Sunday evening. I will just say this - the already very lovely Parish Hall is transformed! And of course we held our first Curry and Comedy night in aid of Compassion UK and are delighted to say 14 children were sponsored through hearing the story of a now grown up sponsored child from Kolcutta who taught us how to cook his mum's curry along with some comedy provided by Steve Legg. Brilliant!



Barry's genuflection caught everyone by surprise

Week by week we continue to be supported by our great organist and choir leader Anthea Smallwood who expands our musical and spiritual horizons and our lungs through our church choir and family communion services. Do think about joining us, we would love to have more voices. We are fortunate to have so many willing and dedicated volunteers of all ages to help us maintain this ancient building and churchyard, keeping it clean and tidy, beautiful and well maintained. People who come and help are not necessarily churchgoers but just part of our lovely village community and we thank you. Then of course, we have the wonderful Christmas trees and switching on with carols, another great Murder Mystery Play for Harvest with the Cricket Club, Capel teas on a regular basis, Messy Church, Mum's coffees, St John's Artists, Craft group, Capel lunch club, and so much more. So a huge thank you to everyone who plays a part or who just comes and sits in the quiet of our beautiful building. There is another very beautiful building in Ockley and together we have secured a good future for ourselves, where with your help we will be able to continue having a fulltime vicar in post and be able to follow God's guidance and leading in serving this wonderful village and parish we call Capel.

Yours as ever and with all love and blessings,

Rev'd Liz

Royal Guest List

What to do with the homeless in Windsor on the day of the royal wedding? Invite them to the wedding feast, of course. They would be off the streets, get a square meal and have a story to dine out on for the rest of their lives. As supreme governor of the Church, the Queen would know this is biblical. Jesus told his followers not to invite the rich and famous to their parties but to ask the poor, the crippled, the lame and the blind (Luke 14: 12-14)

Editor: My thanks to Daphne Parkins for spotting this in a national newspaper

People who know me know that I can't sing, don't write well and although I'm a keen gardener I kill all houseplants that I am ever given. So, when I was asked to write a review of the first Sunday Session led by Bob Cranham at the Parish Rooms my heart sank slightly as I'm certainly more comfortable with figures than words.

But that's the point really, occasionally one is pushed out of one's comfort zone and then something magical happens, you find a new experience that enriches your life in a way you didn't think possible.

Sunday Session certainly challenged my normal view of worship, it had discussion, lots of music, readings, poetry and an easy relaxed atmosphere. For someone like myself who had shunned organised religion for most of my life it

opened a new more intimate door into the life of a Christian. Don't get me wrong with Rev Liz's guidance I have

come once again to enjoy being in church and worshipping in a formal way, but the first Sunday Session opened my eyes to what can be achieved in a more intimate setting.

If I were to try and persuade you to attend I would say that the music was particularly lovely, singing the old Monkees classic 'I'm a Believer' made my evening, and the discussion around

belief made me think again of all those who might believe but find church too daunting.

be fearless in
the pursuit of
what sets your
soul on fire.



Everyone has their own path to God, so I'm sure each person there will have taken something different away, but for me part way through I had a vision of how much my mother who has been dead for 35 years would have loved it, she had a huge sense of fun and was ahead of her time in wanting to praise God in a more relaxed way. So challenge yourselves to try something different and come to the **next Sunday Session – March 18th 6pm in the Parish Room, Chapel.**

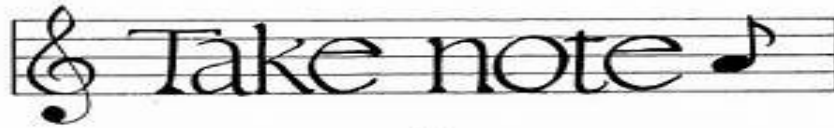
The BBC makes more room for God

The recent publication of the BBC Religion and Ethics Review has been welcomed by church leaders as 'positive' and 'encouraging'.

The Director General of the BBC, Tony Hall, writes in his foreword: 'We know – our research tells us – that today's audiences are interested in learning more in this area. People of all ages, and of all faiths and none, think it is important to learn about religion in general. They recognise that, if we truly want to make sense of the world, we need to understand the systems of belief that underpin it. For the BBC, this is a fundamental part of our responsibility. It has also, perhaps, never been more important for us to get it right.'

And so, the review has promised a commitment to: 'accurately portray the diversity of beliefs in our society, to helping people understand their values and decisions, and to increasing specialist knowledge of religion in the news.' A new post of Religion Editor will be put in place, along with a global team containing new reporters, with specific religious experience.

The Bishop of Repton, the Rt Revd Jan McFarlane, has welcomed the BBC's new plans. She points out: 'Religion is a force to be reckoned with across the world. It is not in decline: it needs to be taken seriously and understood properly if we are to make sense of the world around us, understand our history and culture, and live in peace with our neighbour.'



The Pavilion Café at Ockley

This community cafe is held at the cricket pavilion in Ockley and opens each Wednesday from 9.00 am—12 noon.

Do pop in for delicious homemade cakes, freshly brewed coffee and a range of teas!

We hope to see you there!



Coffee Fellowship

“LENT – A – CLEAN 2018” –

SATURDAY 17TH MARCH @ 9am – 12

Don't Give up – Take up!

Apart from the regular weekly sessions, the Church needs a really good cleaning at least once a year and what better way to embrace Lent than by “taking up” something extra.

So come along on Saturday 17th March from 9am – 12 and lend a hand - just in time for Easter - see you there.

Ps – if you have any cleaning equipment - eg dusters / rags / polishers – please bring along.

Thank you – Andrew Forsyth

Mental Health Peer Support Group

New Peer Support Group for anyone facing depression or similar mental health concerns in Guildford, every Wednesday evening, 7.30 – 9pm, at The Spike Community Centre, Warren Road (next to St Luke’s Surgery and St Luke’s Square), Guildford, GU1 3JH. Hosted by PeerTalk, a charity underpinned by the Methodist Church, it offers a friendly and confidential space to share and be heard. No need to book. Just come along. More info at www.peertalk.org.uk/index.php/support-groups Starts on Wed 7 Feb and weekly thereafter.

T.L.C. Teas @ Ockley Village Hall

TLC meets monthly for a friendly afternoon chat, scrumptious teas and lots of Tender Loving Care.

Normally held on the THIRD Monday of every month. (19th March) 3.00—4.30 pm in Ockley Village Hall

Our aim is to provide a happy and relaxed atmosphere for those who just want to meet together.

For further details contact: Judie on 01306 888456 or email: thoroldfuters@aol.com

The Children’s Society Houseboxes due in!

If you have a box that needs emptying and counting, please speak to Suzanne to arrange to exchange it!

Thank you to everyone that helps raise money for the Children’s Society and if you would like to have a housebox to collect at home, please let Suzanne know. Thank you.

slc@ansford.me.uk 01306 711449

DATES FOR YOUR DIARY
see page 8 for Events & Services

OFFICE ADMINISTRATOR VACANCY

Capel and Ockley PCC are looking for a part-time administrator to provide high quality support in all aspects of administration working closely with the vicar, Rev Liz Richardson.

We are looking for a self-motivated person with empathy with the ethos of the Church of England and a commitment to the work of the parish, pastoral area, schools, the local community and other parish groups.

8 hours a week Pay £10.00 per hour

Closing date for applications: 15th March 2018

Interview date: 23rd March 2018

For further information and an application pack please contact Gill Christie on 01306 711917 or email gill@c21mediagroup.com

An enhanced CRB Disclosure will be required for the post-holder.

St Margaret's Bible Study Group

Held every fortnight on a Thursday at 2.00 pm
at Gill Christie's house 'Elderslie'.
The Editor does not have the full address so
please would you call Gill on
01306 711917 for more details.

From the Registers

We mourn the loss of

John Edward Barnes
9th February 2018

Helen Burridge
16th February 2018



Please join the
Dorking Friends of Cancer Research UK for a

Quiz Night

At Oddfellows Hall
270 High St, Dorking RH4 1QT

Saturday 24th March 2018

7.30 pm for 7.45 pm start
Fish and Chip Supper. Vegetarian option on request
Tickets £12
Bring your own drinks

For tickets call 01306 881364 or 01306 882759
or email dfcancerresearchuk@btinternet.com

Kindred Spirits Women's Ministry warmly invite you to



Women's Breakfasts 2018

Saturday 2nd June
Saturday 4th August
Saturday 3rd November

All starting at 8.45am in the Cricket Pavilion, Ockley.

There will be a joint breakfast with the men's group in March, date to be confirmed

MARCH

SUNDAY	4th 8.00 am 9.00 am 10.30 am	<u>Third Sunday of Lent</u> Holy Communion BCP (Capel) Matins at St Margaret's Ockley Café Church (Capel)
MONDAY	5th 7.00 pm	<u>Lent Course 3</u> Church of St Mary Magdalene South Holmwood
SUNDAY	11th 9.00 am 10.30 am 3.00 pm	<u>Mothering Sunday</u> Holy Communion CW (Ockley) All Age Parade Service (Capel) Capel Teas in church – new season begins!
MONDAY	12TH 7.00 pm	<u>Lent Course 4</u> Passover Supper with Julia Pascoe, Director of Jews for Jesus
SUNDAY	18th 8.00 am 9.00 am 10.30 am 6.00 pm	<u>Fifth Sunday of Lent</u> Holy Communion BCP (Capel) Matins at St Margaret's Ockley Family Communion (Capel) Sunday Sessions (Capel Parish Hall)
TUESDAY	20th	Messy Church in Capel Memorial Hall From 3.15 pm <i>onwards</i>
SUNDAY	25th 10.30 am	<u>Palm Sunday – St John's and St Margaret's together at Capel</u> Palm Sunday Procession begins at Bennetts Green at 10.20am and with our donkeys process through the village to church where we continue with all age worship and communion service followed by Hot Cross Buns! Bring branches or palms to wave!
THURSDAY	29th 7.00 pm	<u>Maundy Thursday- at St Margaret's Ockley</u> Surrey Weald Team Service of Holy Communion at St Margaret's Ockley We remember Jesus' last supper where he washed the feet of his disciples along with the other churches of our Surrey Weald Team. At the end of the service we strip the altar of its vestments and prepare for Good Friday.
FRIDAY	30th 10.30 am 2.00 pm 4.00 pm	<u>Good Friday</u> St Matthew's Passion – a service of the spoken word and sung chorales from Bach's St Matthew's Passion with times for reflection and silence. Good Friday Walk - followed by (See local notices for more details of start point) ... Good Friday teas in church
SUNDAY	1ST 9.00 am 10.30 am 3.00 pm	<u>EASTER SUNDAY</u> Easter Day Family Communion (Ockley) Easter Day Family Communion (Capel) followed by churchyard Easter egg hunt! Capel Teas in church (St John the Baptist)
MONDAY	2nd 3.00 pm	<u>EASTER MONDAY</u> Capel Teas in church (St John the Baptist)

Most Wednesdays at 9.45am in church we pray the Church of England's Daily Office at Capel. All are welcome to join us as we intercede for the church, the world and all those in need who have asked for our prayers....

Dear Readers,

As I sit and contemplate what to write to everyone for what should have been the first of our Spring 2018 issues, it is blowing a gale outside and snowing! Certainly this snap of cold weather has brought much of the UK to a standstill. On a more serious note, it can be life-threatening to so many, particularly the elderly and homeless. As a village community I think we are fairly good at keeping an eye on our neighbours but I'm sure we can all do better as well! However, there will be so many places where people are suffering in silence as they don't like to ask for help. One of our greatest commandments is 'Love thy neighbour' and this weather surely makes us want what is best for our neighbours, in the literal sense and beyond. So if you have someone who may be glad of a visit or a phone call to check they are alright, why not do it now?

We are delighted to have found sponsors for most months of this year for InSpire, meaning that there will be minimal costs for the church. I am delighted with this because I didn't set out to cost the church money in producing a monthly publication. But I hope you agree that it is something we can all enjoy and use as a valuable outreach tool too.

I have been able to share some more information from our friends in Ockley this month and I'm grateful to Shirley Dean-Webster for helping me do this. Obviously as a United Parish, it is important that the contents are as balanced as possible. But I am reliant on everyone keeping me informed—so please do help me! I would be very grateful for any suggestions or provision of articles that you wish to include. So don't be shy - why not write an article for InSpire, even if it's just a few lines!

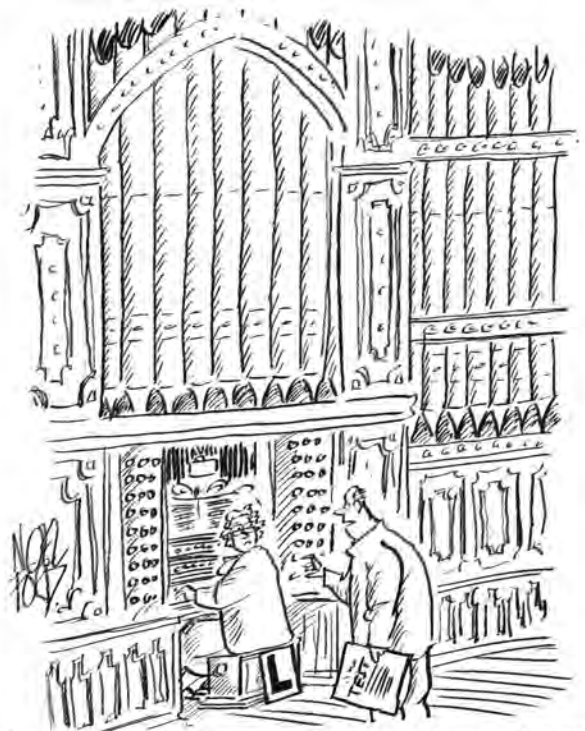
This month we are marking Lent and Mothering Sunday. There are some further articles on Mothering Sunday on pages 12 and 16. It is a special day to remember our mothers, both those that are here with us and those that have gone before. Also, I believe it is important to remember those for whom it is a difficult day. Having seen loss at close hand with family and friends who have either lost a child through stillbirth or other circumstances, together with those who have never had a much-longed for child, this is a day of mixed emotions for them. Motherhood is not a right in life but a great gift which many of us are lucky enough to enjoy. And if you're really lucky you have a great mother yourself and for some of us mother-in-law too! I've been very blessed in that Irene and Stan Cole always treated me as a daughter rather than a daughter-in-law, for which I have felt very grateful. This month's issue is sponsored by my mother-in-law to commemorate what would have been Stan's 100th birthday on Sunday 11th March. So I'm sure that we will be remembering him very fondly when we gather together to celebrate Mothering Sunday. Why not commemorate a special someone or occasion with sponsoring a month of Inspire? If you feel you could, please contact either Debbie von Bergen or myself.

Oh and the 2018 season of Church Teas begins on March 11th! Hallelujah ... maybe Spring is in the air after all?

With my best wishes,

Suzanne

Spring arrives in our churchyard
last year



"At some point between Verses 3 and 6, I'll signal for you to do an Emergency-Stop."



Dear Readers,

We had our last Annual Parochial Church Meeting (this year correctly called an SPCM) as Capel PCC on the 11th February at which I presented the 2017 accounts. For anyone who wasn't able to attend and would like to receive a copy, do please email me and I can either send you an electronic copy or print a hard copy off for you.

You will be pleased to hear that since that date we have received £4,577 from HMRC in respect of our gift aid claim for 2017 which is a welcome boost to our finances. The 2016 claim is still outstanding, but I am hopeful that it will be paid in the near future.

Gift aid is the money we receive on donations where you have been kind enough either to sign the yellow envelopes which you will see in the pews at church or have signed a form that says your ongoing donations are eligible for gift aid. As you can see the yearly amount makes a huge impact on our income. So, if you are eligible to gift aid your donations (that is that you are a UK tax payer), and don't yet do so please do have a chat with me as to how easy this is to do. I and the church would be most grateful!

Debbie von Bergen

Sponsorship of InSpire - November / December 2018 issues

Following Debbie's suggestion of people sponsoring a month of InSpire, we are pleased to report that the only two months are now available for sponsorship in 2018 are **November and December**. All the other months are now accounted for this year for which we are very thankful!

If you would like to sponsor either of these months — perhaps to commemorate a loved one's birthday or a special anniversary, please see the contact details below. In return for your sponsorship, if you would like a special mention in your sponsorship month, please do let us know. We would be very pleased to help you commemorate a special occasion or a loved one. *However, It can remain anonymous if you prefer.*

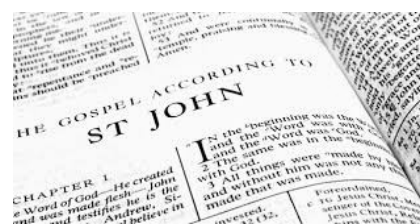
The approximate cost of the current format is £50.00 per month.

If you have any queries about sponsorship please call either Rev Liz on 01306 711260, Suzanne Cole, Editor on 01306 711449 or Debbie von Bergen, our Treasurer on 07774 784008.

HOUSE GROUP starting again on Monday 26th March

Dik will be leading the group and we will probably be studying St John's Gospel. We would love to see you there! Any questions, please speak to Dik Hoogmoed. Thank you.

- March 26th: 8.00 pm at Claire's
- April 30th: 8.00 pm at Dik & Dineke's
- June 4th: 8.00pm at Marion's





We pray for all in our United Parish of Capel and Ockley. We give thanks to God for our unification.

We pray for all who are unwell in our Parishes, particularly any who are known to us or that ask for our prayers. Please be with them in their times of pain and anxiety. We remember especially Paula who was hoping to be home from Dorking hospital sometime this week.

We remember those who have died recently including John Barnes and Nancy Burrige and anyone who is known to you. We also remember those whose anniversary falls at this time and ask for your comfort Lord on those who mourn.

As we celebrate Mothering Sunday on 11th, we especially remember mothers everywhere. We give thanks for our own mothers and pray for those who no longer have their mother with them. We also pray for those for whom Mothering Sunday is a difficult time, whether they have lost a child or not had a child they longed for. Comfort and heal them Lord in their times of sorrow.

Mothering Sunday praise

Gracious God,
As a mother loves her child
so you love us,
for that great truth
We praise and thank you.

We owe our very lives to you.
You have watched over us from our birth,
tenderly nurturing us,
showering us with love.
When we have needed you.

Amen

Extract from a prayer by Nick Fawcett
(Prayer for All Seasons 1998)



A Prayer for Lenten Simplicity

Free me, Lord Jesus, from anything that obstructs my way to you. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness. Cleanse me of thoughts filled with anger, envy, or self-pity.

Create space in my life for more kindness and less spitefulness, greater generosity and few self-centered needs, stronger compassion and weakened judgement of others.

Enlarge my heart with a spirit of gratitude this Lent, so that I recognize the simple gifts that lay in abundance all around me.

*In your sacred name, I pray.
Amen*

Sadler

www.WeBelieveAndShare.com copyright ©2011 by Sadler, Inc. All rights reserved.



A Litany for Lent

FRANCISCAN
MISSION SERVICE

We fast from judging others,
but feast on patience.
We fast from apparent differences,
but feast on unity of all life.
We fast from words that pollute,
but feast on words that affirm.
We fast from complaining,
but feast on appreciation.
We fast from bitterness and anger,
but feast on forgiveness and mercy.
We fast from discouragement,
but feast on hope.
We fast from suspicion,
but feast on trust.
We fast from idle gossip,
but feast on purposeful silence.
We fast from problems that overwhelm,
but feast on prayer that strengthens.

Editor: Canon David Winter considers the difference between Mother's Day and Mothering Sunday.

A Prayer for Mothering Sunday

Loving God,
 Thank you for mums and children
 and for all the joy of family life.
 Be with those who are grieving
 because they have no mother;
 Be close to those who are struggling
 because they have no children;
 Be near to those who are sad
 because they are far apart from those they love.
 Let your love be present in every home,
 And help your church to have eyes to see
 and ears to hear the needs of all who come.
 We ask this in the name of Jesus Christ our Lord.
 Amen.



The American invention, "Mother's Day", will be celebrated on Sunday 11th March, though the cards, boxes of chocolates and reservations for deliveries of flowers will be in the shops long before. It's a very nice idea, as most of us love our mothers dearly and welcome a chance to celebrate their importance in our lives.

I say "American invention", because long before Mother's Day there was a Christian event, marked nowadays in the Church Calendar, with the title 'Mothering Sunday'. It's still widely observed in churches on the fourth Sunday of Lent, and yes, that's 11th March, too.

The difference between them is subtle but profound. 'Mother's Day' is about who she *is*, particularly in our lives. 'Mothering Sunday', as its rather awkward name implies, is about a quality which we recognise in mothers but can be present elsewhere – to 'mother' someone.

We have all needed mothering, from time to time, and not simply when we were tiny and helpless, literally dependent on our mothers for our sustenance and survival. During the years of the last War I was 'mothered' by my grandmother. Sometimes a friend acts in this role for us, when we feel lonely or helpless. 'Mothering' means caring deeply, sustaining, supporting, whatever the cost.

That is why God, whom we usually call 'Father', is sometimes spoken of in the Bible as 'mothering' us, gathering us in His arms of love, even feeding us like a mother. On 'Mothering Sunday' we celebrate so much more than our own beloved mums. We celebrate the whole glorious notion of care, compassion and nurture. And of that care, very often our own mothers are the very best examples.



That daffodil time of year

O how I love, as poets do
 That time when skies turn deeper blue,
 And all can know the vernal thrills
 Of landscapes filled with daffodils.

I love to spend a pleasing hour
 Admiring nature's golden flower;
 That trumpet shape, enhanced by dew
 That vibrant, cheering yellow hue!

No better herald of the spring
 No flower can more pleasure bring;
 And spirits crushed by winter's ills
 Are lifted by the daffodils!

By Nigel Beeton

Source: Parish Pump

LENT 2018

Our Lent course in St Mary Magdalene, South Holmwood

starts 7.00 pm on Mondays 19th and 26th February and 5th March ending with 12 March Passover meal with Julia Pascoe, Director of *Jews for Jesus*.

Julia is coming here to host a Passover meal with an explanation of how the feast points to Jesus. A donation for the meal and her travel expenses is all she asks. The 12th will last from 7-9.30pm

Other churches are joining us for the course and for the meal.

Please sign up for the 12th March so we know how many to cater for! Thanks



Not too late for a Lent Course! Start today.

Lent is already well underway (it began on 14th February), but as it stretches ahead throughout most of March, you may well be interested in visiting *#LiveLent – Let your light shine*. Especially if you have not yet got around to following any Lent course yet!

LiveLent is the Church of England's 2018 Lent campaign and resources for churches. It follows the Gospel of John, offering a short daily reading, a pause for reflection and prayer and a challenge to act. The Archbishops describe the course as "giving you an opportunity to explore what the gift of Jesus and the challenge of Jesus mean for you, in the context of your daily life.

"God offers us life for the sake of others. The light He gives us in Jesus Christ is not to be hidden but to shine – it's a gift to be lived and shared. Indeed, the more we share it and let it shine, the brighter it burns."

The aim in 2018 is to encourage people to journey from Lent and Easter into Pentecost and Thy Kingdom Come. (visit <https://www.churchofengland.org/lent>)

InSpire for our Younger Readers

Mouse Makes

Journey to the Cross
Read the Bible - find the answers

READ Matthew 21:1-11
Where did Jesus stop on his journey? vs 1
What did Jesus send his disciples to get? vs 2
What did the crowd spread on the road in front of Jesus? vs 8
What did the people shout? vs 9
What city was Jesus going to? vs 10

READ Matthew 26:17-75
What festival did the disciples celebrate? vs 17
Which disciple denied Jesus? vs 34
Which disciple betrayed Jesus? vs 47

READ Matthew 27
When Jesus was taken to be crucified, what did the soldiers put on him? vs 28-29
What time did Jesus die? vs 45
Whose tomb was Jesus buried in? vs 57

READ Matthew 28
On the third day who rolled away the stone covering the tomb? vs 2
What had happened to Jesus? vs 6,7

Mar18 © deborah noble • parishpump.co.uk

New Tail Ends

Hopefully by the time you read this our ropes will be back in the tower with new tail ends spliced on. They were taken down in early December and sent away to rope makers in Loughborough for machine repair. In the meantime, we have been using old ropes borrowed from Newdigate and Ashtead.

A bell rope has 3 parts; a tail end, a sally and a top end. The sally, made of tufted wool, usually of coloured stripes is the most recognisable section and is caught and pulled at handstroke.

The tail end is about half the wheel circumference in length and is usually made of natural fibre, most commonly flax which is subject to wear. With every backstroke, the rope is lifted much higher than it is at the handstroke, as it winds around the wheel to swing the bell full circle. At Ockley we place mats on the floor in front of each rope, not, as some think, for the ringers to stand on, but to minimise the wear caused by the rope hitting the ground at each backstroke. Having made several repairs in the last couple of years, the tail ends needed to be replaced.

The top end is the longest part and its length depends on how high the bells are above the ringing chamber. At St Margaret's this is on the ground floor so the ropes are significantly longer than average, over 50 feet through 2 floors to the bell wheels. These are usually made of synthetic material which is cheaper and wears better than natural fibre and doesn't stretch. The borrowed ropes are all hemp which has made ringing challenging as the stretch is magnified over such a long distance making it more difficult to feel when the bell reaches the balance.

Ringing is well within the capabilities of most people. Anyone interested in finding out more is welcome to come along and have a go, under supervision, or just to watch. Practice nights are at St Margaret's Ockley on the 1st and 3rd Wednesday of each month from 7.45 pm to 9.15pm and at St John's in Capel on the 2nd, 4th and 5th week.

For more details please call Sue on 01306 627168 OR
email: ockleybellringers@btinternet.com



"Ready when you are, George..."

11 Mothering Sunday – 4th Sunday in Lent

There is an old Jewish saying: *God could not be everywhere, and therefore He made mothers.*

Mother Church, Mother Earth, Mother of the Gods - our human mothers - all of them have been part of the celebration of 'Mothering Sunday' - as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16th century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families - which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed and in many ways now resembles the American Mothers' Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.

11 Mothering Sunday – and Mother Church

The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.

A little humour

Palms

It was Palm Sunday, but because of a sore throat, young James stayed home from church with his grannie. When the family returned home, they were carrying several palm fronds. Johnny asked them what they were for.

"People held them over Jesus' head as He walked by," his father told him.

"Wouldn't you know it," James fumed, "the one Sunday I don't go, and He shows up."



Christians suffer during renewed fighting in Syria

In a Christian area of Damascus near Bab Sharqi (East Gate), a shell recently fell on a church compound, killing seven Christians and wounding others. Aleppo, which has had peace for a year, is now seeing fighting again and there is a major battle in Idlib. Meanwhile, the Christian community in Homs mourns a new death every week or so.

The remaining Christian community in Syria has been described as being under 'great pressure'. Barnabas Fund, which works in the region, explains: 'They have endured years of conflict that have seen their homes destroyed, husbands and fathers martyred, hundreds of thousands displaced, and anti-Christian persecution from Islamist groups. The result is trauma and a sense of futility and hopelessness, especially amongst young people.'

If you can help Barnabas Fund to provide food and medical relief for thousands of Christians, go to: <https://barnabasfund.org/en/projects/latest-needs>

Church Mission Society launches first ever online resources platform dedicated to mission

The UK's first online platform dedicated to providing mission resources has been launched by Church Mission Society. The new Resource Hub platform has been created by CMS for church leaders, small groups and individual Christians, and will provide, free of charge, a wide selection of tools and resources designed to inspire and inform Christians about mission and increase the number of people getting involved in mission.

The Resource Hub has been in development for over a year, and brings together hundreds of key resources about cross cultural, contextual mission into one place. The list of contents is constantly growing but already includes exciting resources from Mission Is (CMS's latest campaign), a handbook for doing mission on housing estates, interactive Bible studies, prayer exercises and feature articles from guest contributors on the latest theological and missiological developments.

There are videos, study guides for small groups, CMS's flagship publications such as The Call and Prayerlines, plus a host of rich content including video and audio recordings of people in mission telling stories of transformation from around the world.

More details at: churchmissionsociety.org/resources

Christians Against Poverty helps even more people

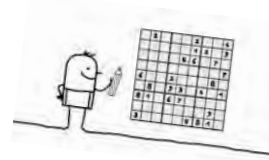
Last year, 2017, Christians Against Poverty (CAP) was able to help more people than in any other year of CAP's history.

Altogether, 'a breath-taking' 2,828 families and individuals 'stepped into 2018 free from the heavy millstone of debt.' CAP is also celebrating the fact that 'We've seen more than 1,100 people choose to start a relationship with Jesus as they've discovered the true depth of God's love for them. And 130 new communities now have a CAP service on their doorstep, shining the light of hope into the darkness of poverty.'

Read some stories of those who have come out of debt: <https://capuk.org/connect/more/video/252569935>

Don't read the Bible, listen to it

Fancy listening to the Bible? Try the new audio Bible app from SPCK, called the NRSV Audio Bible for Everyone, costing 99p. The basic app provides the text and audio of the NRSV, while the option to upgrade offers a version that includes commentaries and guides from the For Everyone series by Tom Wright and John Goldingay. Visit www.SPCKapps.com.



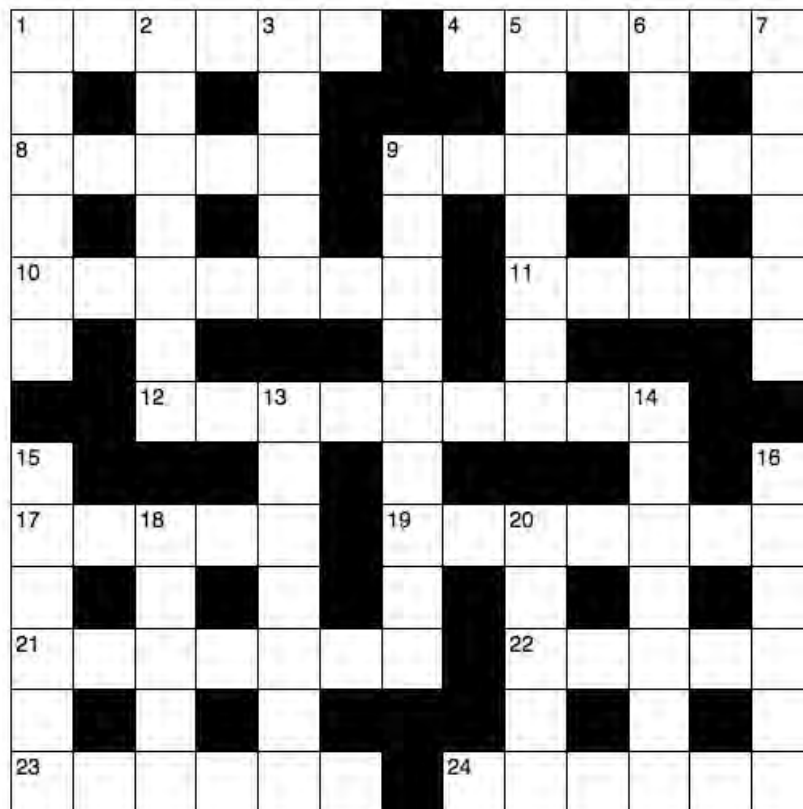
CROSSWORD

Across

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

Down

- 1 Appalled (Job 26:11) (6)
- 2 ‘In an — to escape from the ship, the sailors let the lifeboat down into the sea’ (Acts 27:30) (7)
- 3 Expel (Acts 18:16) (5)
- 5 ‘ But I have a baptism to — , and how distressed I am until it is completed!’ (Luke 12:50) (7)
- 6 Of the increase of his government and peace there will be — — ’ (Isaiah 9:7) (2,3)

**DOWN**

- 7 Hurry (Psalm 119:60) (6)
- 9 'For I desire mercy, not — , and acknowledgement of God rather than burnt offerings' (Hosea 6:6) (9)
- 13 One of its towns was Sychar, where Jesus met a woman at Jacob's well (John 4:5) (7)
- 14 Shouting (Acts 7:57) (7)
- 15 Arachnid (Isaiah 59:5) (6)
- 16 One of Paul's first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)
- 18 Donkeys (5)
- 20 Raked (anag.) (5)

What now?

Today, I was in the bathroom at a popular coffee chain. Someone had written "What Would Jesus Do?" on the wall. Another person had added, directly underneath: "Wash His hands."

Then a third person wrote, "And your feet."



Jesus at the gates of Jerusalem

Holy Week begins with Palm Sunday, when the Church remembers how Jesus arrived at the gates of Jerusalem just a few days before the Passover was due to be held. He was the Messiah come to His own people in their capital city, and yet He came in humility, riding on a young donkey, not in triumph, riding on a war-horse. As Jesus entered the city, the crowds gave Him a rapturous welcome, throwing palm fronds into His path. They knew His reputation as a healer, and welcomed Him. But sadly, the welcome was short-lived and shallow, for Jerusalem would soon reject her Messiah, and put Him to death.

- holy Passover
- palm Held
- arrived Messiah
- gates Own
- Jerusalem People
- City Donkey
- Came Triumph
- Humility Crowds
- Riding Rapturous
- Young Fronds

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

- Healer
- Welcomed
- Reject
- Death

All Puzzle solutions on the back page.

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

On the evening of February 8th, relatively new Capel residents Bob and Judy Cranham led a team of volunteers setting up an evening including a curry dinner, a comedian, a demonstration of curry-making, and information about Compassion UK, a charity who support children out of poverty, across the world.



We helped set up mid-afternoon, then Judy took the Village Hall setting to a whole new level, with bunting on the ceiling, and tables decorated with green table covers, and gold bands down the middle - all kept from a previous event! This felt just right!

The evening started at 7.30pm and people started the evening with the food which went down very well, then the MC/comedian (Steve Legg), who did the same. In the break we could check if we had won anything on the raffle, then we were treated to a live demonstration of curry-making, provided by Jane (pronounced Jar-nay) Alam, who cooked a curry like his Mum had taught him. As he cooked, Steve asked him about his early memories, and he chatted about how he started life in a Calcutta slum at subsistence level with no chance of change, alongside 10,000 people sharing one tap and 2 toilets, and no education. Then life had changed for him as he was selected, to be supported by Compassion UK, who fed, clothed, housed and educated him alongside other youngsters fortunate enough to be supported out of the poverty cycle, by the donation of sponsors.

As the cooking demonstration continued, the spices filled the hall with wonderful aromas, and you wondered how could he express such things so easily - well, that was normal there ! The harsh truth is we are very fortunate and they are not. If his uneducated Dad didn't get (harsh) work one day, they didn't eat. Compassion UK identify locations, and families and children, in need of help. By sponsoring a child at £25 a month, people in more fortunate situations lift children (and their families, and communities) slowly out of poverty. The charity helps those wanting to help, make a difference at the front line, in a sustainable way. Jane was the living proof of this, as he spoke of his experiences, making his Mums curry.

I remembered in younger days I travelled twice to India, a wonderfully colourful, geographically and culturally rich country. I loved the Himalayas, the Taj Mahal and the heat, the rich wildlife and the apparent philosophical acceptance of the people of their situation. But what put me into shock almost immediately, was just how much of the population lives (and dies all too early), on none of the health and hygiene things, that we take totally for granted. This hard-to-stomach, overwhelming feature of India left me feeling helpless to help in any real way. The tour-leaders and guides tell you NOT to give money to the beggars, as it will be taken from them by the organised-gang-leaders. You might give food - but what about when you've gone home ?

We had a lovely, entertaining evening in our village hall and the raffle raised about £300 for Compassion UK. Oh, and quite amazingly, 14 children were sponsored, an excellent result. Well done Bob and Judy, all the helpers - and especially Steve and Jane, the new sponsors and Compassion UK.

THANK YOU from Bob & Judy

Bob & Judy would like to say a HUGE thank you to everyone who helped to make the Comedy & Curry event on 8th Feb such a great success. For those that gave up their time during the afternoon to help decorate the hall; to those who helped with the technical side of things; to those who gave so generously to the raffle; to all those who stayed behind after the event to help wash up - we simply couldn't have done it without you. And to those who committed to sponsor 14 young people around the world we thank you on behalf of Compassion UK. Your support will change lives in ways none us can imagine. (More details can be found at www.compassionuk.org)

Hello Friends,

I hope you are all well and that this winter season is showing signs of spring for your whole being, even if there is still snow on the ground! The Minnesota winter is really quite something. If the temperature hits freezing point we all celebrate as it feels "quite warm" outside. I feel like I am becoming more Minnesotan by the day, I travel with my slippers when visiting with friends and my abilities to drive on snow ridden streets is not so daunting anymore.

NEWS

SourceMN ran an emergency anti-trafficking shelter for ten days across the Super Bowl festivities as part of our Purple Light Project. You can **watch** a video that I put together for the work that we did at the shelter and see other videos for the work of SourceMN https://www.youtube.com/channel/UCRWArzJL_Cxq1r7xpTeqFyQ

It was a very humbling experience to work at our shelter. I did a number of night and day shifts. We got to serve three women who came through our night shelter as well as a number of women who stopped into our day shelter.

We are in awe that God brought so many volunteers, churches, organizations and law enforcement together for this work. We know that the relationships formed amongst our teams and further afield have put us in a position full of opportunities for the coming months and years as we continue in this work.

PRAYER

If you are the praying kind please remember Source and our continued work in outreach, education and support of women coming out of the life and into our transitional annex. We are praying that our beds will be filled and that women's lives will be transformed. Please also pray for the director of Source, Peter, who continues to battle stage 4 cancer. After the diagnosis that he would only have 60 days to live we are celebrating that we are 30 days past that prognosis and he has returned to work. It's really quite amazing.

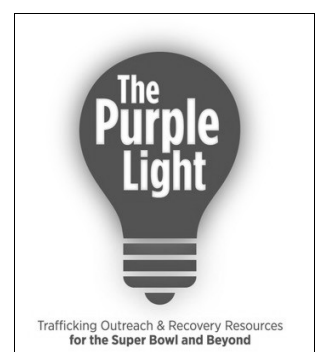
On a personal note I would appreciate your prayers as this season continues. I have been in awe at the work I find myself in and a touch of spring would be good for my bones. On that note I am very thankful that I got to visit my American family in California in January.

Please pray for a small back issue and also provision surrounding the need for a car. I am using one at the moment which as been such a God send, but it is very old and needs some substantial work on its brake lines which would be more than the value of the car.

I am excited to be able to creatively explore with my voice the new songs and passion that God has put in my heart for using these gifts in healing and freedom. I know I feel free when I sing and I know that the more I practice the art of singing the deeper the sense of healing will come for myself and others.

Thanks for taking the time to read this!

Much love and grace,
Sally





Sabine Baring-Gould is best known for his hymn 'Onward Christian Soldiers' which, it is said, he wrote in ten minutes for children. Working at a similar rate he became one of the most prolific, and popular, authors of the late Victorian period with well over a thousand publications to his name.

**Onward, Christian soldiers,
marching as to war,
With the cross of Jesus
going on before!
Christ, the royal Master,
leads against the foe;
Forward into battle,
see his banner go!**

He was born in 1834 and he spent most of his childhood touring Europe with his family. His parents said that they would disinherit him if he entered the Church, so after graduating from Cambridge he became a teacher at Lancing College and later at Hurstpierpoint College in Sussex until 1864, when, at the age of thirty, he became a priest upon his Father's death. At his first parish at Horbury, Yorkshire, he met Grace Taylor whom he married and had 15 children after he had sent her away to be educated. She was a mill girl and it is said that George Bernard Shaw used this as his inspiration for Pygmalion.

**Daily, daily sing the praises
Of the city God hath made;
In the beautiful fields of Eden
Its foundation-stones are laid.
O that I had wings of angels,
Here to spread, and heaven-ward fly!
I would seek the gates of Zion,
Far beyond the starry sky.**

It was in Yorkshire that he started collecting folk tunes having first becoming interested in Nordic stories and tunes during his European tour. In 1881 he moved to the family home at Lewtrenchard, Devon which held the living of the parish and he appointed himself as rector when a vacancy arose. There he not only rebuilt the church, but also his manor house and estate from his income from his many published books. Again in Devon he collected the traditional songs and published 'Songs of the West' in 1889, as well as 'A Garland of Country Songs'. He encouraged Cecil Sharp and Lucy Broadwood (of Capel) to collect folk songs in the west and this led him into the legends and tales of that period too. With Cecil Sharp he published 'English Folk Songs for Schools' which remained popular until the middle of the twentieth century. He wrote extensively on myths, legends, superstitions, saints, ghosts, Dartmoor and is said to have influenced Conan Doyle in writing 'Hound of the Baskervilles'. Whilst collecting stories and legends he also wrote the biography of the eccentric poet-vicar of Morwenstow, Robert Stephen Hawker, and also of Jack Russell the rector of Landkey after whom the terrier is named who spent most of his time hunting. He also carried out archaeological excavations of hut-circles on Dartmoor and formed Dartmoor Exploration Committee recording prehistoric settlements and stone circles. One of his best known novels is The Broom-Squire set in and around the Devil's Punch Bowl and Farnham and partly based upon a true story.

His other hymns were published in early editions of 'Hymns Ancient and Modern' including 'Daily, daily sing the praises' and his translation of 'Through the night of doubt and sorrow,' from the

**The Angel Gabriel from heaven came,
his wings as drifted snow, his eyes as
flame;
'All hail,' said he, 'thou lowly maiden
Mary,
most highly favoured lady.'
Gloria!**

original Danish of Bernhardt Ingemann. One of his books, 'The Noels and Carols of French Flanders', contains two carols that he translated and are often used during Christmas and are now included in 'Carols for Choirs':

**Sing lullaby!
Lullaby baby, now reclining,
sing lullaby!
Hush, do not wake the infant king.
Angels are watching, stars are shining
over the place where he is lying:
sing lullaby!**

Baring-Gould died in 1924. Today he is best remembered for his hymns as his novels have fallen out of favour. He considered that his greatest achievement was his folk song collecting but he must also be remembered for his archaeological studies and the work he did on the history of the west. How he fitted in the running of a parish and looking after his 15 children will remain a mystery.

CROSSWORD SOLUTION:

ACROSS: 1, Awaken. 4, Quench. 8, Hit me. 9, Sadness. 10, Semitic. 11, Ridge. 12, Testimony. 17, Psalm. 19, Indulge. 21, Deserve. 22, Ariel. 23, Rose as. 24, Beggar.

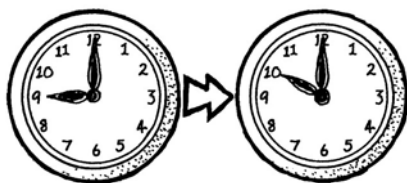
DOWN: 1, Aghast. 2, Attempt. 3, Eject. 5, Undergo. 6, No end. 7, Hasten. 9, Sacrifice. 13, Samaria. 14, Yelling. 15, Spider. 16, Dealer. 18, Asses. 20, Drake.

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

SUDOKU SOLUTION

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

DONT FORGET BRITISH SUMMERTIME STARTS ON SUNDAY 25TH MARCH 2018
 so don't forget to put your clocks forward on the evening of 24th!



WORDSEARCH SOLUTION

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

Your contributions would be most welcome and any copy for this publication should be sent to Suzanne Cole editor@stjohnthebaptistcapel.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.capel-church.org.uk

Any queries, please do contact me either by email or phone: 01306 711449. Thank you The Editor