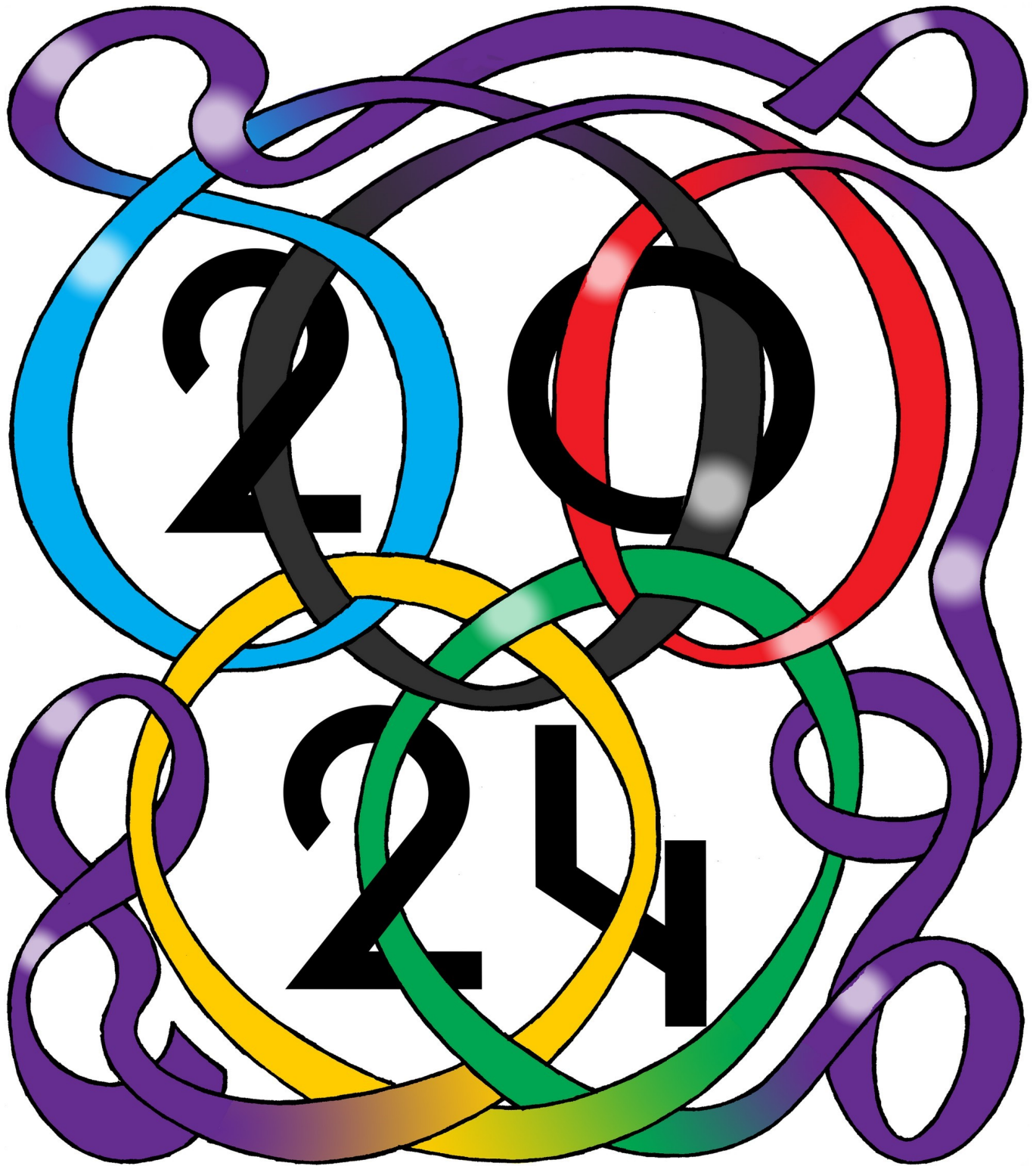


Free of charge - donations welcome in honesty box in wall



InSpire

Issue 85 July 2024

The monthly publication for the Parish of Capel & Ockley

CAPEL MILITARY SHOW - 5TH, 6TH AND 7TH OF JULY

A FUNDRAISER FOR CAPEL AND OCKLEY PCC



CAKES AND REFRESHMENTS STALL

For the third year running we will be running the tea and coffee stall at the show.

This year we will be doing Friday as well as Saturday and Sunday!

**Thanks for all the help and baking so far!
We hope to see you at the Fair
over the weekend!**

NB: The Red Arrows due to do a flypast on Friday 5th July about 4.00pm!



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Love the Lord and follow His plan for your lives. Cling to Him and serve Him enthusiastically.

Joshua 22:5

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www.capelandockleychurch.org.uk/inspire-magazine

This issue is sponsored by

Irene Cole and Pat White

in celebration of Irene & Stan's wedding anniversary and Colin White's birthday.

* So many lovely memories * Never forgotten *

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Rev Liz writes

Dear friends,



Once again the parish came together as a community; this time to commemorate the 80th anniversary of D Day, and what a wonderful weekend of events it was. From assisting Brigadier Roger Hood for the lighting of the beacon on the recreation ground, I with everyone else enjoyed watching the wonderful Morris Dancers, a fabulous barbecue outside the pavilion and the hospitality of Capel Cricket Club and The Crown; it was a great start. Brigadier Roger helped us to imagine what it might have been like to have been one of those young soldiers at that time, waiting to cross the channel; I cannot imagine what that must have felt like...perhaps ignorance was bliss on that occasion as so soon they would be plunged into the brutalities of war. Our

church bells rang as so many did all around the country earlier that evening as we gathered to remember those brave soldiers and airmen who landed or flew in Operation Overlord. There were many who sacrificed their lives for our future today and we will always remember them and thank them. I am confident that elsewhere in the magazine all the other wonderful events have been recorded so I will only say this - a huge thank you to the D Day Committee who once again put on a great selection of commemorative events - it was brilliant!

At church we have begun our wedding season and it is such a joy to celebrate with our couples their special day. Likewise we have some Christenings to enjoy this summer too! It is somewhat of a sporting fest in these next few weeks with the Euros (football) currently playing, Wimbledon (tennis) and the Paris Olympics beginning at the end of this month. Our Cafe Church in August with some other local churches will take place at the Okewood Hill Show ground and is on an Olympic theme where faith joins with sport in our lives being 'A Marathon not a Sprint'. Please do read Bob Cranham's article 'Chariots of Fire' for more information and the amazing story of Eric Liddell. We hope you enjoy reading the story of Eric Liddell 'Running the race of your life' which will have been delivered with your magazine this month!

It is always such a privilege to give help to those who need our churches at particular times in their lives, whether that is with a bereavement - there have been several sadnesses recently - or for the very joyful occasions of weddings and Christenings. Please do use our churches - they are always open for quiet prayer and reflection and provide something of a respite during times of need and also high summer temperatures outside! We look forward to seeing some of you at the Capel Military Show at the beginning of this month as we will be raising funds for our parish with our popular refreshment stall. In the meantime, keep running the 'race of your life' and hope we can all enjoy some summer weather this month.

With all blessings, love and prayers

Liz

liz@myhostserver.co.uk 01306 711260

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



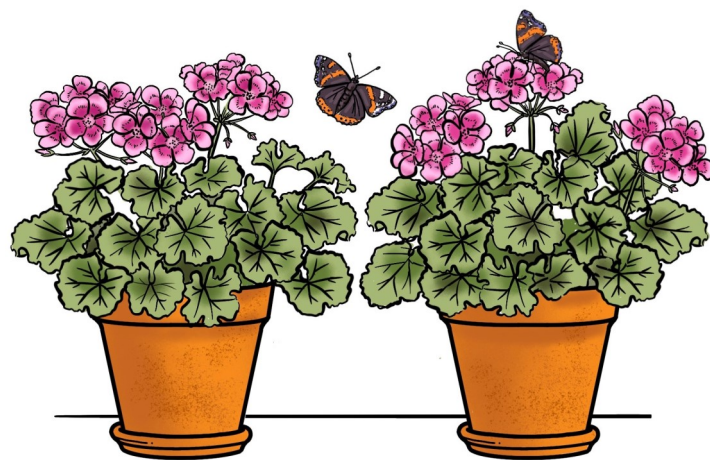
CHURCH SERVICES AND EVENTS - JULY 2024 at St John the Baptist, Capel & St Margaret's, Ockley

JULY

Sunday	7th	Trinity 6
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel
Sunday	14th	Trinity 7
	9.30am	Holy Communion CW - Ockley
	10.30am	Cafe Church at The Crown Capel
	3-5pm	Church Teas - Capel
Saturday	20th	Marriage
	2pm	Wedding at St John the Baptist Capel
Sunday	21st	Trinity 8
	10.30am	Parish Communion CW - Capel
Sunday	28th	Trinity 9
	9.30am	Holy Communion BCP - Ockley
	10.30am	Morning Worship and Baptism - Capel

AUGUST

Sunday	4th	Trinity 10
	9.30am	Matins - Ockley
	10.30am	Family Communion - Capel
	12pm	Baptism - Capel
	3-5pm	Church Teas - Capel



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



Café Church— JULY 2024



Chariots of Fire

St. John's, Capel invites you to

C A F É
C H U R C H

SUNDAY
14th July
10.30am

Informal
Inclusive
Inspiring

Free Coffee & refreshments

meeting in The Crown Pub garden

WWW.capelandockleychurch.org.uk

This month sees the start of the Paris Olympics. 2024 is the 100th anniversary of the last Olympic games in that city and, therefore, the 100th anniversary of the Eric Liddell's participation in the event which was immortalised in the film, Chariots of Fire. What set Eric aside from others was not only his extraordinary athletic prowess but also his strong Christian faith. Although a favourite to win the 100m race, when he discovered that the heats were to be held on a Sunday he refused to run, believing that Sunday should be observed as a day of rest. No amount of pressure could persuade him to compromise his faith. He chose, instead, to train for the 200m and 400m races. Having taken the bronze medal in the 200m, Liddell was not expected to do well in the 400m. On the morning of the 400m final he was handed a piece of paper on which was written the bible verse, "He that honours me, I will honour." Not only did he win the race, he broke the Olympic and world records in the process!

The victory made him a global celebrity but, in spite of the fame and opportunities this offered, he chose to follow what he believed to be God's call on his life and in 1925 he became a teacher in a Christian college in China. So strong was his belief that, as he put it, "God had made him for China," that he remained in the country, even after sending his wife and children back to England in 1941 to avoid a threatened Japanese invasion. In 1943 he was imprisoned alongside other missionaries and foreigners. In spite of the brutal conditions he continued God's work among the other inmates - even praying for his captors, who he forgave. His health began to fail and, in 1945, he died in the camp. His grave is now marked with a memorial headstone inscribed with a verse from Isaiah. "They shall mount up with wings as eagles; they shall run and not be weary."

Eric Liddell would hardly recognise the Olympics as they are now. In his day, they were a wholly amateur games where athletes competed purely for personal and national pride. The march of time has seen inevitable commercialisation and the abandoning of the amateur status of the events. Winners in 2024 can be assured of prize money, generous sponsorship deals, global television coverage and their names in headlines across the world. If Liddell were competing in 2024, would he still be able to turn away from the riches on offer and follow God's direction for his life. I think he would, because he would be familiar with one more verse from the bible. "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6. v19-21)

Bob Cranham

An exciting 'Local Churches Together' Café church next month!



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

Informal ~ Inclusive ~ Inspiring

NEWS from the Pews

From the Registers



We celebrate the marriage of

**Chloe Jessica Wheeler
and
Daniel James Killick**

Sunday 26th May 2024
St Margaret's Church, Ockley

We mourn the loss of

Kendon John Barnes
18th May 2024

May he 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

NEWS FROM THE BELFRY



Learning to Ring

A new ringer started to learn with us at Ockley a few weeks ago. After a visit up the tower to see the bells and watch one being rung full circle he was first shown how to ring the Backstroke as this is easier to master than the Handstroke.

With the bell already rung up the learner stands in the normal position in front of the rope with the teacher in front, the other side of the rope. He is given the tail end to hold with both hands and told to keep his hands pointing down until the rope pulls them upwards. The teacher pulls the sally and as the bell turns full circle the tail end starts to rise until at the top of its swing the learner's hands are above his head and the rope is taut. He should then pull down in a straight vertical line until the thumbs are pointing downwards, as if throwing the rope down a hole just in front of his feet.

Once this is mastered, the handstroke is introduced in small steps. Eventually the learner is ready to put both hands on the sally while holding the tail end in his left hand. The sally is pulled down straight, this time letting go, at about waist height and immediately putting the right hand on the tail end as well, just above the left, ready for the tail to be pulled up for the backstroke, as above. The tricky part comes at the next handstroke; to catch the sally as it goes up, early enough to check it if necessary and then pull it hard enough to keep the bell's momentum stable.

This sounds quite simple but can take several weeks to accomplish. Bell ringing is fairly unique in that the equipment is not available to practice at home, and it is a team effort. We try to give learners as much one to one tuition on a silenced bell as possible until they are able to handle the rope well enough to ring with the rest of the band. Then the challenge is to strike the bell at the correct time to keep place in rounds. Congratulations to our new learner who had progressed well enough to join in our ringing for the commemoration of the 80th anniversary of the D-Day landings on 6th June and get his first entry on Ringing World's Bell Board.

Bellringing is an art which has developed and passed from generation to generation in Britain for over three hundred years. It is a wonderful blend of sport, music, exercise, friendship, a challenge of wits and skill which gives great satisfaction when it goes right. If you would like to find out more, please come along. Practice nights are at St. Margaret's, Ockley, on Wednesdays from 7.45 to 9.15, apart from 1st Wednesdays when we visit St John's in Capel.

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

Christians Against Poverty calls for more funding for free debt advice

The free UK debt advice charity, Christians Against Poverty (CAP), has called for more funding for free debt advice, as demand is expected to rise further.

CAP's recently published annual report highlights how two years of high living costs have been crumbling the financial security of millions of households, and leading them into debt.

It reports that almost three in five of its new clients in debt had income below the poverty line; that 60% of survey respondents had to borrow money to pay household bills; that one in seven skipped meals and two in ten went without heating their home on a daily basis; and that almost three in five borrowed money to pay for food, clothing & other living costs.

CAP's Chief Executive Officer, Stewart McCulloch, says: "Imagine yourself struggling to find enough cash to buy a carton of milk. Shivering in an icy cold house. Your lights are off, curtains closed because you fear people knocking on your door demanding money you don't have. You're stuck in an endless cycle of borrowing to pay off another debt.

"This is what living in poverty looks like and this is the reality for many people living in your local community.

"Many charities and hundreds of local churches, supported by thousands of kind individuals, are going above and beyond to clear the wreckage of debt and poverty.

"Free debt advice is a vital service that millions of people need right now. At Christians Against Poverty, we helped 18% more people go debt free in 2023. We are aiming to scale up and double the amount of clients we help each month, but we can only achieve that with more donations and funding.

"We need you to join us in this fight against UK poverty so that millions can look forward to a full and fulfilled life, rather than just scraping by." If you would like to donate, please go to: capuk.org/urgent

Demand for foodbanks increases

The demand for emergency food parcels distributed by the Trussell Trust's foodbank network has nearly doubled in five years, with a record amount being handed out over the past 12 months alone.

Between April 2023 and March 2024, 3.1 million food parcels were given out; 65 per cent of which went to families with children.

Now the chief executive of the Trussell Trust, Emma Revie, has called on political leaders to set out policies that ensure that foodbank use will become obsolete in the UK.

She urges: "We must not let foodbanks become the new norm. A supportive social-security system is the bedrock on which we end hunger for good. Building on this, we need much more effective employment and financial support for parents, carers and disabled people. And action to ensure everyone can have the security we all need to access opportunities and have hope for the future."

Families with children and working-age adults are among the most frequent users of foodbanks, but there has been a 27-per cent increase in the number of pensioners needing emergency food in the past year.

Thank you for all the donations for our local Foodbank that continue to come in to church.



Investigating racial incidents

Over the coming months, the Archbishops' Commission for Racial Justice (ACRJ) will be investigating racial incidents in the Church of England.

The Commission will explore whether systems are in place to address experiences of racism and the extent to which existing policies and procedures are effective.

Complaints Handling was a key recommendation in the 2020 Report: *From Lament To Action (FLTA): The Report of the Archbishops' Anti-Racism Taskforce*.

The Commission is working to assess the impact that racism has on the wellbeing, sense of belonging, participation, and/or vocation of Global Majority Heritage (GMH) / UK Minoritised Ethnic (UKME) communities in the Church.

Persons in GMH/UKME communities who have experienced racism or those in the wider Church community who have knowledge of such, are encouraged to contact Race Equality First. Race Equality First is an independent agency recognised for tackling racial discrimination and will guarantee reliability, confidentiality, and anonymity as desired in such a sensitive investigation.

Evaluation of independent survivor support service reports 'positive impact'

A support service for survivors of church-related abuse has published its 2024 Evaluation report.

Safe Spaces, which launched in September 2020, is an independent advocacy and support service for victims and survivors of church-related abuse in the Catholic Church of England and Wales, the Church of England, and the Church in Wales.

The report notes that based on the views of survivors engaged in the evaluation, consultations with staff, as well as the monitoring reports, Safe Spaces has had a positive impact on the wellbeing and resilience of survivors.

Safe Spaces is operated by the charity First Light, with a dedicated team of six highly trained professionals in place supported by robust systems and processes to manage risks.

The service is available to adults aged 18 or over who have experienced any kind of Church related abuse. **The service can be accessed online at <https://safespacesenglandandwales.org.uk/> or by calling 0300 303 1056.**

Church's 2023 strategic investment focuses on doubling number of children and young people - report

The latest report on the Church of England's strategic investment shows how funding in the last year has prioritised doubling the numbers of children and young people, and revitalising parishes for mission.

In the year 2023, Strategic Mission and Ministry Investment Funding (SMMI) awarded £60 million to Church of England projects and parishes plus an additional £29 million to support lowest income communities around England.

The Church of England has committed to £1 billion of local investment across England over nine years, in line with its priorities of bringing Jesus's message to people from all backgrounds especially those who are younger.

Weekly Church attendance up five per cent in third year of consecutive growth

Average weekly attendance at Church of England services rose by almost five per cent in 2023 - the third year of consecutive growth, preliminary figures show.

Meanwhile weekly attendance by children was up by almost six per cent last year, according to an early snapshot of the annual Statistics for Mission findings.

While total attendance is still below 2019 levels, the analysis suggests in-person attendance is drawing closer to the pre-pandemic trend.

In 2021 all-age Sunday attendance was 22.3 per cent below the projected pre-pandemic trend, but the new figures reveal that the gap had narrowed to 6.7 per cent last year. All-age weekly attendance rose to within 8.3 per cent of the trend last year, compared with 24.1 per cent in 2021.

The Archbishop of Canterbury, Justin Welby, said "This is very welcome news and I hope it encourages churches across the country."

Church of England welcomes opportunities to open Special Schools following Government announcement

The Church of England has welcomed a government announcement of proposals which would allow for the opening of special faith-based academies.

Special schools are those designed specifically to cater to the needs of children with special educational needs or disabilities. These schools provide tailored support and interventions that may not be available in mainstream schools.

The Church of England's Chief Education Officer, Nigel Genders, said: "This broad package will mean more people can benefit from the education provided by Church of England Schools which is so highly valued by parents and children and young people."

The announcement also details plans to lift the existing 50 per cent cap on faith-based admissions in new free schools.

Sudan: The forgotten war with no winners

In a recent Statement from Bishops Nick Baines, Church of England Lead for Foreign Affairs, and Paul Swarbrick, Roman Catholic Lead Bishop for Africa, they said:

"It is over one year since the start of the Sudanese civil war. The actions of the Sudanese Armed Forces (SAF), and the Rapid Support Forces (RSF) continue to have devastating consequences for the people of Sudan. However, today, with attention turned elsewhere, Sudan remains largely overlooked – a forgotten conflict that is already one of the greatest humanitarian catastrophes of our time.

"The war has triggered the world's largest hunger crisis, coupled with the worst ongoing displacement crisis worldwide. The World Food Programme report that there are now 10.5 million people, far more people than the entire population of London, displaced, with over 25 million people in need of humanitarian aid. Nearly 15,000 have already been killed, and 26,000 more have been injured, with women and children bearing the brunt of unspeakable violence.

"Sudan, a place with which we have strong connections and with whose people we are deeply engaged, demands our collective attention and focus. To the UK government and the international community - we plead with you to do what you can to bring about an immediate ceasefire and to ensure unhindered humanitarian access."



The Olympic Games

This month sees the start of the Olympic Games in Paris. In describing the Christian life as a marathon race, the writer of Hebrews (12:1-2) challenges us to finish well.

'throw off everything that hinders and the sin that so easily entangles' (1)

As in a normal race, we have to get rid of any burdens that weigh us down (eg possessions, worries, what others think of us) and besetting sins (wrong habits or attitudes). We can cast our burdens on the Lord (Ps 55:22) and be assured of His forgiveness (1 John 1:9).

'run with perseverance the race marked out for us' (1)

The Christian life is like a marathon not a sprint race, which calls for endurance. The course is *marked out* for us, as we all have a unique race to run, with its opportunities and difficulties. God knows our path and will provide all that we need to complete the race.

'fix our eyes on Jesus, the author and perfecter of our faith' (2)

The runner keeps their focus on the finishing line and avoids all distractions. Our focus is on Jesus, who has run the race before us (*'author'*), but is the one who can show us how to finish well (*'perfecter'*).

We are also surrounded by a ***'great cloud of witnesses' (1)***. These are God's people, both past and present, who are cheering us on!

During the 1992 Barcelona Olympics, the British athlete Derek Redmond was running in the 400 metres semi-finals. About 250 metres from the finish his hamstring tore, and he fell to the ground in pain. However, his father ran on to the track to support him in completing the race. Let's not forget that whatever we face, God is there beside to enable us to finish the race!

High Days and Holy Days - July

27th July - The Seven Sleepers of Ephesus, proving that a nap is good for you

Do you tend to avoid conflict? When you feel stressed, do you crave sleep? Then the Seven Sleepers of Ephesus would be good patron saints for you. But - you may find it hard to copy their successful method of avoiding trouble!

Legend has it that The Seven Sleepers were third century Christians who lived in Ephesus during the persecutions of the Roman Emperor Decius. When things got very bad, the Seven Sleepers decided to 'go to ground'. Literally. They found a cave on the outskirts of the city and walled themselves in. The story goes that then God simply put them to sleep.

200 years later they woke up and peeped out of the cave again. Things had changed: Ephesus had converted to Christianity. Unfortunately, the Seven Sleepers did not get much time to enjoy the new freedoms, because within a short time they all died – of extreme old age.

The story was popularised in the 6th century by Gregory of Tours and Jacob of Sarugh, who venerated the Seven Sleepers as saints. But it was challenged by Baronius and many scholars since. It is sometimes called a Christianised pagan or Jewish legend akin to Rip Van Winkle.

A possible moral for anyone today is that when you find yourself in a storm of conflict, you don't have to fight all the battles yourself. You can indeed seek refuge in God. He may not put you to sleep for 200 years, but He will be a safe hiding place for your soul.

Editor: David Pickup, a solicitor, considers the coming General Election....

General Election expressions and terms

Here are words and phrases we use at this time and explanations on how they started.

Parliament - This comes from French meaning a conference or assembly. Dates from around 1300.

Vote - Comes from Latin votum "a vow, wish, promise to a god, solemn pledge, dedication."

Poll - Again from about 1300, originally meaning a single head, then counting heads, from about 1620s.

Going to the country - A phrase from end of 18th Century, meaning to call for a General Election and test the mood in the country.

Canvass - This originally meant to sift things in a sheet, and then to examine items carefully, then "solicit votes or test support before an election" (1550s).

Hustings - From about 1720, it means a temporary platform from which, previous to the Ballot Act of 1872, the nomination of candidates for Parliament was made, and on which these stood while addressing the electors.

Ballot - From late 16th Century, meaning a box in which balls or pebbles are put to indicate votes.

Mondeo man - After the Ford Mondeo, a family car, popularised by a phrase used at a party conference in 1996, though the vehicle mentioned was actually a Ford Sierra. It means the average voter who wants to better themselves and their families.

Swingometer - Do you remember when television graphics were simple? This was a device consisting of a dial with a movable pointer, used to demonstrate (on television) how a likely or observable 'swing' should influence the outcome of an election. From 1965.

The Lord of the Rings turns 70

by Tim Lenton

Seventy years ago, on 21st July 1954, the first part of J R R Tolkien's epic fantasy novel *The Lord of the Rings* was published.

The Fellowship of the Ring, the first volume of a trilogy later published together, was a much more adult-oriented sequel to *The Hobbit*, published in 1937. It occupied the same ground – the fictional Middle Earth – and followed the quest of a hobbit, Frodo Baggins, to Mount Doom to destroy a powerful ring that symbolised evil in quite a subtle way.

The fantasy world was peopled not only by hobbits but by such creatures as wizards, elves and the malevolent orcs, among others.

Tolkien, who was born in Bloemfontein in 1892 but moved to England with his English parents at the age of three, became a professor of Anglo Saxon at Oxford, where he met and befriended C S Lewis. Tolkien was a convinced Roman Catholic, and it was partly as a result of this friendship that the sceptic Lewis became a Christian. They had a strong common interest in myths and ancient stories, which of course came out in their writing – though in different ways.

Tolkien, who wrote much of *The Lord of the Rings* during the Second World War, saw his book as fundamentally Christian – Catholic, in fact – but in no way an allegory (an idea he revolted strongly against). He saw myths as "splintered fragments" of a greater story and his own creative work as a kind of worship. The parallels between Christ and Frodo are obvious to many, but not explicit, and the book stands without that interpretation as a masterpiece. It was filmed in 2001-2003 in three parts by Peter Jackson and enjoyed great success.

Editor: David Pickup, a solicitor, considers the coming General Election....

Going to the Country

Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. ... For the one in authority is God's servant for your good. But if you do wrong, be afraid, for rulers do not bear the sword for no reason. They are God's servants, agents of wrath to bring punishment on the wrongdoer. Therefore, it is necessary to submit to the authorities ... Give to everyone what you owe them: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honour, then honour. (Romans 13)

When will you go to bed on 4th July?

This month we have a chance to vote for our Members of Parliament, and the leader of the party that can command a majority will form the government. There is a concern that 'voter engagement' is low, meaning that we are not very interested any more. The turnout at the 2019 General Election was 67.3% which was slightly up from 2015. The lowest turnout in a General Election was recorded in 1918 at 57.2%, due to the end of the First World War.

Between 1922 and 1997 turnout remained above 71%. At the 2001 General Election the turnout was 59.4%. For people under the age of forty it is much less.

Should we be concerned? Voting turnout has been fairly stable since 1918 at between 60% and 70%. The numbers that vote in this country are similar to most other countries.

For the first time at a UK general election, those voting at a polling station will need to show photo ID. Voters should check now if they have an accepted form of ID, and if not to apply for free ID, called the Voter Authority Certificate .

To answer my own question, I am not sure when I go to bed on election night. I do not always stay up all night. Election excitement begins to wane in the early hours! Politics seems to be a spectator sport for most of us. We enjoy the shocks and surprises and the live results when the spotlight is a constituency.

The Christian teaching on politics is clear. We should respect those in authority and admire those who seek it. Most people enter politics for good reasons. Perhaps we should remind them they are God's servants.

See also General Election expressions and terms on page 13

Have you been to Lindisfarne? If so this appeal may resonate with you ...

Can you help to 'dry out' Marygate House?

A retreat house on the Holy Island of Lindisfarne is in big trouble. It is very wet! After years of winter wind, gales, and endless rain, the property is suffering extensive damp.

Many thousands of people will know Marygate House, which has served visitors to the island since 1970. It is now run by a small Christian trust who wants to repair the building for future visitors, but it needs a final £20,000 to do so.

A crowdfunder has been set up for donations for the repair work. If you love Lindisfarne and would like to help, please visit: www.justgiving.com/crowdfunding/Marygate-House.

LETTER FROM THE EDITOR

Dear friends,

July 2024

Welcome to the July 2024 issue of InSpire. We have so much on over the summer for vital fundraising work including the first weekend in July with the **Capel Military Show**. The show has grown exponentially over the last 10 years and attracts many thousands to Capel. It is now our single biggest fundraising opportunity, together, hopefully, with the chance for outreach in the community. With church expenses growing with each year, we now have to grab these opportunities to fundraise to boost much-needed funds but charity is very much part of our Christian life. "Take time to DO CHARITY ... it is the key to heaven" (see prayer below). We will then have our **Capel horticultural and classic car show** in August, together with the **Okewood Hill flower show**. Once again, the August café church service will be on the cricket ground at Okewood Hill which was a great success last year. Do see the poster on the back page of this issue.

This month sees **Sea Sunday on 14th July** where we remember the huge sea-faring community who so often go unnoticed in their daily work to bring our provisions into the country. "Look around your home. How much of the contents of your bedroom, kitchen, living room and even garage came to you over the seas, via the great merchant ships? What would your home be like without them?" Do read the article on page 16 and let's pause and give thanks to God for the seafarers of the world. Let's remember how their work so enriches our lives. Let's pray for them, for their families, and let's support the organisations that offer them care and support through their chaplaincy work.

The **2024 Olympics** start soon in Paris and there are various articles linked to the Olympics, not to mention the colourful front cover this month! On page 12, Canon Paul Hardingham reflects on the writer of Hebrews 12:1-2 who when describing the Christian life as a 'marathon race', challenges us to finish well. Bob Cranham writes on page 6 about the upcoming July café church and writes about '**Chariots of Fire**' where he reflects on Eric Liddell. "What set Eric aside from others was not only his extraordinary athletic prowess but also his strong Christian faith. Although a favourite to win the 100m race, when he discovered that the heats were to be held on a Sunday he refused to run, believing that Sunday should be observed as a day of rest." There is a similar article on page 22 entitled "**Remembering the faith of Eric Liddell – 100 years ago at the Paris Olympics**".

Stuart has written about the remarkable and principled **Dietrich Bonhoeffer** on page 23. "He was a German Lutheran pastor, but is better remembered as an anti-Nazi and theologian. Like Niemöller he criticised Christians who stood by while the Nazis persecuted Jews, ethnic minorities, political dissenters, and many others". Sadly he was executed just two weeks before the Americans liberated Flossenbürg concentration camp where he was being held.

I hope that the summer is a period of rest for many - teachers, students and children everywhere and the opportunity to enjoy a holiday somewhere. There are activities in Junior InSpire for anyone that has young children in their lives who may be visiting over the summer! Also, as in every month's issue, book reviews which may help give some new ideas for holiday reading! I wish everyone happy holidays if you're lucky enough to be going away and I hope that in the meantime, we all have a good time at all the various events in our villages over the summer, even when we are busy serving up teas, coffees, cakes, pastries and burgers at the various events!

Best wishes,

Suzanne

email: inspire@capelandockleychurch.org.uk

Take time to THINK ...
It is the source of prayer.
Take time to PLAY ...
It is the secret of perpetual youth
Take time to READ ...
It is the fountain of wisdom.
Take time to PRAY ...
It is the greatest power on earth.
Take time to LOVE and BE LOVED ...
It is a God-given privilege.
Take time to BE FRIENDLY ...
It is the road to happiness.
Take time to LAUGH ...
It is the music of the soul.
Take time to GIVE ...
It is too short to be selfish.
Take time to WORK ...
It is the price of success.
Take time to DO CHARITY ...
It is the key to heaven.

(Anonymous, found on a bookmark)

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: 1 & 2 Samuel

1 & 2 Samuel was originally a single work, which focuses on Samuel, Saul and David, around 1,000 BC, mid-way between Abraham and Jesus. It was Samuel who established the monarchy in Israel after the period of the judges. He was commanded by God to give the people a king, although their request is seen as a rejection of God's rule over Israel (8:7). The people simply wanted to be like other nations, however their king was still subject to God's law and the word of the prophet. Although Samuel anointed Saul, he soon showed an unwillingness to submit to these requirements, leading to his rejection as king (15:23). God chose David as Saul's successor, and 1 Samuel depicts David's years of waiting until the right time arrived to claim the throne.

2 Samuel depicts David's rule, in which the nation prospers and its enemies are defeated. The promise of the perfect king is fulfilled in Jesus Himself, as David's descendant. The second half of the book depicts the darker side of David's reign, describing his weaknesses and failures, including his adultery with Bathsheba and the rebellion of his son Absalom.

Nevertheless, David remained a man after God's own heart: *'The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.'* (1 Samuel 16:7). The characters in this book are not always great examples of faith, however, *'They do not show us how we should live but how in fact we do live, authenticating the reality of our daily experience as the stuff that God uses to work his purposes of salvation in us and in the world.'* (Eugene Peterson).

Associated Quiz on page 27

Sea Sunday – 14th July

Look around your home. How much of the contents of your bedroom, kitchen, living room and even garage came to you over the seas, via the great merchant ships? What would your home be like without them?

Yet when did you last give a thought to the people who bring them to you?

It is a curious fact that seafarers are one of the most important, and yet invisible, people groups in our society. We depend on them to bring us more than 90% of the world's goods and fuels, yet we rarely even remember their existence.

It suddenly makes Sea Sunday seem a very good idea: an annual opportunity to give thanks for the 1.89 million seafarers of the world, and to pray for their personal well-being. For going to sea is a lonely occupation. It separates families for up to nine months on end. It is also one of the world's most dangerous occupations, with physically demanding work as well as the threat of piracy, shipwreck and even abandonment.

So this Sea Sunday, let's pause and give thanks to God for the seafarers of the world. Let's remember how their work so enriches our lives. Let's pray for them, for their families, and let's support the organisations that offer them care and support through their chaplaincy work.



One such is The Mission to Seafarers, (<https://www.missiontoseafarers.org/>) which has Seafarers Centres in 50 countries, and offers not only practical support such as access to Wi-Fi and a place to relax, but also emotional and spiritual aid through its ordained Port Chaplains, who are constantly visiting the ships. There is also the Sailors' Society, <https://www.sailors-society.org/> The Sailors' Society is a global maritime welfare charity supporting seafarers and their families in need, day and night 365 days a year.

As we are about to enter 'Holiday season', The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...

The perils of 'standing in' for another vicar

The Rectory
St James the Least

My dear Nephew Darren

You should not complain about doing duty in other churches when their clergy are on holiday. It is only in other churches that you will be appreciated. Beatification only comes from your own church on the day you leave - which is a way of firing a shot across the bows of your successor. I remember being greeted by a churchwarden on my first day here at St James the Least of All with the encouraging words: 'I've seen six Rectors of this parish; each one was worse than the last.' As the years have gone by, I am sure I will have entirely fulfilled his expectations.

No; when you visit another church, you will be told all the many defects of their own vicar, and whatever you do will be praised. Store up these memories for the day you return to your own patch - when you will then be told how outstanding your own temporary replacement has been and how congregations thrived in your absence.

Naturally, this gives you the right to make similar remarks about your own congregation in the churches you visit. Unfavourable comparisons with the bell ringers, vergers and congregational singing in your home patch to the superb standards in the church you're temporarily serving will be much appreciated. Just make sure that the church you are staffing is sufficiently far from your own that word will not get back to your home team.

It is a mistake I made only once. After filling in for a colleague, I happened to complement the choir on the singing of the anthem. Unknown to me, a tenor was the second cousin of my organist, who received a rather embellished story that I had compared my own choir back home unfavourably with theirs. On my return the following Sunday, all the hymns were played fortissimo and at double speed and the choir in rotation dropped hymn books throughout my sermon.

Inevitably, when you staff another church, you will be told: 'It's the normal Service.' It will be *nothing of the sort*. Hymns will appear in unexpected places, Sunday schools will enter and leave (and enter again) apparently at random, objects will be brought to you to be read from, placed on the altar or blessed - just as you were about to try and find the pulpit. In any case, wherever you are standing, you will find you should have been standing somewhere else. But not to worry - most mistakes will be forgiven - provided your sermon is short.

So - enjoy your visits to other churches. And above all, make sure that your temporary replacement is so spectacularly incompetent that your own people will welcome you back with open arms on your return.

Your loving uncle,

Eustace

Editor: It seems appropriate at this point to thank our regular visiting clergy Rev Jo and Graham Everness for all the time they kindly give to our churches.



PRAYERS, PROSE & POEMS

The 'I AM'

The 'I Am' spoke from the burning bush
And Moses heard the voice of God,
Take off your shoes he was told
For it was holy ground he trod.

When Jesus came, He said 'I Am'
The Bread of Life that Moses knew
Who fed them in the wilderness
With fire and cloud He led them through.

Good Shepherd who will lead us on
Through desert times of pain and strife,
The same 'I Am' that Moses met
Who is the Way, the Truth, the Life.

By Megan Carter

Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid. St John 14 v27

Serenity

As we begin another day, Lord, keep us serene no matter what troubles and difficulties we may have to face. Shine through our lives that others may see something of your peace and love reflected in us as we go about our daily business. Help us to ride out the storms of life with a firm trust in your unfailing protection, and fill us with your Holy Spirit, that whatever may befall us, nothing will separate us from you and your loving care for each one of us. Calm all who have to face the unknown today—those taking examinations; those being interviewed for a job; those who must undergo an operation; those who are frustrated by ill health or old age. Lord, pour upon them and us the peace which passes human understanding. This we ask in the name of the Prince of Peace, Jesus Christ our Lord. Amen

Taken from 'Prayers for Everyday use' by Josephine & Christopher Bunch
Published by The Canterbury Press, Norwich

Editor: My thanks to Sue Partridge for the loan of this and other inspirational books for use in InSpire.

Prayer for July 2024

Father,
Thank you for summertime, when thoughts turn to holidays and relaxation.
July is a month of endings for many; the ending of the school or college year and for some a moving on to the next stage of education or work. Often, there is uncertainty or trepidation about the future.
Whatever stage of life we are at, whatever season of the year it is, we can feel uncertain and concerned in a world which seems increasingly secular and confusing. Remind us Lord, of Your promise to be with us always, every step of every way, when we put our trust in You, through Jesus.
Thank you that in the ups and downs of life, You never change. You are the rock on which we stand securely, eternally. Help us to move forward confidently, trusting in that truth.
Thank you, Lord.
In Jesus' name.
Amen.

By Daphne Kitching

Editor: As we remember Sea Sunday this month

Men of the Sea

Your first disciples, Lord, were men of the sea:
Hardy fishermen from the shores of Galilee.
They knew from experience the perils of the deep...
They also knew Your presence with them in their darkest hours.
We pray for those who face like hazards today...
Lord of the sea, be near to guard them in every danger...
And let them hear Your voice above the tempest,
'It is I, be not afraid'
So bring them to their haven in peace.

From a prayer by Frank Colquhoun

*What we hope for is waiting for us,
even though we cannot see it up ahead
Hebrews 11:1*

*Sand between your toes ...
ocean breeze ... blue sky ...
Glorious gifts from a generous God*

*God's plan for your life
is as special as you are.*

Reflecting Faith: Commissioner Churches

When you look carefully at churches in towns, you may notice there are many similarities in their designs.

That's because Parliament in 1818 and later in 1824 brought about an Act to enable new churches to be built particularly in towns where the population had grown exponentially due to the industrial revolution and general movement away from the countryside and into town-based work and homes.

These are known as Commissioners, Waterloo or even Million Act churches. The body overseeing the work was the Church Building Commission; the Act followed the end of the Battle of Waterloo and guess how much money was voted to be used by the first Act? The second amount in 1824 was only half a million. All the money was to be used for the Church of England as the 'established' church in Great Britain.

In some cases the Commissioners provided the full cost of the new church; in other cases they provided a partial grant and the balance was raised locally. In total 612 new churches were provided.

One can imagine the significance in those days for country folk to find a local church when they moved away from everything they had known. Not only would it have been spiritually uplifting but they would have been social hubs where connections and friendships were made as well as points of support and practical help; especially for those away from their extended families.

This month:

Have a look at your own church and consider what it stands for in your community. What is it that those attending most seek and appreciate? Perhaps ask someone who does not regularly attend church services what they think.

Do you need a new painkiller?

Do you ever take painkillers? If so, do you take one for your shoulder, and another one for you knee? Of course not – once the painkiller enters your bloodstream, it goes everywhere, soothing and damping down the pain, and hitting all the right spots.

God works a bit like that on the pain in our lives. He has a prescription for ALL the problem areas of our lives. Most of us carry emotional scars, or a burden, or some heartache, around with us. It may be the trauma of loss, it may be anxiety for our family. It may be uncertainty over our jobs, and our futures.

Whatever it is, God offers us a prescription to help the pain. The psalmist writes: "God is our refuge and strength, a very present help in trouble." (Psalm 46:1) Jesus added: "Come to Me, all you who are weary and burdened, and I will give you rest."
(Matthew 11:28)

This kind of help is real and immediate and there for the asking. We don't have to put up with our disease and struggle alone. God, our heavenly Father, is only a prayer away. Not just twice a day, after meals, but whenever we need Him.

Junior InSpire

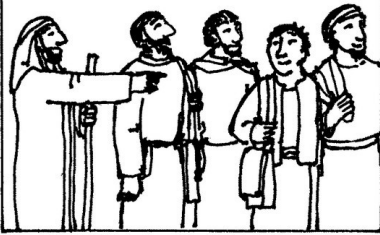
Bible Bite

A short story from the Bible

It can be read in the Bible in Numbers chapters 13 and 14

God had rescued the Hebrew people from Egypt and led them to the border of the land He had promised them - Canaan. But it was not empty..

12 young leaders were chosen to check Canaan out.



They went north to where Abraham had been buried..



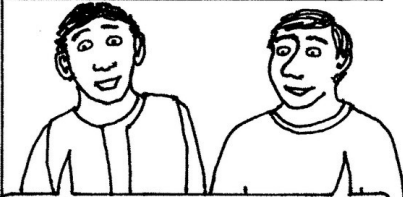
and they returned 40 days later with fruit, and their report...



10 said
The people there are like giants! We can't beat them.



Caleb and Joshua said..



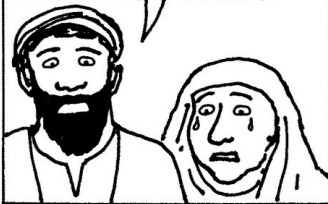
But our God is bigger than they are. We can win!

But the people said

No! We should have died in the desert!



We'll choose a new leader to take us back to Egypt.



But God said..

I have had enough of you not trusting Me. You will wander in the desert for 40 years before your children return here.



We were wrong to complain. Let's go into Canaan!



Don't attack! God will not help you win.



And the Canaanites chased them out of the country.



NOW TRY THE WORDSEARCH ON THE NEXT PAGE!

Junior Wordsearch

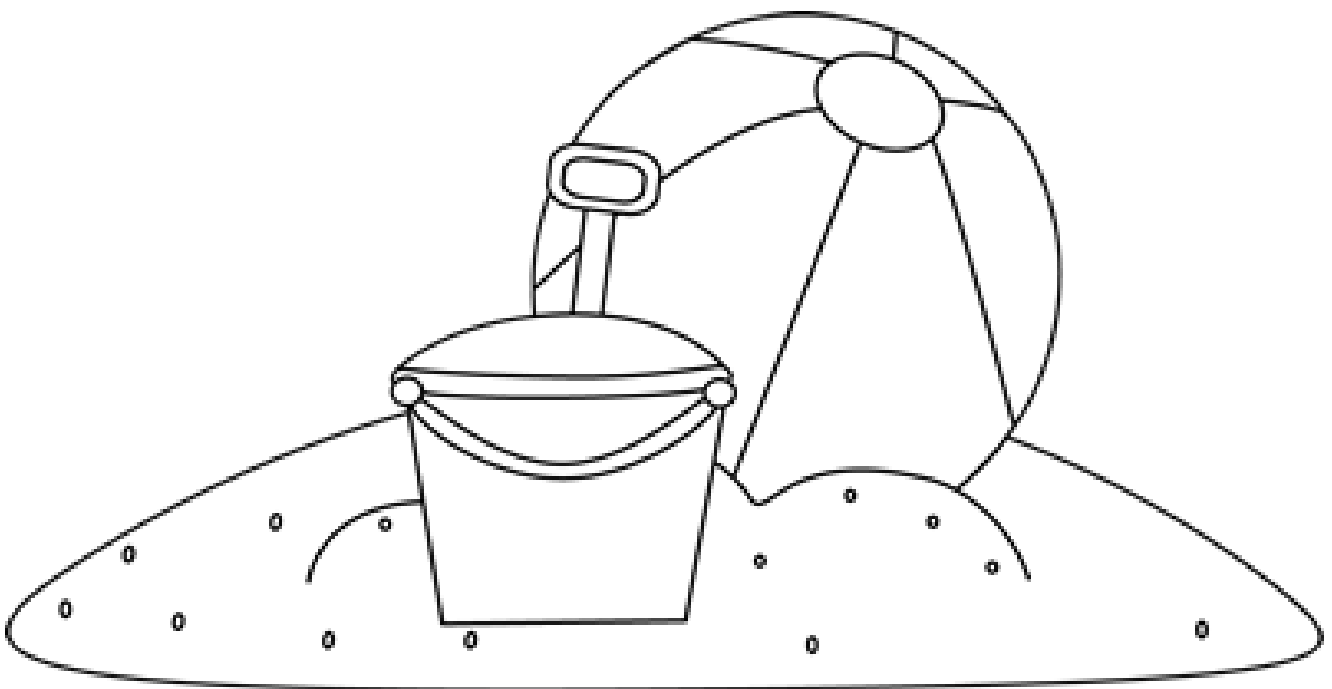
Now you have read the story from the Bible, why not have a go at the Word Search?

Answers on page 30!

Enjoy your summer holidays! Why not have a go at colouring in the picture below!

p	p	g	i	a	n	t	s	f	c	t	c
c	e	g	y	p	t	z	b	k	a	r	a
g	o	d	c	m	i	d	c	c	l	u	r
v	p	u	a	w	b	a	e	q	e	s	e
b	l	r	n	c	t	b	n	s	b	t	p
o	e	e	a	t	h	e	b	r	e	w	o
r	g	f	a	b	r	a	h	a	m	r	r
d	t	r	n	d	d	y	s	l	l	w	t
e	z	u	l	o	e	t	y	e	a	i	y
r	b	i	g	g	e	r	z	o	d	n	d
t	h	t	n	h	j	o	s	h	u	a	d
c	o	m	p	l	a	i	n	o	r	t	h

country	Caleb	giants
complain	Joshua	north
people	chased	land
Egypt	leaders	win
children	Hebrew	fruit
bigger	Canaan	trust
Abraham	God	report
desert	border	attack



Editor: Many people will recall the popular film Chariots of Fire which came out in the 1980s. We are approaching the centenary of that big race...

Remembering the faith of Eric Liddell – 100 years ago at the Paris Olympics

The 2024 Paris Olympics (26 July – 11 August) will soon be here. It was 100 years ago this summer, also at the Paris Olympics, that a young science student at Edinburgh University, Eric Liddell, ran an astonishing race that caught the imagination of millions worldwide.

Liddell had been born in China in 1902, to Scottish missionaries there. Early on, he had made a deep commitment to Jesus Christ, and sensed he was being called to spend his life in serving others. But Liddell was also an outstanding sportsman, playing rugby for Scotland before settling on athletics.

When he was chosen for the Paris Olympics, he expected to run his preferred 100m. But then came the news that the race would be run on a Sunday, and Liddell refused. Quickly, he trained for the 200m and 400m. He took bronze at the 200m, but no one expected much from him at the 400m. Instead, he won, and even broke the world record in the process.

After the Olympics, Liddell felt God calling him to his life's work. He went back to China, to teach in a Christian college. As the Second World War loomed, he sent his wife and children home, but stayed on himself. By 1943 Liddell was confined to a brutal prison camp, where he shone among the fellow prisoners – encouraging them, teaching Bible classes, and praying for both his fellow inmates and the prison wardens. Deeply malnourished, his health failed and in 1945, just months before the war ended, he died, aged only 43.

In 1981 his story was made into the Oscar-winning film *Chariots of Fire*.

Is God calling YOU to serve on diocesan synod?

It may not sound like the most exciting of vocations, but your contribution may all the same be of real, substantial help to the churches in our diocese.

Diocesan synod elections are soon underway this month, and this time people of many different backgrounds and ages are being encouraged to stand for election.

Some dioceses are especially urging the younger people in their churches to consider standing. They want them to express their hopes for the church, and also, in turn, to benefit from the skills they will learn from being on a diocesan synod: debating, learning to shape a policy, what advocacy involves, and what a good financial scrutiny looks like.

As one diocesan-synod member explains: "We can't have decisions being made that aren't being contributed to by the very people who are going to be affected by them in the long term."

Some dioceses are running multi-media campaigns to raise awareness of the elections, including leaflets, newspaper stories, parish magazine articles, posters and PowerPoint slides.

Timetables are set by individual dioceses, but all elections must be completed by 15th July.

Dietrich Bonhoeffer

by Stuart Cole

Last month I wrote about Martin Niemöller and his complicated life. It brought to mind a probably better known German of the Second World War - Dietrich Bonhoeffer.

He was born in February 1906 in Bresla which was then Germany, but is now Poland. He was a German Lutheran pastor, but is better remembered as an anti-Nazi and theologian. Like Niemöller he criticised Christians who stood by while the Nazis persecuted Jews, ethnic minorities, political dissenters, and many others. By the age of 14 he had decided on a theology education and started learning Hebrew. He attended the University of Berlin, and after his first degree complete his Doctor of Theology degree in 1927 at the age of 21.

In 1930, Bonhoeffer moved to America to study at a New York Seminary. He taught at the Abyssinian Baptist Church Sunday School in Harlem, and learnt about the segregation and social injustice experienced by racial and ethnic minorities. He also started to question his own German nationalist tendencies having seen *All Quiet on the Western Front* which was a semi-autobiographical and anti war film based upon a novel by Erich Maria Remarque, a German veteran of World War I. This started his move towards Pacifism and placing a high value on each individual life. On his return to Germany in 1931 he took up a position of lecturer in theology at the University of Berlin and was appointed as a Youth Secretary of the World Alliance for Promoting International Friendship through the Churches. This would later become the World Council of Churches. By the age of 25 he was ordained.

Two years later, in 1933, the Nazis took over Germany. Bonhoeffer was an early opponent and in radio programmes attacked Hitler warning that Germany was in danger of slipping into an idolatrous cult of Hitler. He also opposed the persecution of Jews, saying that the church must not simply "bandage the victims under the wheel, but jam a spoke in the wheel itself." In the same year Hitler ordered new elections to the hierarchy of the German church and these posts were overwhelmingly won by supporters of Hitler. By the end of the same year, because of a move by the Nazis to remove the Old Testament from the Bible as being Jewish, Bonhoeffer became a member of the Confessing Church along with Martin Niemöller.



In late 1933 he was offered a parish post in Berlin, but decided to accept a two year appointment to German speaking Lutheran Churches in England at Sydenham and Whitechapel. Some in the Confessing Church saw this as a running away from the problems, but it was Bonhoeffer's intention to build an ecumenical movement against Nazi nationalism. Upon his return to Germany, Bonhoeffer started teaching in underground seminaries but was continually harassed by the Gestapo and the police. He knew that he would be drafted into the forces, so he joined the Abwehr, a German military intelligence gathering organization with the claim that his contacts and knowledge would be of use to Germany. Under this cover he worked as a courier for the German resistance in the hope of gathering Western Allies support for peace terms with a post Hitler government. He was in contact with Bishop George Bell of Chichester, met him in neutral Sweden, and through him the Foreign Secretary Anthony Eden. Through this work he probably knew of the 1943 plots against Hitler, and was certainly associated with those that did know enough to be implicated in them.

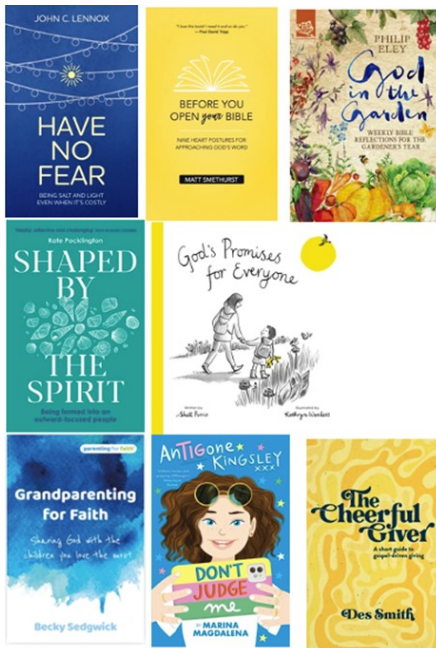
In April 1943 he was arrested and held at Tegel Prison awaiting trial. There he continued to work as a priest. The head of the Abwehr's diary was discovered on 4 April 1945 and Hitler ordered a purge of the organisation. Bonhoeffer was sentenced to death on 8 April 1945 and was executed the following day at Flossenbürg concentration camp, two weeks before the camp was liberated by the Americans.

Throughout his life he wrote on the subject of theology. This even continued during his incarceration in prison right up to his execution. Letters and Papers from Prison was posthumously published in this country in English in 1953. It contains numerous short articles, thoughts, sermons and letters from his time in captivity a number of which have become popular outside religion in recent years.

He is remembered in the Church Calendar on 9th April as a Lutheran Pastor and martyr.

BOOK REVIEWS

by Parish Pump



God's Promises for Everyone By Shell Perris, SPCK, £9.99

*Wherever you go, God is with you.
He won't leave you all on your own.
Have courage - God is always enough.
Based on Joshua 1:9*

This lovely gift book offers 50 promises of God. Each page takes a biblical promise and brings it to life in a short thought-provoking line of lyrical prose. Each page has the promise, a black and white silhouette illustration with a splash of colour, a lyrical piece of prose that inspires hope, comfort and peace and the Bible verse reference that the promise is based on.

The book would be a great gift for children and families to explore together, or for special occasions to mark a journey of faith, such as Baptism or First Communion. Or a gift to encourage a friend and to treasure for a lifetime.

Before You Open Your Bible – 9 heart postures for approaching God's Word By Matt Smethurst, 10Publishing £3.99

We know the Bible is important, but many of us struggle with it. We're not biblical experts—though we may have started enough reading plans to be really familiar with Genesis. If we're honest, the Bible often intimidates us, confuses us, and reading it doesn't always thrill us.

And yet, the Bible is where God reveals his loving character and incredible plan of redemption. In a practical and engaging manner, Matt Smethurst—managing editor of The Gospel

Coalition—presents nine heart postures that will prepare you to unpack all that's awaiting you in God's Word.

Although there are many great resources on how to read and study Scripture, hardly any focus exclusively on how to approach it in the first place. That's what Smethurst provides in this unique "prelude" to opening your Bible. For without the right heart postures, we're not yet ready to start reading.

Have No Fear – being salt and light even when it's costly By John Lennox, 10Publishing, £3.99

Christians are under increasing pressure to be silent. We're led to believe that, at best, our beliefs are outdated, and at worst they are dangerous. Silenced by fear, it's all too easy to keep quiet.

But our Christian faith was never meant to be private. Jesus' followers are instructed to be deliberately and willingly different, seeking to share the life-changing good news they've heard with everyone whatever the cost. We might feel that we fall very short of this confident evangelistic lifestyle, but John Lennox shows us that any one of us can become an effective gospel witness.

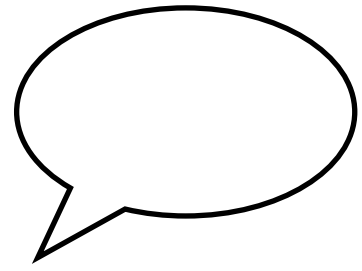
Using examples from the Bible and from his own life, John explains practically how we can winsomely share Jesus with our friends, despite our fears. He argues that it is possible to stand up to the pressure society places on us, and in so doing we'll find our Christian life grows in strength and joy.

God in the Garden By Philip Eley, Kevin Mayhew, £14.99

A year of weekly Bible reflections that follow the seasons and changes of the gardener's year. They help to encourage consistent devotional time - outside with God and deepening a spiritual relationship.

A good gift for gardener's, organic food growers, families with allotments and fans of our Wild Worship series. *The book* includes reflection questions, practical tips, advice and space for journaling.

Quotes for July



How did you spell that?

A friend who wished to check some point on aeronautics asked in his library for books on Metropolitan Vickers. He was handed a copy of Crockford's Clerical Directory. - *The Times Diary 7 January 1987*

Den

When W A Gilbert arrived at a provincial hotel to stay the night, he was alarmed to find it filled by clergymen attending a theological conference. He confessed: "I felt like a lion in a den of Daniels." *Hesketh Pearson, Gilbert & Sullivan*

Miscellaneous observations:

~ I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

~ If I agreed with you, we'd both be wrong.

~ A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.

~ To steal ideas from one person is plagiarism. To steal from many is research.

~ Where there's a will, I want to be in it.

~ In filling out an application, where it says, "In case of emergency, notify ..." I answered, "a doctor."

~ Since light travels faster than sound, some people appear bright - until you hear them speak.

~ Why do Americans choose from just two people to run for President, and 50 for Miss America?

With the various on-going world crises in mind:

~ O Lord, baptise our hearts into a sense of the conditions and need of all men. - *George Fox*

~ Feel for others – in your pocket. - *Charles Haddon Spurgeon*

~ No one would remember the Good Samaritan if he had only good intentions. He had money as well. - *Margaret Thatcher*

~ If we fail to feed the needy, we do not have God's love, no matter what we say. Regardless of what we do or say at 11am on a Sunday morn, affluent people who neglect the poor are not people of God. - *Ronald Sider*

Meanwhile, back at church on Sunday, consider these...

~ What life have you if you have not life together? There is no life that is not in community, and no community not lived in praise of God. - *T E Eliot (The Rock)*

~ I believe that there is no one lovelier, deeper, more sympathetic and more perfect than Jesus – not only is there no one else like Him, but there could never be anyone like Him. - *Feodor Dostoevsky*

~ My experience is that Christianity dispels more mystery than it involves. With Christianity it is twilight in the world; without it, night. - *Madame Swetchine*

~ The Christian life is not a way 'out', but a way 'through' life. - *Billy Graham*

~ The Christian is one who has forever given up hope of being able to think of himself as a good man. - *Leslie Newbigin*

~ The existence of the Bible is the greatest blessing which humanity has ever experienced. - *Immanuel Kant*

~ I certainly think that belief in God did give shaping and pattern to life for which I can see no conceivable substitute and to that extent my life is poorer than that of a believer. - *Marghanita Laski*

~ When you go to church you should actively seek something. You must not go like an empty basket, waiting passively to be filled. - *Roger William Riis*

~ The Church which is married to the Spirit of its Age will be a widow in the next. - *Dean W R Inge*

Editor: *The Revd Dr Roger Roberts considers Doubting Thomas...*

Doubts about the Christian faith? – take action now!

Do you have doubts about the Christian faith? July is the month for you to decide what to do about them. This month the Church remembers Doubting Thomas, and there IS action *you* can take, either way.

You know the story: Thomas was the only apostle not present when Jesus appeared to the disciples on the evening of His resurrection. When the rejoicing disciples later told Thomas that Jesus was alive, he flatly refused to believe them. He had seen the crucifixion.

The gospel goes on to relate that a week later Jesus indeed appeared to Thomas, and invited him to put his hand into the holes in His hands and feet. Thomas was utterly overwhelmed. His response was ‘My Lord and My God!’ He saw, he believed.

Then Jesus said something which is relevant to us today. “Blessed are those who have *not* seen and yet have believed.” (Jn 20:29) Jesus KNOWS it can be hard for you, who have never seen Him, to believe that He is indeed alive, and Lord of all.

Which is, of course, where we are today. Perhaps you really struggle with doubt. Well, there are two courses of action you can take.

1. Don’t read the Bible. Begin to forget what Christianity teaches. Don’t go to church. Don’t ask God, or anyone else, for help. Your ‘doubts’ are perfectly honest questions, but stop looking for answers. Assume that because you have questions, there are no answers.
2. Look for some answers. Find out what the New Testament actually says about Jesus - by reading it! Do not be confused into thinking that you ‘doubt’ something which you may not even really ‘know.’ Pray – remember that Jesus said that those who believe without seeing are ‘blessed’. So, ask God that, if He is there, please would He ‘bless’ you by opening your eyes to spiritual realities. Go to church. Yes, the Christian faith demands that we take God at His word, with no evidence other than His Word. But though we believe in Jesus without seeing Him, we do NOT believe without considering Him. Faith is not blind credulity and unthinking naiveté. We have faith in the historic person of Jesus Christ.

Peter writes some real encouragement in his first epistle, “Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls” (1 Peter 1:8-9).

Easy Sodoku

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

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Medium Sodoku

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

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Solutions on
page 30

Quiz on the Book of 1 & 2 Samuel

See page 16 for the associated article

What's the Big Idea? *An Introduction to the Books of the Bible: Ruth*

1 Who taunted Hannah about her inability to have children?
Leah - Peninnah - Naomi

2 What was Eli's job?
Priest - Counsellor – Baker

3 How did Eli die?
He was poisoned - He died in his sleep - He fell off his chair

4 In the house of which god did the Philistines place the Ark of the Covenant?
Ashteroth - Dagon - Molech

5 How was the ark returned?
The Philistines carried it by hand - It was carried on a cart pulled by cows - It was strapped to a chariot and pushed down a hill

6 What did the people demand from Samuel?
Lower taxes - A king - A better army

7 Which tribe was Saul from?
Judah - Benjamin - Dan - Simeon

8 Which animals did Saul's father tell him to search for?
Donkeys – Sheep - Horses

9 What did Jonathan eat, despite Saul telling his troops that they were not to eat it until they were victorious?
Milk - Honeycomb - Bread

10 What job did David first do for Saul?
Chef – Shepherd - Musician

11 How many shekels of brass did Goliath's coat of armour weigh?
2,000 – 3,000 – 5,000

12 What did David do when he visited King Achish in Gath?
He pretended to be insane - He gave the king a gift - He offered him his friendship - He killed the king

13 Where did David cut off the corner of Saul's cloak?
In a cave - In a forest - By a river

14 Which of the following did Saul not turn to for advice towards the end of his life?
Dreams - Prophets of Baal - A witch/medium

15 For how long did David reign over Judah before he became king of Israel?
Twelve days - Six months - Three years - Seven and a half years

16 What did Uzzah touch which resulted in his death?
Serpent - Ark - Poisoned Arrow

17 Who did God send to rebuke David for his dealings with Uriah and Bathsheba?
Nathan – Zadok - Joab

18 What type of tree did Absalom get caught up in during the battle with David?
Willow – Oak - Palm

19 How many men died in a plague as punishment for David's sin?
70,000 – 100,000 – 640,000 – 1,000,000

20 On whose threshing floor did God instruct David to build an altar?
Naboth's - Othniel's - Araunah's



**Answers on
page 30**

Wordsearch clues for Sea Sunday

14th July brings us Sea Sunday, the day when Christian churches remember, pray and give thanks for the more than 1.5 million merchant seafarers worldwide. If seafarers seem irrelevant to your daily life, think again: 90 per cent of everything you buy in the shops comes to you by sea. Merchant seafarers quite literally keep our global economy afloat. Yet it is a tough life, far from loved ones. Merchant ships are harsh working environments, never mind the threat of piracy or even shipwreck.

To help the seafarers, a worldwide network of port chaplains has sprung up. They offer hospitality and friendship, as well as practical, emotional and spiritual support, providing almost a 'home from home' in hundreds of ports, in more than 50 countries. You might wish to support one of these three well-known societies: The Mission to Seafarers (Anglican), The Apostolate of the Sea (Roman Catholic), and The Sailors' Society (inter-denominational).

July
Sea
Sunday
Remember
Pray

Give
Thanks
Merchant
Seafarers
Daily

Shops
Economy
Afloat
Harsh
Working

Environments
Piracy
Shipwreck
Hundreds
global

Port
Chaplains
Hospitality
Friendship
practical



CROSSWORD CLUES

The Bible version used in our crosswords is the NIV.

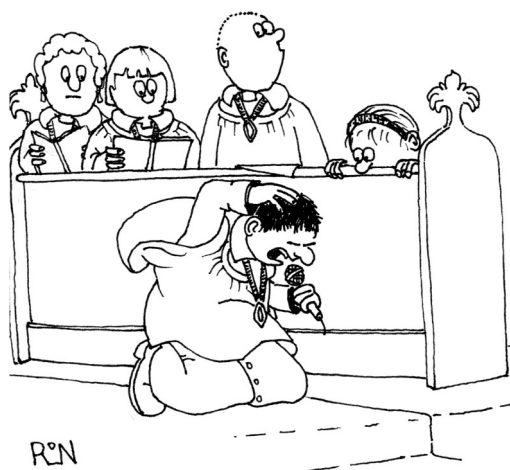
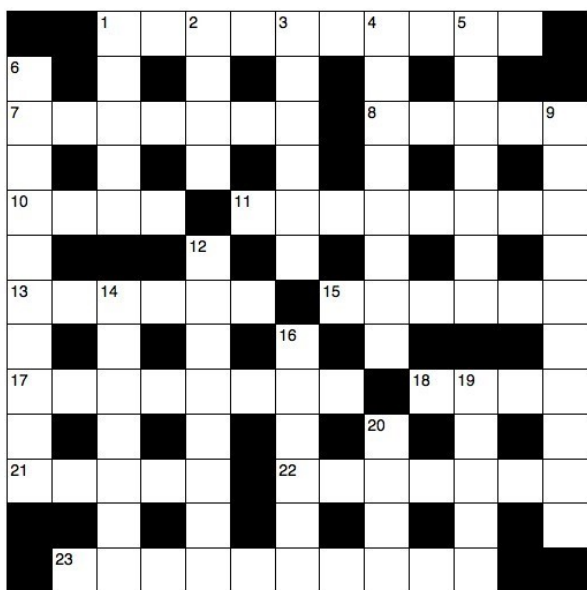
Across

- 1 Relating to the Jewish day of rest (10)
- 7 Point of view (Matthew 22:17) (7)
- 8 20th-century Brethren philanthropist whose construction company became one of the UK's biggest, Sir John — (5)
- 10 Girl's name (4)
- 11 Peter was accused of being one in the courtyard of the high priest's house (Luke 22:59) (8)
- 13 The fifth of the 'seven churches' (Revelation 3:1-6) (6)
- 15 'Now the famine was — in Samaria' (1 Kings 18:2) (6)
- 17 Banned by the seventh Commandment (Exodus 20:14) (8)
- 18 Insect most closely associated with itching (1 Samuel 24:14) (4)
- 21 Bantu tribe which gives its name to tiny landlocked country in southern Africa (5)
- 22 Familiar material in churches that use an overhead projector (7)
- 23 Last book of the Bible (10)

Down

- 1 The young David's favourite weapon (1 Samuel 17:40) (5)
- 2 'Your vats will — over with new wine' (Proverbs 3:10) (4)
- 3 Once yearly (Exodus 30:10) (6)
- 4 Milled it (anag.) (3-5)
- 5 Region north of Damascus of which Lysanias was tetrarch (Luke 3:1) (7)
- 6 Comes between Philippians and 1 Thessalonians (10)
- 9 Lake where the first disciples were called (Luke 5:1-11) (10)
- 12 Abusive outburst (8)
- 14 Are loud (anag.) (7)
- 16 Printing errors (6)
- 19 'Take my yoke upon you and — from me' (Matthew 11:29) (5)
- 20 Jacob's third son (Genesis 29:34) (4)

Puzzle Solutions on page 30



Gary sang a solo

Puzzle Solutions

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

CROSSWORD ANSWERS

ACROSS: 1, Sabbatical. 7, Opinion. 8, Laing. 10, Olga. 11, Galilean. 13, Sardis. 15, Severe. 17, Adultery. 18, Flea. 21, Swazi. 22, Acetate. 23, Revelation.

DOWN: 1, Sling. 2, Brim. 3, Annual. 4, Ill-timed. 5, Abilene. 6, Colossians. 9, Gennesaret. 12, Diatribe. 14, Roulade. 16, Errata. 19, Learn. 20, Levi.

The Bible version used in our crosswords is the NIV.

Crosswords reproduced by kind permission of BRF and John Capon, originally published in Three Down, Nine Across, by John Capon (£6.99 BRF).

Easy Sudoku solution

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

Medium Sudoku solution

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

Answers to Quiz:

- Peninnah (1 Samuel 1:4-6)
- Priest (1 Samuel 2:11)
- He fell off his chair (1 Samuel 4:18)
- Dagon (1 Samuel 5:2)
- It was carried on a cart pulled by cows (1 Samuel 6:10-12)
- A king (1 Samuel 8:5)
- Benjamin (1 Samuel 9:1-2)
- Donkeys (1 Samuel 9:3)
- Honeycomb (1 Samuel 14:24-27)
- Musician (1 Samuel 16:23)
- 5,000 (1 Samuel 17:5)
- He pretended to be insane (1 Samuel 21:13)
- In a cave (1 Samuel 24:3-4)
- Prophets of Baal (1 Samuel 28:6-7)
- Seven and a half years (2 Sam 5:1-5)
- Ark (2 Sam 6:6-7)
- Nathan (2 Sam 12:1)
- Oak (2 Sam 18:9-10)
- 70,000 (2 Sam 24:15)
- Araunah's (2 Sam 24:18-25)

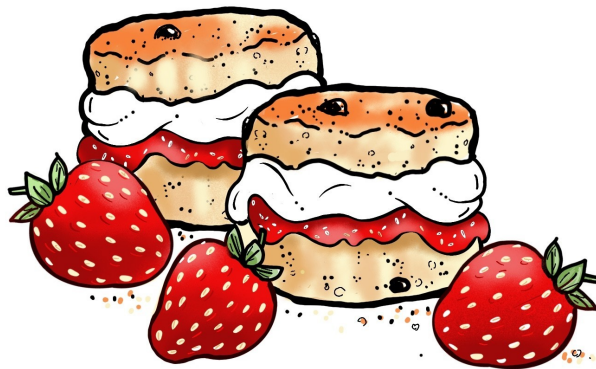
Junior Word Search solution

p	p	g	i	a	n	t	s	f	c	t	c
c	e	g	y	p	t	z	b	k	a	r	a
g	o	d	c	m	i	d	c	c	l	u	r
v	p	u	a	w	b	a	e	q	e	s	e
b	l	r	n	c	t	b	n	s	b	t	p
o	e	e	a	t	h	e	b	r	e	w	o
r	g	f	a	b	r	a	h	a	m	r	r
d	t	r	n	d	d	y	s	l	l	w	t
e	z	u	l	o	e	t	y	e	a	i	y
r	b	i	g	g	e	r	z	o	d	n	d
t	h	t	n	h	j	o	s	h	u	a	d
c	o	m	p	l	a	i	n	o	r	t	h

Church Tea dates 2024

Please note that all teas will take place
between **3.00 and 5.00 pm**

Sunday 14th July	* <i>NEW Date</i>	St John the Baptist Capel
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



*Next Month!
Pop it in your
diaries!*

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

