

God makes clouds rise from the ends of the earth: He sends lightning with the rain and brings out the wind from His storehouses. Psalm 135:7

By day the LORD went ahead of them in a pillar of cloud to guide them on their way. Exodus 13:21

God covers the sky with clouds. He supplies the earth with rain and makes the grass grow. Psalm 147:8

"Can you count the clouds or pour out their rain?" Job 38:37

A bright cloud covered them and a voice from the cloud said, "This is My Son and I love him. Listen to him!" Mark 9:7

And while they were watching, Jesus was taken up into a cloud, and was hidden from view. Acts 1:9

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***This issue is kindly sponsored by
Bob & Judy Cranham***

To celebrate their first year in Capel! I'm sure we'd all like to congratulate them too and thank them for their input already with various events such as Sunday Session and the wonderful Curry & Comedy Night in aid of Compassion UK. We wish you many more happy years in Capel Bob & Judy! Best wishes from us all.

Rev Liz writes

Dear all,

Some of you may remember the Diocesan newspaper which was a free distribution newspaper. It was called 'The Wey'. It ceased publication some months ago now and in its place we have a brand new quarterly magazine for the Guildford Diocese called 'Living Church'. I can recommend it! The first issue is here and you can pick up your own copy in both Capel and Ockley churches. There are several very interesting articles and one which caught my eye was one on the ancient practice of pilgrimage. It seems that increasing numbers are choosing to go on a pilgrimage and numbers are increasing. In the last decade 30 pilgrimage routes have been created or rediscovered in this country alone. In Europe the number of visitors to Santiago de Compostela has grown so much that more than 300,000 people or should we say pilgrims (!) walked the Camino in 2017. You may have caught a documentary on television before Easter which filmed a lovely but disparate group of people who tackled parts of it. It certainly looked gruelling! However, these days you can travel by coach and walk parts of it; I think that would be easier, but I'm not ruling out doing it myself one of these days if I am ever afforded the luxury of a Sabbatical! Good to have a goal anyway.... It is interesting though when overall church attendance is apparently in decline, the number of people going on these pilgrimages is increasing. Perhaps its attraction is being outdoors, amongst nature, God's creation and of course it is in a sense praying on the move, even if you don't necessarily recognise it as prayer. One of the benefits of going on pilgrimage is the fact that one is released from everyday concerns and routines. Becoming a pilgrim takes us out of ourselves, into activity and in the fresh air. One of the advantages I used to find of regularly walking our dogs when we had them, was that however much you didn't feel like walking beforehand, after half an hour walk, my brain seemed to file everything away that had concerned me and my mind felt much clearer. Well hopefully, we can do that with prayer also, maybe on the move, but in any other ways that we find helpful. This month we are concentrating on prayer quite a bit as we are responding to the Archbishops of Canterbury and York's 'Thy kingdom come' global prayer initiative. The idea is to pray for the 10 days between Ascension Day and the Day of Pentecost, in order to see lives changed and refreshed. We have some lovely prayer resources in the churches for you to take away. There is a beautiful booklet of illustrated pocket prayers giving you a very simple prayer idea for each day. There is also a prayer journal for you to note your thoughts down as you pray for other people and finally a booklet giving you a more set pattern of morning and evening prayers. I have loads, they were all free and they are free for you to take and use or give to others who may be interested!



*They had been promised a Celebrity
Guest Preacher*

Also on the subject of prayer we are planning to meet fortnightly at either St Margaret's or St John the Baptist at 9.30 on a Saturday morning. This is definitely user friendly and all are invited to come and join in led prayers for our new united parish and our lovely village communities. You will see the forthcoming dates in the church service list in this magazine but the first one for this month is May the 5th at Capel. If you have a request for prayer please let me know or put a note on the prayer board inside church.

Last but not least I am sure we are all looking forward to the royal wedding on the 19th May. With that in mind Messy Church have written a special session called 'Messy Wedding' which we plan to run on Tuesday 15th May in the hall at Capel and at the usual time. We are going to be making wedding hats, decorating wine glasses, wedding cupcakes and my favourite, firing eco-friendly confetti out of a canon!! I'll have to tell our wedding couples about that! All children accompanied by a grown up are welcome and if any grownups would like to come and join in or even be a helper, it will be a case of the more the merrier.

With love and prayers

Rev'd Liz

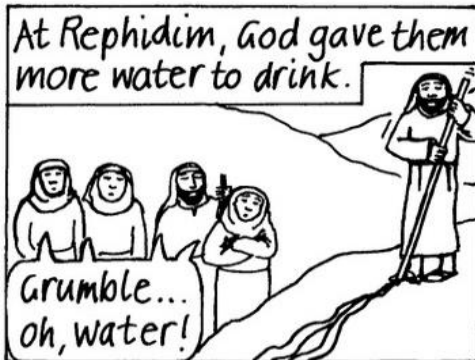
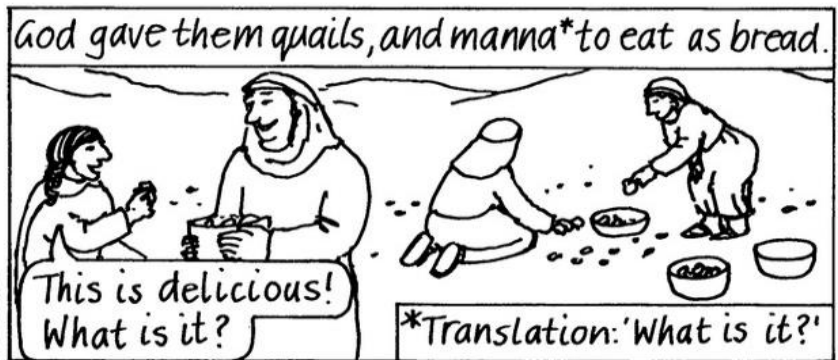
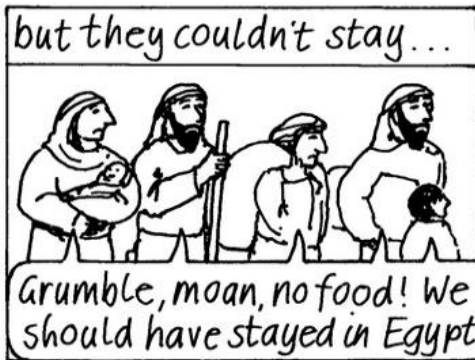


Bible Bite

A short story from the Bible

It can be read in the Bible in Exodus chapters 15:22 to 19:2

God had rescued the Hebrews from Egypt, and was leading them to their new land. But after 3 days....



Colour in Pentecost



The story of
PENTECOST
Acts chapter 2

Church services and events for the Parish of Capel and Ockley**MAY**

| | | |
|---------------------------------|--|--|
| SATURDAY | 5th 9.30 am | Half hour of prayer for our Parish of Capel and Ockley St John the Baptist Capel |
| SUNDAY | 6th 8.00 am 9.00 am 10.30 am 3.00 pm | Sixth Sunday of Easter Holy Communion BCP (Capel) Matins at St Margaret's Ockley Annual Pet Service (Capel) Capel Teas in church (St John) |
| MONDAY | 7th 3.00 pm | Mayday Bank Holiday Capel Teas in church (St John) |
| THURSDAY | 10th 7.00 pm | Ascension Day - 'Thy Kingdom Come' prayer initiative begins Half hour of prayer at St John the Baptist Capel |
| SUNDAY | 13th 9.00 am 10.30 am | Seventh Sunday of Easter Holy Communion CW (Ockley) Family Communion (Capel) |
| WEEK OF 13th to 20th May | | Christian Aid door to door collections |
| TUESDAY | 15th | Messy Church 'Messy Wedding' in celebration of the Royal Wedding of Prince Harry and Meghan Markle 3.15 onwards Capel Village Memorial Hall |
| SATURDAY | 19th 9.30 am | Half hour of prayer for our Parish of Capel and Ockley St Margaret's Ockley |
| SUNDAY | 20th 8.00 am 10.30 am 6.00 pm | Day of Pentecost Holy Communion BCP (Capel) Joint service of Pentecost Family Communion (Capel) Sunday Session (Capel Parish Hall) |
| SUNDAY | 27th 9.00 am 10.30 am 3pm | Trinity Sunday Holy Communion CW (Ockley) Family Communion (Capel) Capel Teas in church (St John) |
| MONDAY | 28th 3.00 pm | Spring Bank Holiday Capel Teas in church (St John) |
| JUNE | | |
| SUNDAY | 3rd 8.00 am 9.00 am 10.30 am | Trinity 1 Holy Communion BCP (Capel) Matins at St Margaret's Ockley Café Church (Capel) |

**Ascension Day—10th May**

Hail the day that sees him rise
To his throne above the skies;
Christ, a while to mortals given,
Re-ascends his native heaven.

Charles Wesley

Advance notice – the annual Vicarage Fete is Saturday 23rd June. Save the date!



Coffee Fellowship

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!

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.

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.

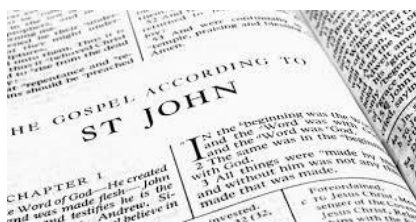
For further details contact: Judie on 01306 888456 or email: thoroldfuters@aol.com

HOUSE GROUP starting again

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.

- June 4th: 8.00pm at Marion Maciuk's

For further details contact Dik Hoogmoed on dhoogmoe@gmail.com



Christian Aid week 13th—20th May 2018



Our annual door to door collection on behalf of Christian Aid will be taking place during week of 13th—20th May 2018. If you can help at all, please do speak to Sue Partridge or call her on 01306 711355.

DATES FOR YOUR DIARY
see page 6 for Events & Services

Happy Anniversary! (It certainly is.....)

Has it really been a year since Judy & I first arrived in Capel on 26th May 2017? Or should I say, has it only been one year since we crossed the threshold of The Cottage. So much has happened; so much has changed for us. We could never have imagined the warmth of the welcome we received from our new neighbours or the way St. John's made us feel instantly at home. Capel is like nowhere either of us has lived before. It's been like making a fresh start in a place you've been all your lives!

Nothing could have summed this up more than the Curry & Comedy evening that we held in support of Compassion UK in February. Having decided to invite Jané and Steve to talk about the work of the charity we found ourselves inundated with offers of help both in the run up to the event and on the day itself. And then to see almost 100 people filling the village hall was astonishing. But best of all was to discover that by the end of the night 14 children and their families living in abject poverty were going to have their lives changed by the generosity of the people of Capel. Truly humbling. So we would both like to say a huge thank you to everyone for the friendship, fellowship and sense of community that we've enjoyed. Let's see what the second year brings.....

Bob Cranham

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.

Collection for Donkey Sanctuary

We are delighted to report that
at our Joint Palm Sunday
service at Capel the collection raised
£125.20 for the Donkey Sanctuary
in the Holy lands.

Thank you to everyone
who donated.

From the Registers

We mourn the loss of
Laurence Brian Cousall
23rd March 2018

Basil Edward Pink
31st March 2018

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.

Dear Readers,

I am delighted to be able to tell you that we now have sponsors for every month's issue of InSpire for 2018! My sincere thanks to those who have sponsored each edition and will continue to do so throughout the year. We will of course be looking for sponsors for the 2019 issues so if anyone would be interested, please do let Debbie von Bergen, our Treasurer know.



We are now actively planning this year's Annual Vicarage Fete which benefits all our local schools. This annual event has taken place every year of my 28 years in Capel. Originally, we used to enjoy them in the garden of the Old Vicarage in Vicarage Lane, before the Vicarage was relocated to where it is now. The fete always has a lovely 'homely' and cosy feel to it and people always comment on what a lovely atmosphere it has. Long may that continue and may we make people feel welcome, loved and glad to help with fundraising for their local schools, whilst at the same time enjoying a wonderful community event.

At the time of writing, a new Royal Prince was born yesterday, on St George's Day and how wonderful it is to celebrate 'Good News', rather than the mostly upsetting headlines we both read and watch on our TV's or listen to on our radios. As we celebrate Pentecost in May where the Holy Spirit equips us with his gifts to engage in the mission and ministry of the church, we remember the early church and the power that led to God's word spreading our own 'Good news' rapidly. We pray that we may continue to spread the Good News to those whom we live amongst but at the same time grow in our own faith. As Rev Hardingham says (on page 21) "He (the Holy Spirit) assures us of God's love and acceptance in our lives, despite our fears, doubts or failures: *'God's love has been poured out into our hearts through the Holy Spirit, who has been given to us'* (Romans 5:5). The Spirit gives us a new love for God, a longing to read the Bible and pray, a desire to meet with other Christians and a readiness to share our faith. He will also challenge wrong habits, attitudes, words or lifestyle in our lives."

Thought provoking words from Rev Hardingham, making us think on what the Holy Spirit can do in our own lives and make us think about our own strengths and failings before sending us out to spread God's Good News with others. Events such as our annual Vicarage Fete give us just such an opportunity as do services such as our Pet Service on 6th May. Let's hope we can harness the Holy Spirit in our own lives and that of others by engaging in such local events which benefit both others by our fundraising, but also ourselves by meeting with others and sharing our own *VERY* Good news!

With my best wishes

Suzanne

Ps. This month features one or two new items including 'Letter from Uncle Eustace' of St James the Less to his nephew Darren. These are humorous letters penned by the Rev Gary Bowness. These are included in the source material every month from Parish Pump and if you enjoy it and would like to see it feature more often, do let me know! I think they are rather good and hope you do too! Also featured this month are book reviews and recommendations which will be included when we have room!

Your dwelling- place

Lord, grant me a simple, kind, open, believing, loving and generous heart, worthy of being your dwelling- place.

*By John Sergieff, Russian priest,
1829 – 1908*

VICARAGE FETE 2018

**This year's theme is
'Disney'!**

**Saturday 23rd June
12.00 noon - 3.00 pm
at The Vicarage, Capel**

**Come and join us for an afternoon
of fun and fundraising!**

- All proceeds split between our local schools *

All the usual attractions and refreshments including:-

*** BBQ * Capel church teas * Ice Cream van ***

*** Entertainment from our local school children to enjoy! ***

*** Grand Raffle!***

Stalls including:- Pocket money stall for children * Pig racing *
Secondhand books * Plants * Farm animals * Face Painting * Messy
Church crafts activity * Jolly Jars * Cake stall * Bottle Tombola *
Susie West artist *

In the meantime ... we need your help ...

Can you donate or source any Raffle prizes?

Help with a garden working party at The Vicarage, Capel?

Contributions to any of our stalls such as unwanted books or cakes and
bakes for the Cake stall?

If you can help in any way, please speak to Debbie von Bergen
on 07774 784008 or Suzanne Cole on 01306 711449 Thank you!

Prayers for our communities

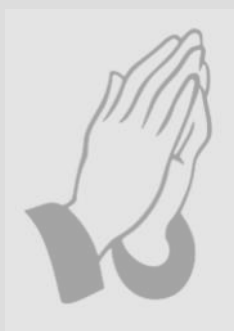
We pray for all in our United Parish of Capel and Ockley. We give thanks for our joint initiatives such as shared services, the new regular prayer sessions, the popular Sunday Session with Bob and his team and for our forthcoming annual fete and the planning of our new calendar for 2019. We pray that we will work to grow God's Kingdom in our parish and as we celebrate Pentecost and the birthday of our Church, send us out in the power of the Holy Spirit to share God's Good News .

We pray for all who are unwell in our Parish, particularly any who are known to us or that ask for our prayers. Please be with them in their times of pain, anxiety and loneliness. We give thanks for Jessie's back operation and pray for her full recovery and an end to the pain. We also pray for Ron Backhouse who has had a hip operation and pray for his full recovery. Please also pray for Peter & Mary Ede, Chris & Gwyneth Drummond and Pat Wombwell .

We remember all who have died recently including Basil Pink and Laurence Cousall, together with their families and friends who mourn their loss. We also think of any whose anniversary falls at this time, thinking especially the Huggins family as they remember Paul.

Finally, we pray for all who have come into our churches and made prayer requests. We bring their prayers to you dear Lord.

Amen



Pentecost Prayer

Father,

Thank you for sending Jesus to be one of us and to show us how you want us to live.

Thank you that He chose to live for us and to die for us. Thank you that when He returned to you, He didn't leave us to flounder but sent us His Spirit to live in us and to equip us to continue the work He had begun.

Thank you for that Day of Pentecost when the Spirit became freely available to everyone who believes in Jesus and is willing to receive Him.

May we be willing Lord, willing and confident that whatever challenges life throws at us, we can face them and overcome them because you are with us and in us.

Please fill us afresh daily with your Spirit, that we may overflow with your love and peace and joy.

In Jesus' name,

Amen.

By Daphne Kitching

Pentecost 20th May 2018 Celebrating the Birthday of the Church

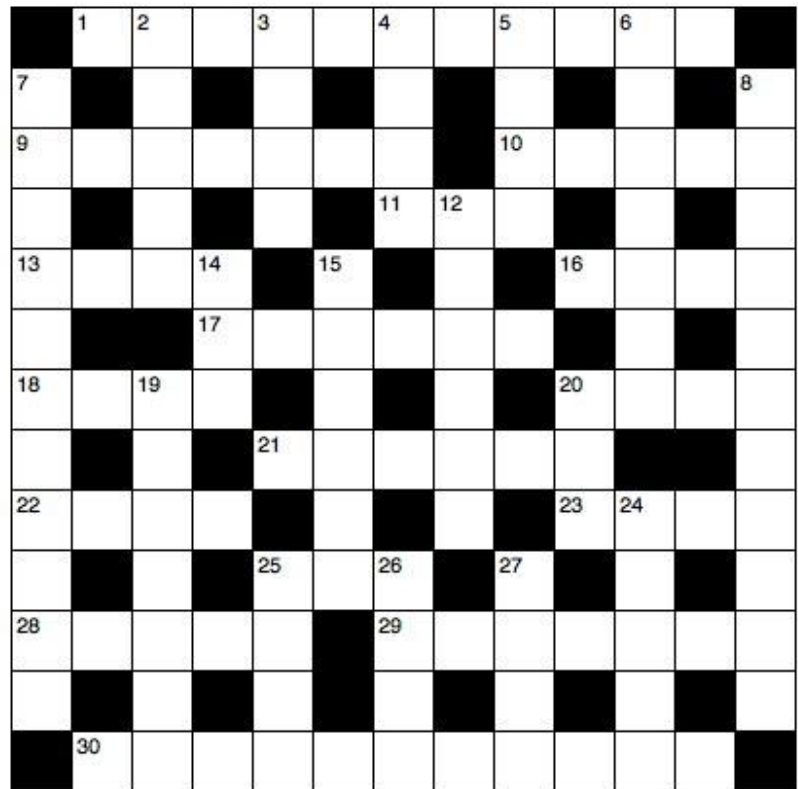
He who has the Holy Spirit in
his heart and the Scriptures in
his hands has all he needs.

A MacLaren

**FAITH and PRAYER
both are invisible,
but they make
impossible things
possible.!!!**

Across

- 1 Overpowered (Deuteronomy 11:4) (11)
 9 'The — are mantled with corn' (Psalm 65:13) (7)
 10 'Each man—a sword to his side'(Exodus32:27)(5)
 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
 13 Stagger(Isaiah 28:7)(4)
 16 'Anyone,then,who knows the good he ought— and doesn't do it, sins' (James 4:17) (2,2)
 17 Stir up or provoke(Acts13:50)(6)
 18 Burden(Luke11:46)(4)
 20 'As far as the east is from the—,so far has he removed our transgressions from us' (Psalm 103:12) (4)
 21 Sign(Luke23:38)(6)
 22 'After that,Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)
 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
 25 Has(anag.)(3)
 28 'This is the account of Shem,Ham and Japheth,—sons' (Genesis 10:1) (5)
 29 'I will...make them drunk,so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)
 30 Paul said of him,'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

**Down**

- 2 Worth (Matthew 13:46) (5)
 3 'A bruised — he will not break' (Matthew 12:20) (4)
 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
 5 Slip (anag.) (4)
 6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
 7 Bountiful (2 Corinthians 8:2) (11)
 8 'Therefore, as we have — , let us do good to all people' (Galatians 6:10) (11)
 12 Acquire(2Timothy2:10)(6)
 14 Container cover(Numbers19:15)(3)
 15 'He...became obedient to death,even death on— —!' (Philippians 2:8) (1,5)
 19 Refrain(1Peter2:11)(7)
 20 'She began to—his feet with her tears'(Luke7:38)(3)
 24 One who worships Brahma,Vishnu or Shiva(5)
 25 'Give to everyone who—you'(Luke6:30)(4)
 26 'I lift up my eyes to the hills;where does my—come from?' (Psalm 121:1) (4)
 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

ALL PUZZLE SOLUTIONS ON PAGE 23

Puzzles Pages

Wordsearch

After the Ascension

The disciples had spent 40 days with Jesus and now they were called to share that experience with others. Jesus told them to wait for the gift of the Spirit to empower them as witnesses. *'Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about.'* The Spirit also equips us to display Jesus' character (fruit) and enables us to witness (gifts). How does our life demonstrate the difference Jesus makes? The early Christians were called to witness for Jesus in ever-increasing circles of influence. For us, this will mean family and friends, workplace and community, and the wider world. Where is God calling us to serve Him?

Ascension

Disciples

Forty

Jesus

Share

Experience

Wait

Gift

Spirit

Empower

equip

Witnesses

Jerusalem

Father

Early

Christians

Demonstrate

Difference

Family

Friends

Workplace

Community

World

Calling

Serve



Full Circle Ringing

Full Circle Ringing is rung at both St Margaret's in Ockley and St John's in Capel, and is so-called because, when in use, the bells swing from mouth up to mouth up, first one way and then the other, causing the clapper to flip across the inside of the bell on each swing to strike the opposite side, making it sound.



The bell is mounted on a headstock – a strong axle, which is fastened to a bell wheel. As the bell swings the rope winds first one way, and then the other, around the rim of the wheel, so the rope is rising at both ends of the swing. The rope is not attached symmetrically to the wheel. At one end of the swing, called the backstroke, it is wrapped nearly all the way round the top of the wheel so that down in the ringing chamber the person on the end of the rope has to raise arms to keep hold of the tail end. At the top of the swing the other way, called the handstroke, the rope wraps a short way round the bottom of the wheel, leaving a longer length of rope down below. The ringer still holds the tail end in one hand but is also able to grasp the sally, the thick, coloured portion of the rope.

The person ringing can feel the bell rising and falling and can control how high it swings by varying the force on the rope. This affects the timing because the higher the bell swings, the longer it takes to travel through a complete cycle and by making small adjustments it is possible to make the bells ring together correctly in sequence.

Ringling is well within the capabilities of most people. Anyone who would like to come along and have a go, under supervision, or just to watch, would be most welcome. Practice nights are at St. Margaret's in Ockley, on the 1st and 3rd Wednesday of each month from 7.45 to 9.15, and at St John's in Capel on the 2nd, 4th and 5th weeks but please check.

For more details call Sue on 01306 627168 or email ockleybellringers@btinternet.com



An interesting article on a question so many people ask ...

Why do people suffer when they do not deserve it?

To be frank, there is no convincing answer to the question, 'Why am I suffering?' It is something that is experienced by every individual (indeed, everything that lives and breathes). Jesus, who grieved, agonised and finally died in shameful circumstances, was no exception. It is an unavoidable part of the world we have inherited. There are a few things that Christians are able to say with confidence. Firstly, you are not suffering because God hates you. Secondly, your suffering will come to an end, and there will be an eternity in which peace and justice will compensate you. And thirdly, knowing the presence of God alongside you will make you stronger as you face painful circumstances.

The Christian faith teaches that God hates suffering. It was not part of His intention for humankind. However, He has created a world that has two features. Both these features are wonderfully beneficial to humans, but also result in a planet where suffering is inevitable.

First, the humans who are the part of creation that God loves are created capable of making choices. To a greater or lesser degree everyone chooses to do some bad things as well as some good things. Much of the suffering of the world is caused by humans in large numbers choosing together to do things that are evil. Wars, poverty and hatred are not caused by God. They are caused by people who are rejecting the ways of God. Tragically, people who are entirely innocent often suffer most.

Second, the world is held in a delicate balance in which every part of creation is dependent on every other part. This is true from heaving oceans to microscopic seeds to meat-eating animals. Science calls this ecology. A planet that sustains human life as part of this glorious interdependent system needs certain features in its design. They include the movements of the planet's surface that set life in motion, but also cause terrible destruction through earthquakes and volcanoes. They include the viruses that bring death to humans but life to other parts of our ecology.

How do we know that God cares about this? Christians recognise that God's loving commitment to a suffering world was so great that He visited it in person. Jesus was God. He experienced the very best and very worst of being human - living, dying in hideous circumstances and overcoming death. All we know of Jesus leads Christians to believe that wherever there is suffering, there is a sense in which God is alongside each human, hurting with them. Although Christians find pain terrible and hard to understand, this belief allows them to cling to the possibility that suffering is not meaningless and death will not be the end.

You can find answers to questions about Christianity at www.christianity.org.uk. Christianity.org.uk is the website of the Christian Enquiry Agency, an agency of Churches Together in England.



© www.parishpump.co.uk

...I wonder if I could have a quick word with the flower arrangers at the end of this service...?

NEW Parish Calendar for 2019

Photographic Competition

open to everyone!

Prize for the best photo of village life!

The 12 best photos will be chosen to feature in the new

‘Capel and Ockley Parish 2019 Calendar’

Entries may show any aspect of village life from our beautiful flora and fauna to village festivals and events, in fact anything that celebrates our lovely villages.

Entries should be either emailed to the Parish Office:

ockleyparish@tiscali.co.uk

Alternatively, copies can be handed in to Ockley Parish office,
OR Carters or Patels in Capel.

All entries must have your name, address, phone number and the name of the month you think the photo would be appropriate for attached to them.

Closing dates: 28 July 2018*

However—should you wish to submit a photo of either village summer show, (Ockley Flower Show 11th August / Capel Classic Car and Horticultural 18th August) there will be a special extended deadline of 31 August 2018



Two local photos taken by the Editor in 2017

NEWS

M

ake Financial education compulsory in primary schools

So says the Archbishop of Canterbury's 'Just Finance Foundation'.

In a recent statement, it said: 'Primary school pupils should receive compulsory lessons on how to manage money as part of the response to growing levels of financial insecurity and problem debt in the UK.'

Learning where money comes from, when to spend and how to save is vital to children's ability to navigate adult life and should be a mandatory part of personal, social, health, and economic education (PSHE) in primary schools, the Foundation says in a document published today.

In a written submission to a Department for Education consultation, the Foundation highlights figures that show 40% of UK adults have less than £100 in savings and that struggling to manage money is becoming a mainstream issue.

"Financial distress is on the rise in the UK. A recent report by the Financial Conduct Authority found that 50% of UK consumers show one or more characteristics of financial vulnerability and the Money Advice Service estimate that one in six individuals in the UK are over-indebted," the Foundation notes.

"Uncertain incomes, the impact of lifelong indebtedness, and high housing costs are compounding to make financial capability an issue of pressing importance for younger generations."

The call came as the Foundation published an interim report on the impact of its LifeSavers programme of financial education in 30 primary schools across the North East, Nottinghamshire, South East London and West Yorkshire.

The research shows that 70% of schools running the programme say financial education for primary school pupils should be compulsory.

Rowena Young, Executive Director of the Just Finance Foundation, said: 'Children growing up today face the most challenging and complex financial landscape of a generation. Education should reflect the times and there is a growing consensus that managing money should now form an essential part of setting children up for life.'

LifeSavers was designed to address a gap and is practically demonstrating how schools can weave financial education throughout the teaching and life of the school in a way they can sustain. The study showed that 90% of participating schools agreed LifeSavers had improved the quality of financial education.

The Archbishop of Canterbury, Justin Welby, said: 'Research has shown that habits and attitudes to money are already being formed at the age of seven. LifeSavers helps primary schools and teachers embed financial education in ways that best meet the needs of pupils and local communities. The programme combines down-to-earth, practical experience and helping children explore what it means to be wise, generous, just and thankful with money.'

For more information about LifeSavers see <https://lifesavers.co.uk/about/>

Vending machines for the homeless

Vending machines that can provide essentials such as water, sandwiches, and warm socks to rough-sleepers 24 hours a day, are to be installed in several cities in the UK.

The first machine was installed in Nottingham at the beginning of the year, and already Action Hunger, the charity behind it, has had requests from charities and shelters wanting to set ones up in Manchester, London and Brighton.

The machines are accessible only by a key card, which is handed out to known homeless people in the community. There is a limit on each card of three items a day. The machines are regularly stocked by volunteers, and many of the items are given by organisations that seek to redistribute unwanted foods and reduce food waste.

The vending machines dispense water, fruit, energy bars, crisps, chocolate, sandwiches, sanitary and hygiene products, socks and books. They are accessible 24 hours a day.

Would this be an initiative that we as a church would want to consider, along with our local shelters/charities, in time for the coming winter?

More details at: <https://www.actionhunger.org/>

Make coffee – and get your Big Church Day Out and New Wine United 18 for free this summer!

Could you ‘mocha difference at a CAP café this summer?’

So asks the group Christians Against Poverty. It is offering a free event pass, free camping AND free food at Big Church Day Out or New Wine's United 18 in return for volunteer help with their café teams this summer.

CAP says: ‘We need 40 people to lend a hand at both Big Church Day Out South (25 - 28 May) and North (31 May - 3 June). We also really need 28 volunteers for the marketplace café at United 18 during both week one (28 July - 4 August) and week two (5 - 12 August).’

More details at: <https://capuk.org/get-involved/you/events/volunteering>

Church bells will still ring out

Planning policy is finally coming to the aid of church bells. No longer will people who move into areas with ‘noisy’ church bells be able to complain and have them shut down.

As the Secretary of State for Housing, Sajid Javid, recently said, ‘Churches have been part of British life in towns and villages for centuries. Their bells should not be silenced by new housing going up, which is why planning policy will be strengthened to ensure it will be up to developers building new properties nearby to identify and tackle noise problems.’

And so it is that under the new guidance, it will be up to developers to soundproof the homes they build near churches with bells, music venues, and community and sports clubs.

The Church of England has welcomed the decision, pointing out that bell-ringing has been part of Christian worship for more than 1000 years.

Churches engaged in social action

The 2017 Church in Action Survey, conducted by Church Urban Fund and the Church of England, shows that Anglican churches are highly engaged in responding to social issues and building community across England. The Survey found that 70% of Anglican churches run three or more organised activities for the benefit of their local communities, such as parent/carer and toddler groups, community cafes, lunch clubs for older people, holiday clubs and youth work.

In addition, the survey highlights the huge amount of informal help and signposting that churches provide. When these are taken into account, the vast majority of churches are involved in supporting people with mental health problems, family breakdown, and loneliness, for example.

This is a national survey run with the Church of England and follows on from similar surveys in 2014 and 2011.

High Days and Holy Days in May

1st May: James the Less – quiet son of Alphaeus

One thing for sure: the apostles were not self-obsessed. In fact, many a church historian has wished that they had left us just a few more personal details about themselves in the New Testament. James the Less is an excellent example.

This is the name we give to James the son of Alphaeus, but – beyond that, who was he? Sometimes he is identified as the James whose mother stood by Christ on the cross. Sometimes he is thought to be the James who was ‘brother of the Lord’. Sometimes he is thought to be the James who saw the risen Christ. He has also, and often, been called the first bishop of Jerusalem. And finally, sometimes James the Less has been thought of as the author of the Epistle of James.

But – who knows? If none of these identifications are correct, we know practically nothing about James the Less. So perhaps on this day we can simply recall ‘all’ of the James’ above, and thank God for the mother who stood by the cross, the brother that supported Jesus, the apostle who saw his risen Lord and gave his life to proclaiming the truth, the first bishop of Jerusalem, and the author of the marvellous Epistle of James. Whether it was one James or several, they were all faithful to Jesus, and proclaimed Him as the Messiah. So perhaps that should make them James the More!

James the Less has been given an unusual iconographic emblem: a fuller’s club. Tradition has it that he was beaten to death with one, after being sentenced by the Sanhedrin in AD62. In England there are only 26 churches which are dedicated to James the Less.

6th May Rogation Sunday (Sunday before Ascension)

Rogation means an asking of God - for blessing on the seed and land for the year ahead. It is appropriate in any emergency, war, plague, drought or foul weather.

The practice began with the Romans, who invoked the help of the gods Terminus and Ambarvalia. In those days a crowd moved in procession around the cornfields, singing and dancing, sacrificing animals, and driving away Winter with sticks. They wanted to rid the cornfields of evil.

About 465 the Western world was suffering from earthquake, storm and epidemic. So Mamertius, Bishop of Vienne, aware of the popular pagan custom, ordered that prayers should be said in the ruined or neglected fields on the days leading up to Ascension. With his decision, ‘beating the bounds’ became a Christian ceremonial. Rogation-tide arrived in England early in the eighth century, and became a fixed and perennial asking for help of the Christian God. On Rogation-tide, a little party would set out to trace the boundaries of the parish. At the head marched the bishop or the priest, with a minor official bearing a Cross, and after them the people of the parish, with schoolboys and their master trailing along. Most of them held slender wands of willow.

At certain points along the route - at well-known landmarks like a bridge or stile or ancient tree, the Cross halted, the party gathered about the priest, and a litany or rogation is said, imploring God to send seasonable wealth, keep the corn and roots and boughs in good health, and bring them to an ample harvest. At one point beer and cheese would be waiting.

In the days when maps were neither common nor accurate, there was much to be said for ‘beating the bounds’ - still very common as late as the reign of Queen Victoria. Certainly parish boundaries rarely came into dispute, for everyone knew them. (Do you know yours today?)

10th May Ascension Day - 40 Days with the Risen Christ

40 days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (*Matthew 28; Mark 16; Luke 24; and John 20.*)

The Gospels give us little of Christ's teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them - to all corners of the earth, as His witnesses.

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: "When Jesus had led them out to the vicinity of Bethany, He lifted up His hands - and blessed them." As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus' last act on earth was to bless His disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: 'While He was blessing them, He left them and was taken up into heaven.' (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: 'I am ascending to my Father and to your Father, to my God and your God...' (John 20:17)

The disciples were surely the most favoured folk in history. Imagine being one of the last few people on earth to be face to face with Jesus, and have Him look on you with love. No wonder then that Luke goes on: 'they worshipped Him - and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.' (Luke 24:52,53) No wonder they praised God! They knew they would see Jesus again one day! 'I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am.' (John 14:2,3) In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

21st May Helena, Protector of the Holy Places

Helena should be the patron saint of all mothers who help their sons achieve great things.

Helena was born at Drepanum in Bithynia about 250. Although only a stable-maid or innkeeper's daughter, she caught the eye and affections of a Roman general, Constantius Chlorus, while he was stationed in Asia Minor on a military campaign. She bore him a son, Constantine, in about 272.

But Constantius was ambitious, and when he became co-emperor (Caesar) in the West in 292, he abandoned Helena in order to marry the stepdaughter of his patron. Helena and her son were sent to live in the court of Diocletian at Nicomedia, where Constantine grew up as a member of the inner circle. Helena never remarried, and lived close to her son, who was devoted to her.

Then, in 306, Constantius died, and Constantine became Augustus of the Roman Empire. He brought his beloved mother to live at the imperial court.

When Constantine became the first Christian emperor of Rome, Helena also became a Christian. She was devout, dressing modestly, and giving generously to churches, the poor, and to prisoners. But soon Constantine had other plans for her: they agreed that she would help him locate the relics of Judeo-Christian tradition in Palestine. To aid her, Constantine gave her the title Augusta Imperatrix, and unlimited access to the imperial treasury.

And so, from 326-28, even though she was very old, Helena explored the Holy Land on behalf of her son, the Emperor. She went to Bethlehem and founded the Church of the Nativity. She went to the Mount of Olives and founded the Church of Eleona. She went to Calvary, and tore down a temple built to Venus over the tomb of Jesus. Constantine then ordered the building of the Church of the Holy Sepulchre. Helena also seems to have also founded the chapel at St Catherine's Monastery.

Helena died in 330 in the Holy Land, with Constantine at her side. He brought her body back to Constantinople and buried her in the imperial vault in the Church of the Apostles.

We owe to this special mother and son the preservation and honouring of the most famous sites of Christianity.

Editor: The Rev Paul Hardingham considers the work of the Holy Spirit

What is Holy Spirit all about?

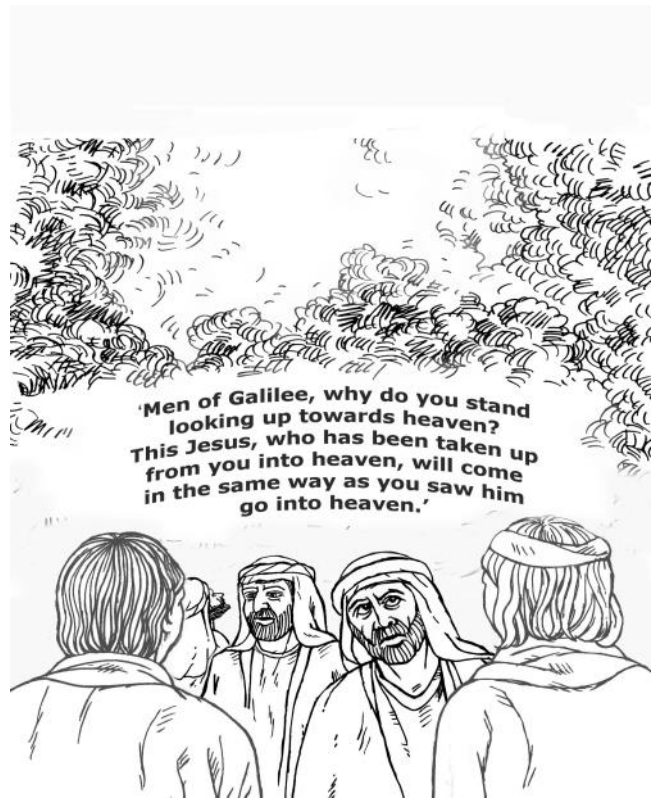
At Pentecost, we remember the gift of the Holy Spirit to the first disciples. It was a powerful experience, when along with wind and fire, *'all of them were filled with the Holy Spirit'* (Acts 2:4).

Power is experienced in two ways: it can be either unleashed or harnessed. The energy in petrol can be released explosively by dropping a lighted match into it. However, in the engine of a car, it will transport people in a controlled way! The Holy Spirit works in a similar way. At Pentecost, he exploded onto the scene and 3000 people were added to the church, because of Peter's preaching. He also equips us with his gifts to engage in the mission and ministry of the church.

However, the Spirit's power also enables us so to grow in our faith. He assures us of God's love and acceptance in our lives, despite our fears, doubts or failures: *'God's love has been poured out into our hearts through the Holy Spirit, who has been given to us'* (Romans 5:5). The Holy Spirit is also committed to producing the character of Jesus in us, enabling us to live as Jesus would in our place ie job, family and time: *'the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.'* (Galatians 5:22,23).

The Spirit gives us a new love for God, a longing to read the Bible and pray, a desire to meet with other Christians and a readiness to share our faith. He will also challenge wrong habits, attitudes, words or lifestyle in our lives.

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



Canterbury monks

My boyfriend was working as an attendant in Canterbury Cathedral when one afternoon he was approached by two American tourists. "Are you a monk?" one of the women asked eagerly.

"No," he replied, "I wear this robe as part of my job, but I'm not a member of any religious order."

"Then where are the monks?" asked the woman, looking around.

My boyfriend explained: 'Oh, there haven't been any monks here since 1415.'

Hearing this, the woman looked at her watch and announced to her friend, 'Betty, we missed the monks.'



Mental Health Week

A book for Mental Health Week (14th – 20th May)

The last 10 years have seen an upturn in the number of people reporting difficulties with emotional and mental health issues, particularly anxiety and depression. And, it is often the strongest who struggle under the weight of all they have nobly tried to shoulder.

Turn to the Bible, and this truth is played out in the lives of some of its greatest characters. King David led a nation – yet wrote some of the Bible's bleakest laments. Elijah worked outlandish public miracles – and later pleaded God to take his life. Dedicated, hardworking mother and woman of God Naomi acknowledged that she had become characterised by bitterness. And lifelong God follower Job found himself longing for a death that would not come.

Tim Cantopher, in his best-selling book, *Depressive Illness – The Curse of the Strong* (SPCK/IVP), affirms that depressive illness can strike anyone – not least the capable, busy people with the 'can-do' attitude of the title. His aim is to destigmatise depression and to suggest ways in which people can find ways of acknowledging it - and doing something about it.

Whilst thinking about the above, don't forget

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.

#StandTogether this
Christian Aid Week
13th—20th May 2018



Poverty is an outrage against humanity. It robs people of their dignity and lets injustice thrive. But together we have the power to transform lives.

About Christian Aid We have more than 70 years' experience of working in partnership to support communities to thrive. We tackle the root causes of poverty so that women, men and children the world over are strengthened against future knocks. And if disasters happen, we get people the help they want straight away.

Can you help?

Sue and Phil Partridge organise our annual Christian Aid door to door collection week each year and are looking for volunteers to help this year! **If you can help please speak to Sue or Phil at church or call them on 01306 711355.**

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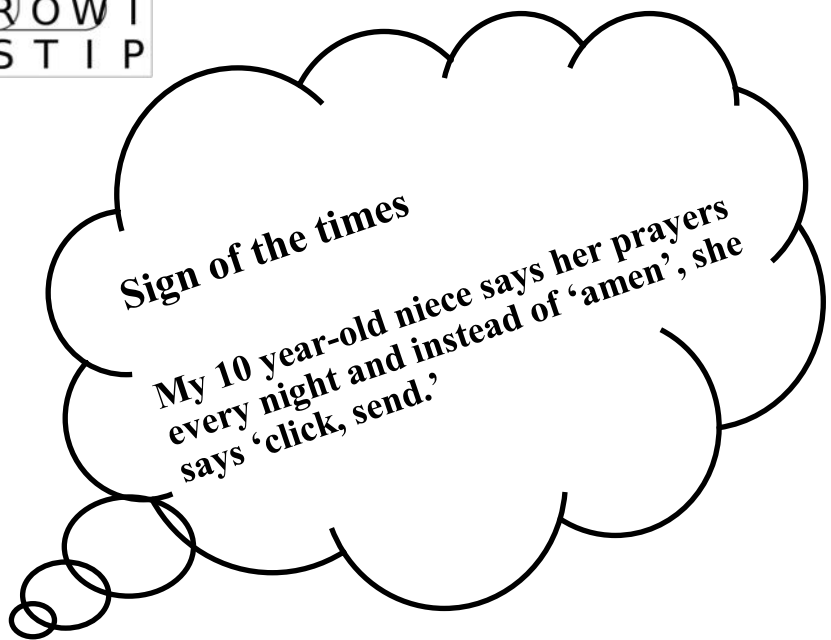
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DOWN: 2, Value. 3, Reed. 4, Host. 5, Lisp. 6, Ear lobe. 7, Overflowing. 8, Opportunity. 12, Obtain. 14, Lid. 15, A cross. 19, Abstain. 20, Wet. 24, Hindu. 25, Asks. 26, Help. 27, Hero.

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H News from Sally Cranham

ello friends,

It's hard to believe that I have been in the USA for 7 months. I haven't been here for such a stretch of time since I lived and worked for a church in California 16 years ago. I certainly have embraced Minnesota life and can tolerate the cold more than I used to be able to. I think that a couple of trips to California during the last 4 months has helped soften the blow of what has seemed at times to be a never ending winter. Today I saw green things sprouting from the ground, so, I think we made it! Spring has arrived and there have been a number of changes over the past month. Let me fill you in.

Moving

I haven't moved far, just through to another apartment in our Annex as we are making my old apartment into more office and resource space for the expanding anti-trafficking work here at Source. I am very grateful for the 6 months that I had in an apartment by myself. It was a space of transitioning, healing and landing well into a new season here in the USA.

It has been good to recognize just how much healing has been experienced in these last six months and also how many songs were written during the dark winter months this year. I feel like I have been creating in a way that I never have before. Being connected to very deep inside of me and just writing what's there and not what I think is there or what I think people want to hear. There has been a real sense of freedom even though it has been, at times, very difficult to walk through. And all this to say that I am not discounting what I have created up to this point in music, I don't know, its just feels different.

New Role

The new role is very exciting! I am now officially a Source Staff Volunteer and my role title is **Arts Outreach Coordinator** which includes being the manager of our Fallout Arts Co-op building, running our community meal and food shelf and overseeing and creating community with those who use our gathering spaces and leased art studios. The image on the right is one of the performance and dance studios that Source owns. This studio is in one of our main buildings on the left!



It was such a blessing to sit with the Directors of Source, Peter and Jessica Wohler (see right) as well as the operations manager here, Chuck Eddy. Jessica has been excited to fill a role like this for many years and the fit seems just right! Peter continues to battle stage 4 cancer and I would ask you to pray for him and his whole family. They are finding a new normal in a miraculous season of restoration but the cancer is still there and a few scans and tests unfold this week. He is back at work 20 hours a week at this time and we are all enjoying the sharing of vision and the DNA of Source that has unfolded over the last 20 years as they have been directors.



It was also a fun coincidence to experience being offered this role the day that my return flight to the UK was leaving. After being given a year visa instead of six months when I arrived here the flight I had booked became obsolete and wasn't transferrable. It felt like saying "YES" in a whole new way. I know I am where I am meant to be but I sure miss family and friends in the UK!

I have been given the blessing of running with this role and I am so excited to gather artists, run events and have our spaces used for the arts and creativity in as many forms as possible. The spaces are already used for some community gatherings, dance classes, a church, african drum circles, art exhibitions and bible studies, and although we are a faith based organization my heart really is to ignite people into their own creativity and how in some small way this connects to each other and our creator.

My new role will also involve running our annual Block Party in July which will involve a live stage for music and dance and local artists and non-profits also serving our community here in South Minneapolis.

Anti-trafficking role

Although I have a new role I still continue to live and serve as a residential volunteer, living alongside women coming out of the life or trafficking. We just had a resident for a month and my involvement in outreach and the lead RV role continues. Please pray for the women who we live with and those that we are reaching out to who are still in the life.

New Music

As I have mentioned, I feel like I am entering a new season of creativity and I am in the process of gathering a group of advisors and creators to come around me as I embark on a new album project. I feel humbled and strengthened to work on something new as God has been making so many things new in my life. This will likely be a crowdfunding project, so watch this space for more information soon.

Thank you all for your ongoing love and support. I hope you are well and I would love to hear your news if you would like to drop me a note. Thanks for reading!

*Love and grace,
Sally*

St James the Least of All

Editor: The Rev Dr Gary Bowness continues his letters from 'Uncle Eustace'...

On church towers, rock cakes, scaffolding and the merits of confirming bats

My dear Nephew Darren,

We are finally about to start repairing our medieval church tower. Would that we still paid medieval prices for having it done; there would be a degree of satisfaction in giving the builders a hogshead of ale and 10 sheep once the work was completed. I would even be prepared to throw in an Indulgence, sparing them 100 days in purgatory (the architect probably claiming 15% of them for himself).



After several endless jumble sales, coffee mornings – where we were obliged to eat Mrs Jarvis's rock cakes (many of us would have been happier to make a substantial donation to the fund provided we didn't have to eat them) – sponsored events (Mr Peat has yet to return, five years late, from his sponsored cycle ride across the Sahara – but fortunately, we had his sponsor money collected before he departed) and a substantial loan from the bank that makes the National Debt seem trivial (and has the same probability of being repaid), we are now able to begin. The only sponsored event I regretted not having was paying to have Lady Trotter remain silent for a month. Even sponsoring her to keep quiet for half an hour would have been pleasant.

We received a substantial donation from a local manufacturer. It was suggested that as a sign of appreciation we advertise their products from the top of the tower – until it was gently pointed out that they produce nuclear warheads. I would have had no objection; knowing that council members possessed tactical nuclear weapons would make discussion at meetings rather brisker.

Scaffolding has now been erected around the tower, with the first 20 feet covered in sheet metal in order to stop the Young Farmers, after refreshing themselves at their Tuesday meetings in the pub, from trying to see who could be the first to reach the top. Personally, I suspect it is to stop the more athletic members of the Ladies' Guild from attempting the same feat. 80-year-olds these days can have fearsome energy and determination.

Fulfilling current safety regulations, there is now a security cordon around the tower of approximately 10 square miles. "Lest at any time thou dash thy foot against a stone"? These days, a dashed foot would involve court proceedings and damages of several million pounds.

Inside the church, the organ has had to be covered in polythene sheeting in order to protect it. Parish relations were somewhat strained last week when our deputy organist, Mrs Ffrench, while playing for Evensong, overheard me refer to the large bag on the organ and got quite the wrong impression.

The greatest inconvenience will be caused to our population of bats, but if it dissuades them from flying into church so much the better. The only other possibility is to get them all confirmed; we will then never see them inside church again.

Your loving uncle,

Eustace

Vibrant Christianity in Multifaith Britain

By Andrew Smith, BRF, £7.99

Andrew Smith tackles the big questions about interfaith relations in contemporary Britain.

Drawing on wide-ranging personal experience, deep friendships and extensive biblical reflection, he comes to challenging conclusions about the way all Christians are called to relate to their neighbours of other faiths.

He mines the teaching and example of Jesus and finds no conflict between loving our neighbours of all faiths as ourselves, and loving God with all our strength, mind and heart.

Exploring the meaning of dialogue, witness and evangelism, Smith is forthright about ulterior motives and the need for transparency. 'It's really important that we hear this news that our calling is to love our neighbour and then to serve them unconditionally as an end in itself... What people make of our serving is between them and God,' he argues, and then adds a further challenge: 'Before we can critique or reflect on other cultures... we need to be ready and willing to do the same with our own, which is a much more difficult task.'

Reimagining Britain – foundations for Hope

By Justin Welby, Continuum, £14.27

In a time of political turbulence, and as the Welfare State totters under the strain in a country that has changed dramatically since 1945, Archbishop Justin Welby sets out to identify the values that will enable us to reimagine, and to enact, a more hopeful future.

The thesis is that the work of reimagining is as great as it was in 1945, and will happen either by accident – and thus badly – or deliberately. The author draws on Britain's history and Christian tradition to identify this country's foundational values, and the building blocks necessary to implement them in a post-Brexit, multicultural society.

He explores the areas in which values are translated into action, including the traditional three of recent history: health (especially public, and mental), housing and education. To these he adds family; the environment; economics and finance; peacebuilding and overseas development; immigration; and integration. He looks particularly at the role of faith groups in enabling, and contributing to, a fairer future.

When so many are immobilised by political turmoil, this book builds on our past to offer hope for the future, and practical ways of achieving a more equitable society.

Source: Parish Pump (<https://www.parishpump.co.uk>)



Telly trouble

A woman summoned a TV repairman to fix her set. After spreading his tools out, the serviceman inquired: 'What seems to be the trouble?'

Replied the woman: 'Well, for starters, the programmes are appalling.'

Applied Law

A Sunday school teacher was discussing the Ten Commandments with her five and six-year olds. After explaining the commandment to "honour thy father and thy mother," she asked 'Is there a commandment that teaches us how to treat our brothers and sisters?'

Without missing a beat, one little boy answered, 'Thou shall not kill.'

'He gave us eyes to see them' - Tiepolo's Trinity altarpiece

On Sunday 27th May we shall be praising God as the Holy Trinity: three in one and one in three. Preachers will be pointing perhaps to the tree with its root, trunk and branches or to a human being with will, heart and mind. Or to symbols of the Trinity with the triangle or three interwoven circles. They are all images inviting us to ponder our world and be led from here to God: words and signs that take us into the mystery of God's glory and being.

That was the experience of an early pope, St Clement, when he was at prayer. He was granted a vision of the Trinity which is the theme of this sketch of 1735 by Tiepolo – a painting for an altarpiece commissioned by the Archbishop of Cologne. In true Italian rococo style, it is full of vitality and life and colour. But at heart it is the scene of one man kneeling in prayer. He holds no signs of his papal authority for the cherub has

charge of his three-barred crozier. It is a moment in worship: by the cherub, the incense is burning on a step. And above the steps, to St Clement's amazement, the altar has burst into life. We see the risen Christ holding His cross, the dove hovering and ready to alight, and above, God the Father, leaning down to the saint. Clouds and angels surround the scene like the shekinah, the glory of God that shone out in the Temple and on the mount of Transfiguration.

The vision brings to life the signs of the Trinity we see in churches on altar frontals and in stained glass. It calls us with St Clement not just to ponder, but to offer to God the Holy Trinity our wills in service and our hearts in love. The well-known prayer of St Richard of Chichester expresses those three hopes: to know God more clearly, to love Him more dearly and to follow Him more nearly, not only on Trinity Sunday but day by day.



Your contributions would be most welcome and any copy for this publication should be sent to Suzanne Cole
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Any queries, please do contact me either by email or phone: 01306 711449. Thank you The Editor