

InSpire

The monthly publication for the
Parish of Capel & Ockley

A packed summer issue with lots of regular features! Also details of The Okewood, Ockley & Forest Green Summer Fair and Flower Show together with The Capel Show on 17th August



St. John's, Capel invites you to
CAFE CHURCH
Sunday 11th Aug - 10.30am

**Okewood Hill
Cricket Ground
RH5 5PU**

**A Marathon
not a Sprint**

A Local
Churches Together
Service



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A Breton fisherman's prayer

Protect me, dear Lord;
My boat is so small,
And Your sea is so big.

Would you prefer to receive InSpire online?

You can register to receive InSpire via email each month OR download individual issues!

www.capelandockleychurch.org.uk/inspire-magazine

This issue is sponsored by

Anthea & Alan Smallwood **In celebration of their Golden Wedding**

We wish them many congratulations and thank both of them for all they do for our churches.

Church Contacts:-

Vicar - Rev Liz Richardson The Vicarage, High Lea, 54 The Street, Capel. vicar@capelandockleychurch.org.uk 01306 711260

Parish Pastoral Assistant: Sylvie Beckett 07711 849338

Safeguarding Officer: Leigh Smith 07732 825908
leighdesouza@yahoo.com

Diocesan Safeguarding Jackie Broadfoot

Advisor: 07918 559387
safeguarding@cofeguildford.org.uk

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

Churchwardens

Capel: churchwardens@capelandockleychurch.org.uk

Norman Ede 01306 713247

Joy Harman 01306 711482

Ockley: **James Lee-Steere**
jamesleesteere@javesestate.co.uk

Treasurer:

Capel & Ockley

Helen Burt

helenmb0909@gmail.com

01306 711671

Capel Organist & Choir

Anthea Smallwood 01306 711883

Ockley Organist

Andrew Collings 01403 265794

PCC Secretary

Chev. Richard Winter-Stanbridge

sirrichard@giganticworx.com

InSpire Editor

inspire@capelandockleychurch.org.uk

Suzanne Cole 01306 711449

Church website:

www.capelandockleychurch.org.uk

Webmaster

webmaster@capelandockleychurch.org.uk

Rev Liz writes

Dear friends,

Perhaps by the time you read this letter summer will have officially arrived! It is August and the children are on their school holidays so we could do with a bit of sunshine; mind you not too hot!!

I have to say my brain is almost seizing up as I try to travel to Dorking, Reigate, Leatherhead and beyond negotiating the recent fuel spillage which has affected us all. I think though it is amazing how quickly the repairs began, just hours following the spill, working 24 hours a day. Incredible!

It's just that our beautiful country roads are not necessarily wide enough to accommodate the traffic. I am sure we have all spent much time pinned up against the hedgerows as we all try not to clip our wing mirrors or worse! During one of these back road adventures it happened that a tree had come down across the road as well.... Still by now we are hopefully back to normal.

Church wise, we are delighted to announce that the proposed building of the St Margaret's toilets are now complete and we now have facilities at our Ockley Church. The Friends of St Margaret's have been working on this project for such a long time and with a huge burst of energy, mainly from one of our members Ray Gibbs, who has done much of the building work. They are now ready for use and are surely a work of art!!

We had a successful refreshment stall once again at Capel Military Show over three days this year. Despite the inclement weather we have raised a good sum towards the cost of this parish basically having a full time vicar (!). It was lovely to see so many old friends there and we have made new ones who enjoyed our lovely cakes and pastries. Thank you to all those who helped us in baking, serving, feeding the hot water urns and so much more. Huge thanks to the Capel Military Show for including us and giving us this opportunity to fundraise. Look out now for the **Parish Church Burger Stall at the Capel Show!**

We have enjoyed and rejoiced with those who have chosen to be married at our lovely churches recently and those who have decided to have their children baptised - they are such lovely special occasions. We also are sad though to lose some old friends, one of whom, Betty Mitchell, who recently died, was a much loved church and community member. Along with her friend Wendy Birch they provided many locals and those further afield with beautiful crafted toys, decorations, marmalade, and so much more, mainly at Capel Church Teas, but at other village events too. Betty was our Verger who assisted at weddings and funerals as well as flower arranger along with our Churchwarden Joy, and we have had some great times together. We miss her greatly and offer our condolences to Tim, Lou and the family.

We are also saddened to learn of the recent formal Consultation that it may be necessary to amalgamate our village school Scott Broadwood with the Weald Primary onto one site. You will see much more about this consultation process and the reasons for it in this issue. Do respond as all are invited to and be assured of our concern for the potential loss to our village. We offer our prayers for all concerned during this process as we await the result...

Finally, I think it's Olympic time this month so as it says in the Bible in the book of Hebrews 'run with perseverance the race marked out for us' (Hebrews. 12.1) Whatever and wherever your starting point is on your 'race' currently, I wish you God speed.

With all blessings, love and prayers

Liz

liz@myhostserver.co.uk 01306 711260

Vicar St John the Baptist, Capel and St Margaret's, Ockley

CHURCH SERVICES AND EVENTS - AUGUST 2024 at St John the Baptist, Capel & St Margaret's, Ockley

AUGUST

Sunday	4th	Trinity 10
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel
	12pm	Baptism - Capel
	3-5pm	Church Teas - Capel
Sunday	11th	Trinity 11
	10.30am	'Local Churches together' Cafe Church in Okewood Show Marquee
Sunday	18th	Trinity 12
	9.30am	Parish Communion CW - Ockley
Sunday	25th	Trinity 13
	9.30am	Holy Communion BCP - Ockley
	10.30am	Morning Worship - Capel
	3-5pm	Church Teas - Capel
Bank Holiday	26th	
Monday	3-5pm	Church Teas - Capel (See full list of Church teas on page 31)

SEPTEMBER

Sunday	1st	Trinity 14
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel



*Don't forget you can find details of all events & services on
our website!*
<https://www.capelandockleychurch.org.uk/events-calendar/>



Café Church— AUGUST 2024

ALL CHANGE!

Is it just me or do things seem to be changing more often, more quickly and more radically? Last month alone we saw a dramatic change of government in the UK, an upheaval in French politics, constant questions about the suitability of either of the runners in the American presidential elections and weather in the UK that more closely resembled that of a cold, grey, rain-soaked day in Winter than the balmy days of a traditional British Summer. Not only that, but many in our community are coming to terms with the loss of someone close to them or the ongoing challenges of ill health. And don't even get me started on the plans to close our precious village school!

It feels as though any sense of security and certainty is being swept from beneath our feet. We are constantly being asked to make changes to adapt to the circumstances around us - and the last thing that most people like is change itself. If you ask why it is that people are so fearful of change, you'll get one of two answers. Either, "We've never done it that way" or, "We always do it this way"! But change is something that happens to us all, very often when we least expect it.

So, how can we be prepared to face the challenge of change when we don't even know what that might entail or when it might happen? My solution is to rely on someone who has seen and experienced it all before and has remained steadfast and reliable throughout. Well, of course that's God! (You wouldn't expect somebody writing a "Café Church" column to say anything else!) Have you noticed, though, how often people *blame* God for the things that have happened to them? That often seems pretty hypocritical to me. After all, they never thank Him or acknowledge all the good things that they have and experience as a result of His grace and favour. I think it's worth remembering that it is not God's job to save us from change, it's His desire to walk through those changes with us. After all, we are not going to experience any difficulty, pain or emotion that He hasn't already faced Himself.

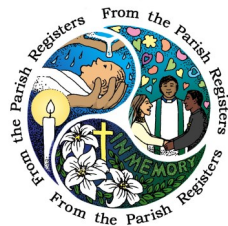
I love the words of Lady Julian of Norwich, the 14th Christian mystic. She dedicated her life to the service and worship of God and would have been all too familiar with the verse in Proverbs 3, "*Trust in the Lord with all your heart and lean not on your own understanding.*" When faced with times of change and difficulty she famously wrote, "...all shall be well, and **all shall be well, and all manner of thing shall be well.**"

Bob Cranham



NEWS from the Pews

From the Registers



We mourn the loss of

Betty Ruth Mitchell

On 1st July 2024

May she rest in peace
and rise in glory

Exploring how the wisdom of St Benedict Supports and Guides us through our Lives

The Group will meet monthly for 2-3 hours. Days and times to be decided. Each month the group will read a chapter of the Rule of St. Benedict and reflect on how the wisdom that it contains can guide and support us in the many challenges we face in our daily lives.

In between meetings, members of the group will practice aspects of Benedict's Rule that has been the subject of the meeting. At the next meeting, the group members may share and reflect on what benefits this has brought to our everyday lives. A couple of times a year, the group will spend a day at St. Mary's Abbey in West Malling. There will be talk on one key aspect of the Benedictine way of life. Time to reflect in silence and to join with the community in the Daily Offices (if wished).

This course is a part of our Parish Development Plan (PDP) - Discipling the Core. Going forward, members of the group may wish to run Benedictine Spirituality Groups within the Parish.

If you are interested in exploring Benedictine Spirituality and its relevance to our every day lives, please email:

joanna.elvidge1@googlemail.com with your name, together with the days and times that are best for you.

The next dates are: **Saturday 13th July, Saturday 10th August, Saturday 7th September and 12th October 2024.**

The Pavilion Café

**Every Wednesday at Ockley Cricket Club Pavilion
9 am until midday**



Come and enjoy a warm welcome and a delicious range of homemade cakes and savouries - including gluten/dairy free. Bacon butties every fourth Wednesday and freshly made teas and coffees.

The Pavilion Café was originally the idea of Kindred Spirits, the women's outreach group from Ockley, Okewood and Forest Green Parish, 11 years ago. It is run by a team of volunteers in support of charities, local charitable causes and Ockley events.

If you would like to volunteer, please let Liz know on either 07951 710176 or lizthorne2053@hotmail.co.uk

SAFEGUARDING NOTICE

This notice will appear each month in InSpire

'The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.'

If you have any concerns please contact our Safeguarding Officer: Leigh Smith 732825908
leighdesouza@yahoo.com

or Revd Liz Richardson 01306 711260 liz@hostmyserver.co.uk

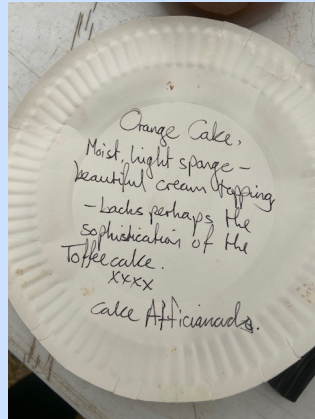
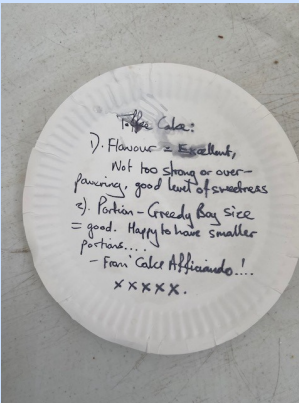
Update January 2024: New diocesan contact number for reporting safeguarding concerns:
safeguarding@cofeguildford.org.uk

Fundraising Activities



Capel Military Show

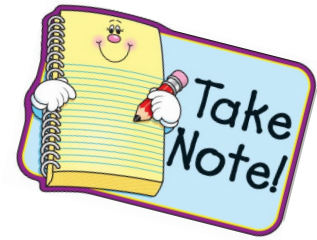
We are delighted to report that we raised in the region of £6,000. The takings were down by about a third on last year, but the Military Show organisers had the same reduction in income. The terrible weather clearly was the main contributing factor! But a big thanks to the organisers—Norman, Leigh and Helen who once again did a sterling job of getting all the supplies and organising the rota of helpers. It's hard work and intense at times when it's busy, but it has a lovely atmosphere and the teamwork is great to see!



Great cake reviews from our friend the 'Cake Aficionado'! We thank them for coming back each day and leaving us a review!



Murder Mystery returns to Capel and Ockley



The Harvest Supper entertainment this year will once again be a murder mystery play. Where there's a Will there's a Way written by Gary Diamond and directed by Sylvie Beckett will be performed in Ockley Village Hall on **Friday 25th October** and in Capel Memorial Hall on **Saturday 26th October** and a two-course supper will be served on both evenings.

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

Tickets will be on sale from 16th September and details of the box office will be available nearer the time.

Next Fundraiser ... Saturday 17th August 2024 Capel Show

There is now a list in church to sign up to help on the church stall selling burgers at the Capel Show. Your help would be greatly appreciated.

The help on the Saturday would be from approximately 11.30 am—4.30pm and if anyone is available to erect tents on the Friday afternoon, that would also be a huge help!

For any enquiries, please contact Helen Burt: helenmb0909@gmail.com



**Don't forget Okewood Hill Flower Show on
Saturday 10th August 2024
Details on page 19**



Pope warns of dangers of AI

Pope Francis has become the first pope ever to attend a G7 Summit, and he used his recent appearance to call for urgent “political action” to regulate artificial intelligence (AI).

The Pope told leaders of the Group of Seven (G7) in Fasano, southern Italy: “AI is an extremely powerful tool. Its use will increasingly influence the way we live, our social relationship, even how we conceive of our identity as human beings.”

The Pope said that the various human technologies through history, from flintstones to atomic fusion, had promised both benefit and harm. However, he warned that AI was qualitatively different, since it was no longer under personal control, but could “autonomously adapt” to its assigned tasks and make its own choices and decisions.

The Pope said that the consequences for humanity could be deadly and dehumanising.

Legacy of Tiananmen Square, 35 years on

This summer it is 35 years since China crushed the Tiananmen Square democracy protests (4th June). And since then, China has also progressively stepped up its persecution of Christians.

The latest report by the United States Commission on International Religious Freedom (USCIRF) warns that China’s crackdown on Christians has extended to Hong Kong and beyond China’s national borders.

According to USCIRF, increased political pressure, including the draconian National Security Law, “has led to self-censorship among Hong Kong’s religious leaders and closures of some religious groups.”

New legislation, passed in March 2024, could force Catholic priests to reveal the secrets of the confessional. Under Article 23, priests could face a 14-year jail sentence if they refuse to reveal so-called ‘crimes of treason’ shared during confession.

Meanwhile, in mainland China, Release International reports that thousands of churches have been demolished and crosses destroyed. Pastors have been imprisoned, and collecting tithes and offerings has been criminalised as financial fraud.

In consequence, a recent report by the British and Foreign Bible Society has found that several thousand Hong Kong Christians have fled to the UK, establishing some 30 new churches. As a result, the study finds the Chinese Church is now – by far – the fastest growing in Britain.

More than £1.3 million approved for innovation in theological education

More than £1.3 million has been awarded by the Church of England for research and pilot projects aimed at widening the pool of people training for ministry in the Church of England. The projects range from work on neuro divergency to new courses in youth and children’s ministry.

Grants have been made for innovation in theological education in areas including children, youth and families work, online training, videos and a research project into the formation of neuro divergent people in lay and ordained ministry. The findings are due to be shared across the Church of England.

Church Buildings Support Officers meet at Cathedral conference

Newly appointed Church Buildings Support Officers have been speaking about their roles in providing practical advice and expertise to Church of England parishes.

£3.2 million was awarded last year for CBSOs in 33 dioceses, and three partner organisations, providing parishes with advice on the management, conservation, repair and development of church buildings, including community use alongside worship.

The post holders are also helping oversee £6.2 million of grants from the fund across 41 dioceses for repairs to churches focused on small-scale but urgent works.

Continued opposite

David Knight, Head of Church Buildings for the Church of England, said: "It has been wonderful to see the enthusiasm of the newly appointed Church Buildings Officers, and hear of the great work and practical support that is already being provided."

Buildings for Mission is funded by the Church Commissioners and administered by the Archbishops' Council over the period 2023 to 2025.

Bishop Guli's tribute as composer Sir John Rutter is knighted

The Bishop of Chelmsford, Dr Guli Francis-Dehqani, has paid tribute to the composer Sir John Rutter who has been knighted in the recent King's Birthday Honours List.

Bishop Guli said: "Warmest congratulations to John Rutter on being awarded a knighthood in The King's Birthday Honours. His enormous contribution to sacred choral music as a composer, arranger, editor and conductor over half a century has been a huge blessing and has enriched our worship."

More than £60 million awarded to three dioceses for 'programmes of transformation'

More than £60 million of funding is to be awarded to three Church of England dioceses for long-term programmes of transformation. This will include parish renewals, children and youth work, and outreach to low-income areas.

The Strategic Mission and Ministry Investment Board (SMMIB) has approved awards to the Dioceses of Blackburn, London and Southwark totalling £64 million for mission programmes set to last for between six and nine years.

The programmes will build on nationally funded work in Blackburn, Blackpool and Preston which has supported youth ministry, parish revitalisation, and outer estate leadership, and which has contributed to above average increases in adult and children attendance in the Diocese.

Thousands of Church of Scotland records go online

The moment the Church of Scotland defied King Charles I is among a vast number of historical documents now available to view on the ScotlandsPeople website. (www.ScotlandsPeople.gov.uk)

As part of a wider release of almost 4,000 volumes of church court records, National Records of Scotland (NRS) has added papers from the church's governing court, the General Assembly, for the first time.

This includes the minutes of the meeting held in Glasgow in November 1638 when delegates representing Scotland rejected the monarch's rules for worship.

NRS archivist Jessica Evershed said: "The 1638 meeting of the General Assembly is a turning point in Scottish history. It sees the ministers disobey the King to remove the bishops and the new common prayer book he had introduced.

"As part of the wider Covenanters' movement, this led to 50 years of war and upheaval. This is just one item among the church court records available on ScotlandsPeople. The latest release includes approximately 300,000 digitised images of mostly handwritten historical records dating from the 1500s to 1900.

"These records are a treasure trove for professional historians and amateurs working on their family tree. The records of local church courts contain details of parish work such as grants for the poor, mediating family disputes, payments for services and issuing punishments for minor offences."

The Revd Fiona Smith, Principal Clerk of the General Assembly of the Church of Scotland, said: "I am delighted that National Records of Scotland are making further Church of Scotland records available in a digitised format, providing a unique window into the history of Scotland itself, as well as aspects of daily life in our parishes, unfolding over the course of hundreds of years.

ScotlandsPeople is run by National Records of Scotland. It offers access to a wide range of official records including births, deaths, marriages and census records from the 16th century to modern times. Modern records are restricted but older records can be searched free of charge and viewed online on payment of a fee. Church court records are among those available to search and view free of charge.

When tourists get lost



Have you ever got into trouble while abroad? The story is told of a group of tourists who went to a Mediterranean country and wanted to see the sites of an old city. Four members of the group got so engrossed in taking pictures of each other by a castle that they ignored the summons from the tour group leader to go back to the bus. A little while later, they realised that they were all on their own in a strange foreign city. That's when their problems started.

The four tourists decided to head back to their hotel. But no one could remember the name of the hotel. So, they hailed a taxi, and asked it to drive around looking for the hotel. An hour or so later, the driver gave up and demanded payment. That's when they discovered that they did not have enough money to pay the driver. So the driver took them to the police, who demanded some identification. That's when the four tourists remembered that they had left their passports in the hotel safe...

Some hours later, the tour guide tracked down the missing tourists. They greeted her with tears of relief as she provided the police with their passports, paid their debt, and prepared to lead them safely back to their hotel. The police warned the tourists: "From now on, you stay close to your friend!"

Stay close to your friend. It's good advice for all of us. If your life is going in the wrong direction, if you have run up debts of wrong-doing, if you feel lost and alone, you need to take action. You need to stop going on like this. Turn around, and go in another direction. The Bible calls this action of 'stopping and turning around' repentance.

Repentance is when you stop, and you turn to God. For the good news is that there is a heavenly tour guide on whom we can all call. Only God can save us from the mess we are in. He sent us His Son to forgive us our sins, to provide us with an identity and, if we walk with Him, to lead us safely through life. As the Bible says: "The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord." (Romans 6:23)

Editor: Tim Lenton considers the man who discovered what it is we need to breathe...

The discovery of oxygen

It was 250 years ago, on 1st August 1774, that oxygen was discovered by British chemist Joseph Priestley. He was the first scientist to publish his findings on the discovery.

Born in Yorkshire, Priestley was the eldest son of a strongly Calvinist textile maker, but after his mother's early death he spent much of his time living with his aunt Sarah, where he came into contact with Presbyterian clergy, whose doctrines he preferred. He eventually became strongly Unitarian, denying the Trinity.

His theology created difficulties for him: he was barred from the top universities and after being offered the position of science adviser on explorer Captain James Cook's second voyage, he was 'cancelled' after pressure from Anglicans. However, he was made a Fellow of the Royal Society in 1766, and in 1773 the Earl of Shelburne gave him employment at his estate, Bowood House in Wiltshire. This gave him time for research and access to people of influence.

Until late in the 18th century, air had been regarded as a single entity, rather than a combination of gases. Priestley discovered what he called 'dephlogisticated air' – which he found supported combustion.

Swedish apothecary Carl Wilhelm Scheele made a similar discovery, published later, but called it 'fire air'. It was eventually identified as a separate gas, and Antoine Lavoisier coined the word 'oxygen' from the Greek word for acid-maker.

Priestley's tests revealed that oxygen made a flame burn intensely – and kept a mouse alive about four times as long as a similar quantity of ordinary air.

Priestley's beliefs and his support for French revolutionists provoked some to violence, and he and his family were forced to flee to America, where he befriended Benjamin Franklin and Thomas Jefferson, and eventually built a famous house and laboratory in a small town in Pennsylvania.



THIS WEEK, WE WOULD PARTICULARLY APPRECIATE DONATIONS OF:

BISCUITS

TINNED MEAT

TINNED CUSTARD

TINS OF FISH

TINNED VEGETABLES

1KG BAGS OF LONG-GRAIN RICE

HOWEVER, WE ARE ALWAYS SHORT OF:

TWIN-PACKED SPONGE PUDDINGS

SNACK BARS

UHT MILK (FULL-FAT)

TINNED MEAT AND TINNED MEAT MEALS

As Dineke mentioned in church recently, The Dorking Foodbank urgently needs donations, especially over the summer holidays. Many families are badly affected by the school holidays, meaning that the children won't have Free School meals, thus impacting their usual routines and nutrition.

There are always donating boxes in church so you don't need to go into Dorking to donate. It is also possible to donate in some of the supermarkets if that is easier for you.

The picture to the left shows what they are currently wanting, week commencing 29th July 2024.

If you want any further information, including what goes in the food parcels, do check out the website:

<https://dorkingarea.foodbank.org.uk>

Unfortunately, we can't accept items that are:

- Out of Date
- Already Opened
- Home-made
- Fresh Produce
- From the Chiller Cabinet

Take me from myself

My Lord and my God, take me from all that keeps me from You
My Lord and my God, grant me all that leads me to You
My Lord and my God, take me from myself and give me completely to You.

By St Nicholas of Flue (d.1487)

Editor: Canon Paul Hardingham looks forward to the 'easy living' of August.

Summer Holidays

'Summertime and the living is easy.' George Gershwin's words could be aptly applied to August, when many of us take holidays. It's a month to focus on summertime (weather permitting!!): family and barbeques; the beach and ice cream; long days with no school! It's a time to wind down from the hectic pace of normal routine.

However, while summer is a season, it is also a state of mind. We all have periods in life, which are summer-like, when life goes well. How can we walk by faith in the summers or good times of our spiritual lives?

Summer Distinctives: When we go through times of sickness, financial pressure, difficult relationships and other problems, we more easily focus on God. In a spiritual summer season, we can subtly find ourselves enjoying the gifts without acknowledging the Giver! The greatest danger in the summertime season of life is to forget the One who is responsible for the good things we are enjoying.

Summer Distractions: Our normal routine revolves around clocks and calendars, but we can easily get distracted when we break these disciplined routines. In the spiritual summer seasons of life, there is a temptation to miss out on our regular times with God in Bible reading and prayer! Things that make summer seasons enjoyable can also become big distractions.

Summer Directives: How can we make the most of this summer season and keep focused on God? We need to maintain a gratitude attitude: thankful to God for all His blessings: 'When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God.' (Deuteronomy 8:10/11).

So let's stay close and stay grateful to God in this summer season of life!



Congratulations to our sponsors,
Alan & Anthea Smallwood on their
Golden Wedding on 10th August
2024.

They were married at St Paul's
Church Hammersmith on 10th August
1974.



With our love & Congratulations to them both
and many thanks for everything they do for our church.

LETTER FROM THE EDITOR

Dear friends,

August 2024

As I write, the weather has finally turned into hot sunny weather! Added to that, the last three days the planes have been taking off in the other direction which is bliss! Just to see the blue sky and hear our running waterfall in the garden and the birdsong rather than the Boeing jets is always an added bonus! We all know the noise is the drawback of living near the airport, but a few snatched days of quiet are always welcome!



This month we celebrate holidays, summer living and look forward to two major events in our parish. Firstly, there is the **Okewood, Ockley & Forest Green Summer Fair and Flower show on Saturday 10th August (see details on page 19)** and the **Capel horticultural and classic car show on Saturday 17th August (see the back page for more information)**. We will be running a burger stall at the Capel Show and there is a list in church for volunteers to sign up to, to take part on the day and if you're free the day before, to help erect the church stall tent! We've just about recovered from serving cakes, pastries and drinks at the Military Show and we're off again! There are some photos and an update on our participation in the Military Show on page 8.

Café church invite you to join them at **Okewood Hill cricket ground on Sunday 11th August** for a Local Churches together services. This proved to be a popular service last year and hopefully there will be a good gathering again. Bob's letter on page 6 is entitled 'All Change'. As he says '*... change is something that happens to us all, very often when we least expect it.*'

Rev Liz is away later in August and we will welcome Rev Jo and Graham once more. There are the first details available about the **Harvest Supper and Play on page 9** so do take a look and pop a note in your diaries of when the performances will be. More details will be available in later issues. On page 13, we put a current appeal from **Dorking Foodbank** about items they are currently wanting and things they cannot accept. Summer time is often a tricky time for families when the children are on school holidays and do not get the benefit of Free School meals. Please do help if you can. Donating boxes are always in church.

With the recent passing of our dear friend Betty Mitchell, I found a couple of photos I had taken of Betty, Wendy and Joy at one of our church teas. You can see them on page 16. What an amazing duo Wendy and Betty were with their wonderful crafts that they made so beautifully for so many years and sold at church to raise money for The Friends of Capel Church. They dedicated so much time and love that they are sorely missed but we thank God for their many years of loyal devotion and most importantly love that they gave our church and to all of us as the church family.

Finally, I must mention our sponsors this month, Alan & Anthea Smallwood. Thank you to them for their generosity and support of InSpire, together with the many other things they do for our church! We wish them congratulations on their Golden Wedding Anniversary and wish them both many more happy years!

With my best wishes,

Suzanne

email: inspire@capelandockleychurch.org.uk

For Alan & Anthea

Dear Lord, we come before you on this joyous occasion of a 50th wedding anniversary. We thank you for the blessings of faithfulness that have sustained this couple throughout the years. May you continue to pour out your love and grace upon them, guiding them in their journey of love and commitment.

Amen

Editor: Canon Paul Hardingham continues his series which will run until the end of 2025.

What's the Big Idea?

An Introduction to the Books of the Old Testament: An Introduction to 1 & 2 Kings

1 & 2 Kings is a single literary work telling the history of Israel's monarchy from the end of David's reign until the Babylonian exile following the fall of Jerusalem (586 BC). After Solomon's reign, Israel was divided into two kingdoms: Israel to the north and Judah in the south. In the north 20 rulers reigned over 210 years until the fall of Samaria (722 BC). In the southern kingdom there were also 20 rulers, spanning a period of 345 years.

This account is not like reading a modern history book. The author views the story through the lens of God's relationship with His people. The welfare of Israel depended on their leaders' trust and obedience in God, e.g. Solomon building the Temple, as well as listening to the prophets e.g. Elijah and Elisha. The kings who receive the most attention are those whose disobedience is greatest (e.g. Ahab and Manasseh) or those who truly follow God (eg. Hezekiah and Josiah).

The book ends with exile in Babylon, fulfilling God's warning of the consequences of disobedience for both kingdoms (cf Dt 28:64–68). However, this doesn't mean that there is no hope for the future. At the end of the book, Jehoiachin is released from prison in Babylon, and he is given a place of honour (2Ki 25:27-30). The future remains open for God to fulfill His promises to the house of David.

'We begin to realise that if God's sovereignty is never cancelled out by the so deeply sin-flawed leaders ('kings') in both our culture and our church, we can quite cheerfully exult in God's sovereignty as it is being exercised in all the circumstantial details of the actual present.' (E Peterson).

Associated Quiz on page 27

Editor: With the passing of our much loved friend Betty Mitchell recently and Wendy Birch last year, I came across these photos of our wonderful Church Teas team. What a lot these lovely ladies did for our church, together with their dear friend Joy who is a truly valued member of our church family.

In celebration of our Church Teas team



Editor: The Revd Dr Jo White considers the highest part of our churches...

Reflecting Faith: Church towers

Last month I wrote about the 612 newly built churches in towns around 1818 - 1830 that cost a total of one and a half million pounds, following the huge population move from the countryside to living in towns.

This month I wanted to think about the highest part of the church building - the tower. This is the aspect that is most recognisable from a distance; the element that almost defines the church building.

Have you ever seen a church building without a tower? Most religions use this same structure on their buildings, so clearly there must be overlapping reasons for this. But there is not just one design even within religions.

The structures of all buildings are dependent on the materials available, the architectural knowledge, the purpose, the fashion of the day as well as the finance available.

Norfolk churches in particular have 'special' towers. There are around - pun intended! - 181 round church towers in England of which 126 are in Norfolk. They were built from as early as the ninth century onwards

So what was going on there?

Some argue that because of the flatness of the land these were thought to be more stable; while others think that it was because the materials available locally were small pieces of flint which cannot be easily worked or dressed but when set into mortar can create handsome and stable walls and buildings.

In many parts of the UK flint is used to face the outside of buildings but here they were used to be the foundational element so long as 'corners' were not required.

This month:

Have a look at a church tower near you. What shape is it? Perhaps you can get to see inside it? How is it attached to the main body of the building? Is it at one end, central etc?

What is it used for today and what do you think its original purpose was or purposes were?



A church in Suffolk - photo Suzanne Cole

PRAYERS, PROSE & POEMS

Nigel Beeton writes: We're going through a sermon series in our church at the moment about the Nicene Creed. We recite it week in week out, sometimes just before I'm about to stand up and deliver my intercessions, so do I really think about what I am saying?

Consider the Creed

As often as Christians may worship and pray
Remember – consider each word that we say!
We give thanks with joy that from sin we are freed
And mindfully utter the words of the creed:

In one God, the Father, we truly believe,
All things made in heaven or earth He conceived;
Of all things Creator, both seen and unseen,
And all things that will be, or are, or have been.

One Lord we believe in, He's God's only Son
Begotten, Eternal, with God He is One
He's True God from true God, True light from true light
The Word of creation, Our Lord Jesus Christ.

He came down from Heaven, our salvation plan
Incarnate from Mary, was fully made man,
Then by Pontius Pilate He was crucified
And for our salvation He suffered and died.

The scriptures foretold it, He rose as God planned;
Ascended to Heaven and sits by God's hand;
He will come in glory and will judge us all
Then never, no never shall His kingdom fall.

We believe in the Spirit, for all life He gives
With God and with Jesus in oneness He lives;
From Son and from Father the Spirit proceeds
He's glorified, worshipped in words and in deeds

Christ's church we believe in, all following Him
One baptism for the forgiveness of sin;
The dead resurrected; a new world to come
Believe in the Father, the Spirit, the Son!
Amen.

By Nigel Beeton

I am Your ship

Lord, I am Your ship.
Fill me with the gifts of Your Holy Spirit.
Without You I am empty of every blessing,
And full of every sin.

Lord, I am Your ship.
Fill me with a cargo of good works.
Without You, I am empty of every joy,
And full of vain pleasures.

Lord, I am Your ship.
Fill me with love for You.

By John Sergieff (1829 – 1908; a priest in Russia)

A Prayer for August 2024

Lord, in a year of changes in our country and in the world, we thank You for the regular rhythm of each year.

We thank You for August, the month of holidays and rest for many, especially for families and those tied to termly timetables. We pray for Your blessing and restoration for all.

As we take time out of normal routines, help us to still make space for You; to be refreshed spiritually as well as physically.

Feed us, Lord, by Your Word; revive us by Your Holy Spirit; encourage us by Your indwelling presence, so that we might naturally reflect Your love to all we meet, on holiday or at home or at work.

In Jesus' name. Amen.

By Daphne Kitching

Country Faith

Here in the country's heart
Where the grass is green
Life is the same sweet life
As it e'er hath been.

Trust in a God still lives
And the bell at morn
Flouts with a thought of God
O'er the rising corn.

God comes down in the rain
And the crop grows tall
This is the country faith
And the best of all!

Norman Gale (1862 – 1942)



WHERE

Okewood Hill Recreation Ground
Okewood Hill
Surrey, RH5 5PU

Free Parking
(follow the signs from the A29)



OKWOOD, OCKLEY & FOREST GREEN SUMMER FAIR & FLOWER SHOW SATURDAY 10TH AUGUST 2024

<https://okewoodhillflowershow.co.uk/>



ENTRANCE

Adults £5.00

Cash & Card

Children (under 18) Free

Pets, of course, are welcome



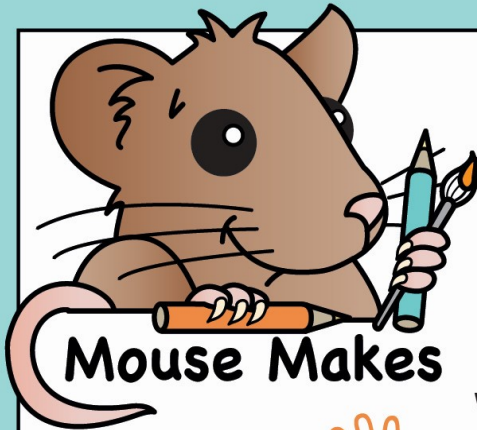
PARKING

Okewood Hill Recreation Ground
Okewood Hill
Surrey, RH5 5PU

Free Parking
(follow the signs from the A29)



Junior InSpire



Mouse Makes

"AND WHEN YOU PRAY,
PRAY THEN LIKE THIS ..."

Where does Jesus say
to go to pray?
Matthew 6:6



What does God know
before you ask Him?
Matthew 6:8



What can we ask God
to deliver us from?
Matthew 6:13

If you forgive others
what will God do?
Matthew 6:14



"Always be full of **joy**.
Never stop praying.
Whatever happens,
always be **thankful**."
1 Thessalonians 5:16-18

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



ROOM • PRAY • ASK • NEEDS • HEARD • JESUS
LORDS PRAYER • OUR • FATHER • HALLOWED • HONoured
NAME • THY • KINGDOM • COME • YOUR • WILL • DONE
EARTH • HEAVEN • DAILY • BREAD • FORGIVE • DEBTS
SINS • TEMPTATION • DELIVER • EVIL • AMEN

Colouring in ... for all ages!

Psalm 36:5
Your steadfast love, O Lord
is as vast as the heavens, your faithfulness beyond the clouds.



As fine silver

Malachi 3:3 says: *"He will sit as a refiner and purifier of silver."*

This verse puzzled some women in a Bible study. They got to wondering what this statement meant about the character and nature of God. One of the women offered to find out.

She rang a silversmith and arranged to watch him at work. She didn't mention anything about the reason for her interest, beyond her curiosity about the process of refining silver. As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest, so as to burn away all the impurities.

The woman thought about God holding us in such a hot spot, and then she thought again about the verse that says: "He sits as a refiner and purifier of silver." She asked the silversmith if it was true that he had to sit there in front of the fire the whole time the silver was being refined.

The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed. The woman was silent for a moment. Then she asked the silversmith, "How do you know when the silver is fully refined?"

He smiled at her and answered, "Oh, that's easy - when I see my image in it."

So, if today you are feeling the heat of the fire, remember that God has His eye on you and will keep watching you. His aim is not to abandon or destroy you, but to refine you - until He sees His image in you.

Drinking coffee is great for your microbes

Your morning cup of coffee not only perks you up, it also helps your gut bacteria to flourish.

This is because coffee contains several compounds that act as a prebiotic, which means they provide your gut bacteria with nutrients.

These are some of the findings of a growing number of studies into the effects of coffee on our gut flora. A 2023 study, published in the journal *Nutrients*, found good links between caffeine, coffee consumption and the colonic microbiome. The richness of the microbiome was found to be higher in regular coffee drinkers.

Coffee also contains plant compounds known as polyphenols, which act as an anti-inflammatory antioxidant, which reduces the risk of cancer by neutralising harmful free radicals.

As for the best way to drink coffee? Experts tend towards black coffee being most beneficial, as milk may impede the absorption of polyphenols.

So why not head to the Pavilion Café each Wednesday over at Ockley for a delicious coffee? Details in News from the Pews on page 7!

High Days and Holy Days

***NEW 13th August - Octavia Hill, Social Reformer and co-founder of National Trust**

The urgent need for decent, affordable housing is a hot topic these days.

It was an even more urgent need in Victorian London, where the homes of the poor were tiny, cold, damp, and infested with lice and vermin. Water came from an outside pump, and filthy outside toilets were shared with several dozen neighbours. Stoves were rare; most people ate cold meals. Labourers lived 22 years on average; more than half of all babies died before their first birthday.

Into this festering mess of disease and misery came Octavia Hill in 1852. She was determined to make a difference, and she did.

Octavia was well qualified for the job: though her family in Wisbech, Cambridgeshire were comfortably off, they had a passionate interest in social change. Her grandfather, Thomas Southwood Smith, was a national authority on sanitation and housing. Her father, a corn merchant and banker, worked hard for prison reform. Her mother managed a Christian Socialist co-operative in London, where the young Octavia met John Ruskin, and other notable figures with a passion for social change.

Once in London, Octavia began her first job, that of teaching poor children to make toys. It gave her grim first-hand experience of the horrors of life of the very poor.

By 1856 Octavia was helping run classes for women at the Working Men's College in Great Ormond Street, and she and her sisters also started a school for very poor children.

But what really grabbed Octavia's compassionate heart was the housing crisis. By 1864, with the help and advice of John Ruskin, she had launched a business scheme for improving Victorian housing in London. Gradually her scheme and experience expanded, until a breakthrough came in 1884, when the Ecclesiastical Commissioners handed her a large part of their portfolio of properties to manage in Southwark. As the years went by, Octavia's help and advice were often sought in connection with promoting social reform by legislation, though her heart was always in the voluntary sector.

It has been said of Octavia that her Christian faith made her seek "to make life on earth as positive an experience as possible, particularly for the poor and disadvantaged."

But today Octavia is remembered most for something surprisingly different: her joint initiative with Canon H D Rawnsley and Sir Robert Hunter in founding the National Trust in 1895. It has become Britain's leading charitable organisation for preserving historical buildings and places of natural beauty.

Octavia's national fame never affected her – she lived quietly with her sisters in Marylebone Road until her death on 13th August 1912.



BOOK REVIEWS

by Parish Pump



Communities of Hope

By Nigel Adams, Authentic, £14.99

This is the story of how a Nottingham foodbank became more than just a resource. It became a community.

Tracing the story of his experience working with a foodbank that expanded in many directions, author Nigel Adams shares how Hope House in Nottingham offers such an inclusive welcome to all that over ten years, it has grown into a community of hope.

The story combines theological insights with practical application, as Nigel discovered that when God's people unite to show compassion to those in need, a new kind of community is born that follows Jesus and blesses everyone. Nigel Adams also coordinates Christian Action Nottingham, a network of social action ministries across the city.

In Step with God

By Richard Littledale, Authentic, £14.99

From Noah to Elijah through to the Magi and the disciples, the Bible is full of stories of people who have made long or short walks that have had an impact on themselves and others.

Richard Littledale, a pastor and BBC broadcaster, unpacks these often overlooked 'walking' stories and encourages you to take your own physical walk as you ponder their deep truths and apply them to your day.

These 101 thought-provoking biblical reflections and prayers can encourage you on your own spiritual and physical journey.

The Quiet Path – Contemplative practices for daily life

By Andrew Rudd, Canterbury Press, £11.69

The Quiet Path is a book for the walker, or the armchair traveller, the clear-sighted tourist, or the bewildered wanderer. Blending reflection and poetry, it shows how the simple practice of walking can become a quiet path of wonder, and how a brief pause in a busy day can turn into contemplation.

It explores how the ordinary practices of walking and noticing, recognising and writing can help us discover depth and spirituality in everything we encounter and find a deeper awareness of a Presence in all things.

This book is not about the big idea, the motorway, the A-road, the bypass. It's about snickets, byways, bridleways and gentle lines across the map. Every page is a signpost pointing down a quiet path, ready for you to take a walk through the landscape of the heart.

Finding Flourishing: Time and pace for your work-life wellbeing

By Naomi Aidoo, BRF, £8.99

This book offers a practical and tangible approach to achieving everyday wellbeing, one that doesn't require adding yet another technique to your busy schedule. Instead, it can enhance your day-to-day life mentally, emotionally and spiritually.

Aidoo considers how wellbeing might look in our relationships, our work and the rest of our lives, and uses the T.I.M.E. framework to offer manageable steps towards achieving it.

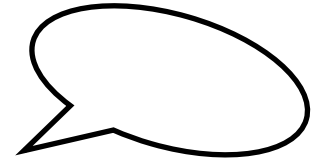
Racing for Glory - Eric Liddell's 1924 Olympic story

By Graham Daniels and Jonny Reid, 10Publishing, £3.99

One hundred years ago this summer, all eyes were on Paris for the 1924 Olympic Games. Among the world's finest athletes stood sprinter Eric Liddell of Great Britain. But holding true to his convictions, he chose not to enter his best race – the 100 metres – and instead changed the 400 metres discipline forever.

This brief biography explores Liddell's extraordinary life and how his faith in Jesus motivated everything he did.

Quotes for August



Thinking 'Christianly' about life....

We receive more than we can ever give; we receive it from the past on which we draw with every breath, but also – and this is a point of faith – from the source of the mystery itself, by the means which religious people call GRACE. - *Edwin Muir*

Every morning after I have cleaned my cell and polished my tins, I read a little of the gospels... It is a delightful way of opening the day. Everyone, even in a turbulent, ill-disciplined life, should do the same. - *Oscar Wilde*

The greatest happiness of the greatest number is the foundation of morals and legislation. - *Jeremy Bentham*

The whole point of this life is the healing of the heart's eye through which God is seen. - *Augustine of Hippo*.

I am a man of hope, not for human reasons, nor from any natural optimism, but because I believe the Holy Spirit is at work in the Church and in the world even when His name remains unheard. - *Cardinal Suenens*

We are not made to rest in this world. It is not our true native land. - *Fr Andrew SDC*

Families that pray together stay together. – *Fr Patrick Peyton*

With holidays in mind...

Holiday: An all-expense tour. - *Anon*

Holiday: Something you take when you can't take what you've been taking. - *Anon*

Holiday resort: Where you go when you are worn out and from where you come back a complete wreck. - *Anon*

Travel: An experience that fills the mind and empties the purse. - *Anon*

Summertime: when you don't pay the bills and your creditors think you are on holiday. - *Anon*

Home is a mighty test of character. What you are at home you are *everywhere*, whether you demonstrate it or not. - *T D Talmadge*

Editor: Some miscellaneous, but notable, quotations....

"I'm sorry we're late, we misread the timetables. But there – nobody's infallible." - *Geoffrey Fisher to Pope John XXIII, Dec 1960, at the first meeting for 500 years between a Pope and an Archbishop of Canterbury.*

The longest journey is the journey within. - *Dag Hammarskjold*

Love is the child of freedom, never that of domination. - *Erich Fromm*

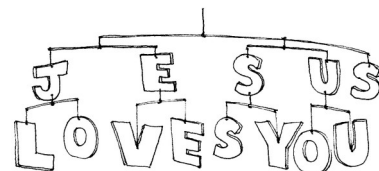
Seen in a butcher's shop in Ireland: 'This bacon was cured in Lourdes!' - *from a Plympton St Maurice parish paper*

An honest man is never a successful fisherman. - *Anon*

It's strange how you can hear a rattle in your car easier than one your head. - *Anon*

The person who never worries may not be smart enough to know what is going on. By the time you have enough experience to be smart, your memory is shorter, your stamina is lower, and you are bald. - *HV Prochnow*

Middle Age: when you know your way around, but don't feel like going. - *Anon*



Wendy checked the message on her mobile

Editor: David Pickup, a solicitor, looks back on his days at the beach...

Padding with the Prophet Ezekiel

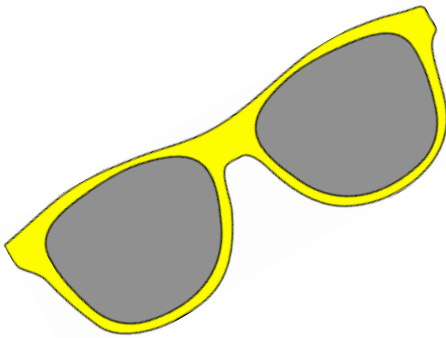
Afterward he brought me again unto the door of the house; and, behold, waters issued out from under the threshold of the house eastward... (Ezekiel 47)

I do not know if you have come across this passage, which is a bit odd. It is about the Old Testament prophet who visits God's Temple, and notices there is a river that runs out to the sea. The reading has had lots of different interpretations about nations, borders and the gospel, but for some reason, it made me think of paddling by the seaside.

As a young child my mum took me to the seaside for a day's treat. She wanted me to say that I had "seen the sea" at least once a year. I should have been more grateful, as it was probably a significant cost for her. I did enjoy having an enormous plate of fish and chips at a café, but was not fussed about the seaside. The resort in question is on an estuary and at a low tide it was a long muddy walk to the sea. So paddling was not something I wanted to do, and I could not swim. But at least I had seen the sea!

Being a Christian is a bit like this. We are wary about dipping our toes in, getting cold and wet. Learning to swim is a bit like Christianity, because you have to trust the water *will* hold you up. The waves look scary, and you are worried you will get out of your depth. But slowly, you build in confidence and learn to have fun.

Come on in, the water is lovely!



Easy Sodoku

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

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Medium Sodoku

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

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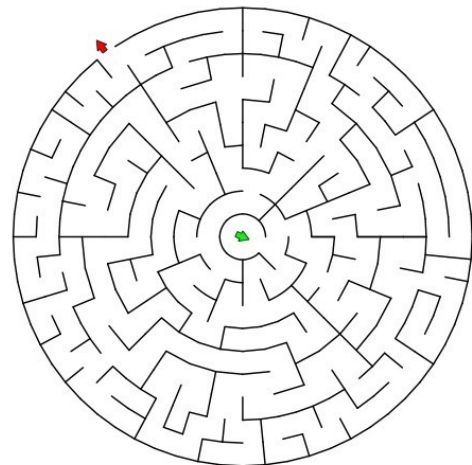
Solutions on
page 30

Quiz on Elijah

(linked to article 'Whats the Big Idea?' on page 16.



1. Elijah was a....? (Nishbite, Fishbite, Tishbite)
2. Which king of Israel did Elijah warn about an imminent drought? (Ahab, Omri, Ahaziah)
3. Which animals brought Elijah food during the drought he prophesied? (Wolves, ravens, bears)
4. How many times did Elijah stretch himself over the widow's dead son before he was revived? (Once, twice, three times)
5. Where did Obadiah hide one hundred prophets of the Lord from Jezebel? (Palace dungeons, caves, house of the prophet)
6. How many prophets of the goddess Asherah were called to Mt Carmel for Elijah's sacrificial challenge to the prophets of Baal? (400, 450, 500)
7. After Elijah mocked the prophets of Baal, what other ritual did the prophets try to gain Baal's attention? (Danced around the altar, cut themselves with knives, beat their chests with sticks)
8. Why did Elijah choose 12 stones to build his altar? (That's all he could find, the number of years Ahab had reigned, one for each tribe of Israel)
9. What did Elijah's servant see from Mt Carmel on the seventh time he looked out to sea? (A cloud, an island, a boat)
10. How did Elijah return to Jezreel from Mt Carmel? (Chariot, ran, donkey)
11. After the prophets of Baal were killed, to where did Elijah run to escape the death threat from Jezebel? (Hebron, Shiloh, Beersheba)
12. Who awoke Elijah for food as he slept in the desert wanting to die? (Ravens, an angel, Elisha)
13. Who was the small quiet voice that spoke to Elijah on Mt Horeb? (Ahab, Moses, God)
14. What did Ahab do when Elijah told him of God's anger at the murder of Naboth? (Laughed, threw a spear at him, repented)
15. What of Elijah's was left behind after his was taken away from Elisha by the whirlwind? (Cloak, staff, sandals)



August's Maze

sandals)



"How thoughtful, wearing something all the wedding guests could shelter under in case of rain."

**Answers on
page 30**

God in the Sciences

This series is written by Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.

Physicist and Priest: John Polkinghorne (1930-2021)

At the age of 48 the Cambridge Professor John Polkinghorne decided he'd done his bit for physics and that it was time for a different sort of adventure. Resigning his academic position, he trained for ordination in the Church of England. In an interview 40 years later he said, *"It's one thing to go to church on Sundays but to give up a professorship and train for something else – that was a bit more than a gesture...I think a lot of people realised I was a religious person but they didn't expect me to take it quite that seriously...People were saying to me, 'Oh John what are you up to?' They mostly weren't thinking so much about my becoming a clergyman but just the fact that I was a Christian."* (From *Test of Faith, Paternoster, 2009*)

John saw his work in science as a Christian vocation, and he felt a responsibility to use his talents in that area. Once ordained he found himself thoroughly engaged in the conversation about science and religion. One of his main messages was that *"I'm not a vegetarian butcher. There is a cousinly relationship between thinking about theology and thinking about science."*

When asked for a Bible passage to appear at the end of his 2009 interview John chose Colossians 1:15–20: 'He is the image of the invisible God, the first-born over all creation. For by Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by Him and for Him. He is before all things, and in Him all things hold together. And He is the head of the body, the church; He is the beginning and the first-born from among the dead, so that in everything He might have the supremacy. For God was pleased to have all his fullness dwell in Him, and through Him to reconcile to Himself all things, whether things on earth or things in heaven, by making peace through His blood, shed on the cross.'

John's explanation for his choice speaks volumes to anyone interested in the science-faith dialogue. *"I value this passage because it speaks of the cosmic significance of Christ, the One in whom all things hold together and who redeems all things (notice, not just all people) by the blood of His cross. Here meet my deepest religious beliefs and my strongest scientific concerns."*

High Days and Holy Days

11th August - St Clare of Assisi

Assisi, a beautiful town in the Italian province of Umbria, was the birthplace in the 12th century of two of that country's greatest saints, Francis and Clare. Francis first, and then Clare, discovered the liberating effect of release from the burden of wealth.

For them, simplicity, or godly poverty, was the way to blessing. Their followers – Francis's monks, the Franciscans, and Clare's nuns, the 'Poor Clares' as they were known, set themselves to live without any kind of luxury. This freed them, they believed, for a life of prayer and service, to care for the poor around them without distraction. They built no elaborate basilicas, though one was erected after the death of Francis, strictly against his wishes, to surround the simple chapel (his 'hovel') where he and his followers were based. The present-day house of the Poor Clares is a perfect example of the sheer beauty of simplicity.

Their lifestyle, their message, their simplicity of life and love of the Creation and its creatures, offered a striking alternative to the society around them, where wealth (which Francis had enjoyed but rejected at his conversion) and poverty and sickness lived side by side. It has to be said, too, that their message is on collision course with the values and goals of much of the western world today. Simplicity of life and affluence don't sit easily together.

CROSSWORD CLUES

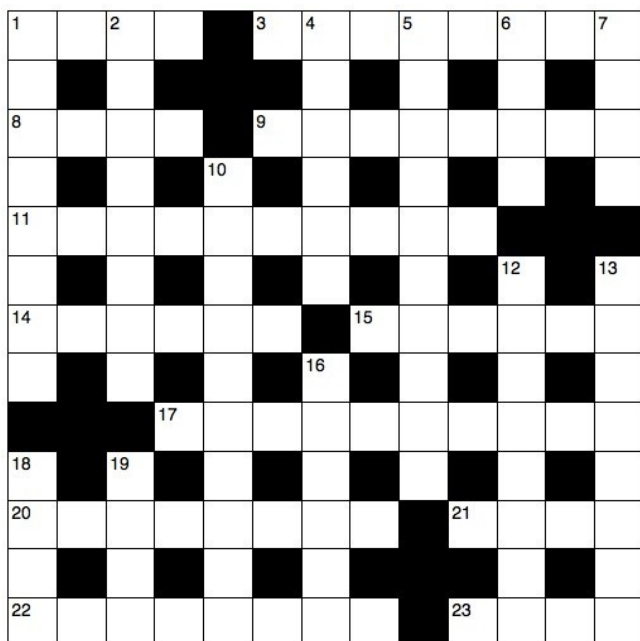
The Bible version used in our crosswords is the NIV.

Across

- 1 and 3 Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28) (4,3,5)
- 3 See 1 Across
- 8 'Let us draw — to God with a sincere heart in full assurance of faith' (Hebrews 10:22) (4)
- 9 O Simon is (anag.) (8)
- 11 Form of government under the direct rule of God or his agents (10)
- 14 How Jesus found his disciples when he returned to them after praying in Gethsemane (Luke 22:45) (6)
- 15 In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)
- 17 Glad sin rat (anag.) (10)
- 20 Spinal column (Leviticus 3:9) (8)
- 21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)
- 22 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)
- 23 Adam and Eve's third son (Genesis 4:25) (4)

Down

- 1 David's great friend (1 Samuel 20:17) (8)
- 2 'The Lord... will bring me safely to his — kingdom' (2 Timothy 4:18) (8)
- 4 'I, Daniel, mourned for three weeks. I ate no choice food; — — or wine touched my lips' (Daniel 10:3) (2,4)
- 5 Seeking to vindicate (Job 32:2) (10)
- 6 Female servant (Isaiah 24:2) (4)
- 7 'For Christ died for — once for all' (1 Peter 3:18) (4)
- 10 'Offering spiritual sacrifices — to God through Jesus Christ' (1 Peter 2:5) (10)
- 12 Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)
- 13 One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)
- 16 'You have — of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)
- 18 'There before me was a white horse! Its rider held — — , and he was given a crown' (Revelation 6:2) (1,3)
- 19 Equipment to Charity Hospitals Overseas (1,1,1,1)



**Puzzle
Solutions on
page 30**

Puzzle Solutions

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

CROSSWORD ANSWERS

ACROSS: 1, John. 3, And James. 8, Near. 9, Omission. 11, Theocratic. 14, Asleep. 15, By-path. 17, Stalingrad. 20, Backbone. 21, Baca. 22, Whose eye. 23, Seth.

DOWN: 1, Jonathan. 2, Heavenly. 4, No meat. 5, Justifying. 6, Maid. 7, Sins. 10, Acceptable. 12, Marriage. 13, Shadrach. 16, Plenty. 18, A bow. 19, ECHO.

The Bible version used in our crosswords is the NIV.

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Easy Sudoku solution

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

Medium Sudoku solution

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

Answers to Quiz:

1. Tishbite (1 Kings 17:1)
2. Ahab (17:1)
3. Ravens (17:6)
4. Three (17:21)
5. Caves (18:3,4)
6. 400 (18:19)
7. Cut themselves with knives (18:28)
8. One for each tribe of Israel (18:31)
9. A cloud (18:44)
10. Ran (18:45,6)
11. Beersheba (19:1-3)
12. An angel (19:5-8)
13. God (19:11-15)
14. Repented (21:27-29)
15. Cloak (2 Kings 2:13)



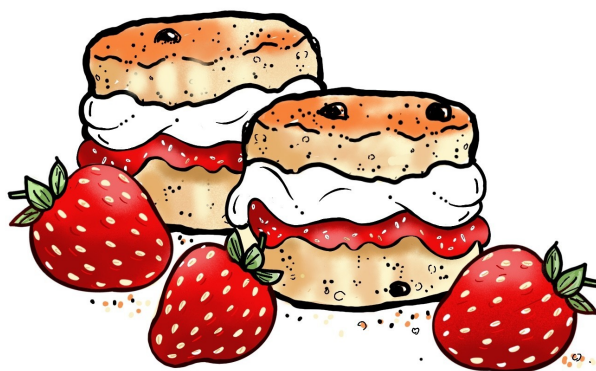
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...firstly, thankyou whoever it was who put two buttons in the collection plate last week - they turned out to be early Victorian, and I've just sold them on 'ebay' for £800 each!

Church Tea dates 2024

Please note that all teas will take place
between **3.00 and 5.00 pm**
(with the exception of 4pm on Sunday 3rd November)

Sunday 4th August		St John the Baptist Capel
Sunday 25th August		St John the Baptist Capel
Monday 26th August	Summer Bank Holiday	St John the Baptist Capel
Sunday 15th September		St John the Baptist Capel
Sunday 6th October		St John the Baptist Capel
Sunday 3rd November	All souls service 3pm TEAS START AT 4PM	St John the Baptist Capel
Sunday 24th November		St John the Baptist Capel




*Don't forget you can find details of all events
& services on our website*

<https://www.capelandockleychurch.org.uk/events-calendar/>



THE CHURCH
OF ENGLAND

St John and St Margaret's - a Christian presence in the Capel and
Ockley communities



**£7 per
adult on
the gate**

Capel Show

Saturday August 17 2024

It's nearly here!
**Come on down and join this year's
Capel Show!**

**With 700 classic vehicles, a fantastic
AutoJumble with 20+ stalls, 10+ fabulous
food & drink vendors, Dog Show,
horticultural exhibition, live music, and
much, much more!**

- ✓ **Free public parking from 12PM!**
- ✓ **Children 12 and under go free!**



www.capelshow.co.uk



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