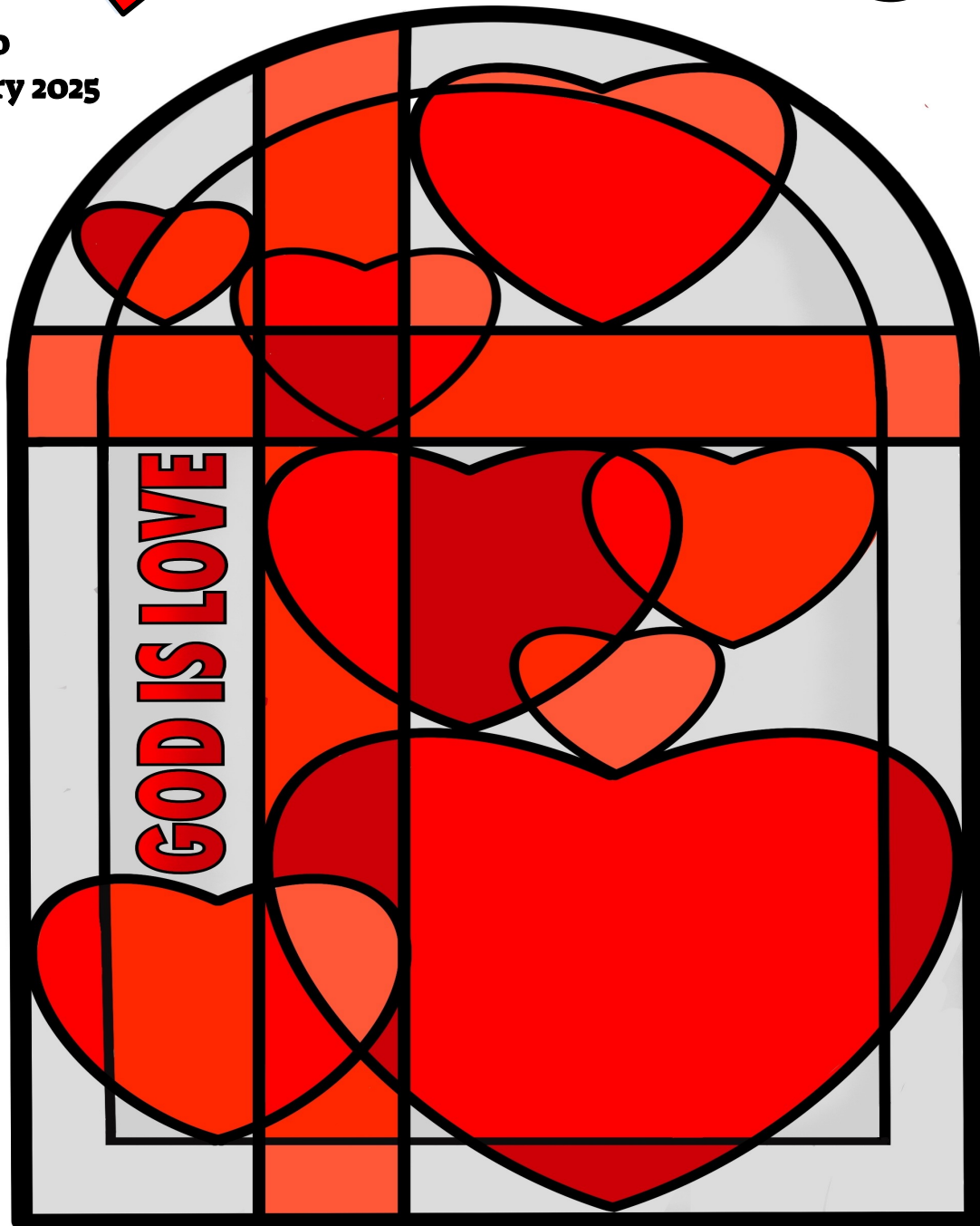


InSpire

Issue 90
February 2025



Join us for our family friendly Christingle Service
on Sunday 2nd February at 10.30am
at St John the Baptist, Capel
Collection in aid of The Children's Society



The monthly publication for the Parish of Capel & Ockley
Free of charge - donations welcome in honesty box in wall



Join us for our family friendly
Christingle Service
on Sunday 2nd February at 10.50am

at St John the Baptist, Capel
Collection in aid of The Children's Society
Refreshments afterwards * Everyone welcome!



Issue 90 February 2025

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**Now faith
is the
assurance
of things hoped for
the conviction
of things not seen.**

Hebrews 11 v1

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

With sincere thanks to
this month's sponsors

Jessie & Eric Sutcliffe

in celebration of their Diamond Wedding
Anniversary - 15th February 2025

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CHURCH SERVICES AND EVENTS - FEBRUARY 2025 at St John the Baptist, Capel & St Margaret's, Ockley

FEBRUARY

Sunday 2nd **Candlemas (The Presentation of Christ in the Temple)**
9.30am Matins - Ockley
10.30am Christingle Service in aid of The Children's Society- Capel



Sunday 9th **Fourth Sunday before Lent**
9.30am Holy Communion (CW) - Ockley
10.30am Cafe Church - Capel

Sunday 16th **Third Sunday before Lent**
9.30am Parish Communion - Ockley

Sunday 23rd **Second Sunday before Lent**
9.30am Holy Communion BCP - Ockley
10.30am Morning Worship - Capel

MARCH

Sunday 2nd Sunday next before Lent
9.30am Matins - Ockley
10.30am Family Communion - Capel
3-5pm Church Teas—Capel

APRIL 13th **Palm Sunday**
18th **Good Friday**
20th **Easter Sunday** - please note there will be church teas 3-5pm in Capel
21st **Easter Monday** - Church teas 3-5pm in Capel

LENT GROUP

Women of Holy Week - An Easter Journey in Nine Stories at **1 Old Barn Drive, Capel.**

Tuesday afternoons 3-4.30pm

11th, 18th, 25th February

4th, 11th, 18th, 25th March

1st, 8th, 15th April

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

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



Rev Liz writes

February's Letter

Dear friends,

Well, we have made it through to February after what was certainly a mixed bunch of weather last month! Even so when walking through our local woods it is incredible to see the little bluebell shoots coming through already. Signs of Spring and I am looking forward to enjoying the bulbs as they begin to bloom along with the daffodils and other lovely Spring flowers. Flowers are such bringers of joy aren't they and promises of new life to come.

As we begin this month we will be holding our annual Christingle service on Sunday 2nd of February. Christingle is a joyful celebration that brings families and communities together to share the light of Jesus and spread a message of hope. The candle in the centre of the Christingle orange symbolises Jesus as the light of the world. Through him we can enter into new life both now and in the future. As usual our collection that day goes to the work of The Children's Society. So we go forth into Spring with all hope and promise of better things to come. That is easily said though isn't it, when we all know someone who is going through a difficult time and life often seems so unfair along with the troubles of our world. Yet as holy messengers often say in scripture to people who find themselves in difficult situations "do not be afraid". As we go through this month of February, look at the birds, look at the earth beginning to wake up after a time of dormancy, look up at the skies! Someone who was a spiritual mentor to me used to say that when you come to a time of darkness in your life, fill it with beauty so that you can then walk over it. I love that thought.

Parish wise, our Team Rector Revd Andrew Coe has announced that he is retiring from full time ministry so has resigned as Team Rector of the Surrey Weald Team of which our parish is a part and also as Rector of St Peter's Newdigate. Andrew and Noelle's final Sunday service will be at 10am on Sunday 27th April at Newdigate Church. We shall miss Andrew's leadership and wisdom hugely but wish them all God's blessings in his retirement as they move to Great Bookham. Please do keep them and the parish of Newdigate in your thoughts and prayers at this time of transition.

Have a good month and enjoy all that we have been blessed with that costs nothing - the new shoots of growth around us.

God bless and with my love and prayers

Liz

liz@myhostserver.co.uk 01306 711260

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



Many Congratulations to our friends
Eric & Jessie Sutcliffe who celebrate their
Diamond Wedding Anniversary this month on
15th February.

We wish them a very happy anniversary and
thank them for their sponsorship of this issue in
celebration of their 60 years of marriage.

NEWS from the Pews

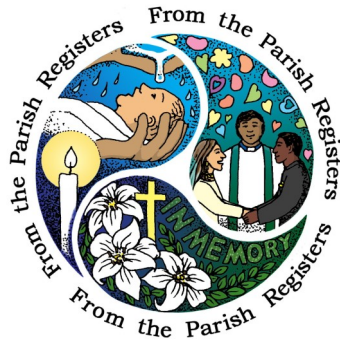
In Memoriam

We mourn the loss of

Christopher John Herbert Cobb

29th December 2024

May he rest in peace and rise in glory



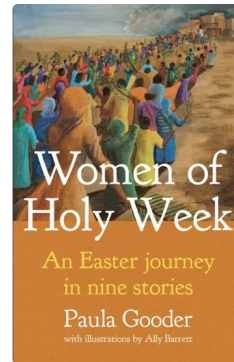
Lent Group 2025

Following on from our successful and very enjoyable Advent group, we will be meeting for **'Women of Holy Week'** by Paula Gooder.

We will be starting on **Tuesday 11th February** and will meet at **1 Old Barn Drive, Capel.**

Please do join us for Lent and enjoy learning about these women in the Bible, and enjoy lively discussions, refreshments and reflections on these wonderful stories in the lead up to Easter.

Any queries, please speak to Rev Liz.



Diary Dates

Parish Church Council (PCC) Meetings 2025 and Annual Parochial Church Meeting (APCM)

All in St John the Baptist, Capel

APCM - all welcome Sunday 13th April 2025 after the morning service

PCC Dates
24th March
21st May
21st July
29th September
24th November

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

Café Church— FEBRUARY 2025

The Power of Love



February 2025

No sooner have we all recovered from the commercialism and excess of Christmas and New Year than we are confronted with countless adverts telling us the best way to show our love and appreciation for that “special” person in our lives on Valentine’s Day. Bunches of roses; boxes of chocolates; special spa days; a weekend for two in a glamping yurt surrounded by rare-breed sheep as you feast on a diet of food foraged from the surrounding rewilded meadows! The choice is endless.

We naturally assume that we are continuing an age-old tradition of tender, loving care and devotion. A brief look into history will quickly set us straight on that! The Romans (what did they ever do for us) enjoyed an annual festival on 13th to 15th February each year called Lupercalia, during which the men sacrificed a goat and a dog, then whipped women with the hides of the animals they had just slain! It doesn’t get much better after that. Emperor Claudius II executed two men — both named Valentine — on Feb. 14 of different years in the third century. Their martyrdom was honoured by the Catholic Church with the celebration of St. Valentine’s Day. It’s starting to look like a box of Quality Street tied up with a bow didn’t really do the job back then! How on earth did we move from that to a day where we feel duty bound to express our undying affection via the medium of floral arrangements and confectionary?

The passage of time changes things - the meaning of words; the borders of nations; the climate we live in - and that would/should be true of us as individuals too. I know that as I look back to my youth (yes, I know I need a pretty strong telescope to see that far back!) there are things that I did and said and attitudes and opinions that I held that are unrecognisable to me now but nevertheless needed addressing and, sometimes, apologising for. It led me to understand that, of all the many ways in which we learn to express and share love, often the biggest challenge is to learn to love and forgive ourselves. We carry the guilt and shame of poor decisions, bad relations with others and wrong choices.

In the book of Romans, St. Paul tells us three things:

-all have sinned and fall short of the glory of God.
-everyone who calls on the name of the Lord will be saved.
-there is now no condemnation for those who are in Christ Jesus.

It’s a simple, three-point reminder to ourselves of what God’s love is like. He knows that we *all* get things wrong; He doesn’t count *any* of those things against us once we choose to put our trust in Jesus and, when we’ve taken the first two steps, we can be free from any guilt or shame attached to our past.

So, as February 14th looms large again this year and you think about your love for someone else, take a moment to look at yourself and remember that God loves you even more than you love that special person you’re with - and, possibly (probably?), more than you love yourself.

Bob Cranham



Former head of M15 to lead search for new Archbishop of Canterbury

The Prime Minister has appointed The Lord Evans of Weardale KCB DL to chair the new Crown Nominations Commission for Canterbury.

The Crown Nominations Commission is the C of E committee that will nominate the candidate to be the next Archbishop of Canterbury. Archbishop Welby completed his duties on 6th January.

Jonathan Evans has been a Crossbench member of the House of Lords since 2014. Until October 2023 he was Chair of the Committee on Standards in Public Life. He is currently Chair of the HALO Trust, the anti-landmine charity, and of the Public Interest Committee at KPMG UK. He is a former Director-General of the Security Service, MI5. He is an active and communicant member of his local parish church.

Christmas and Easter congregations swell as C of E sees third year of growth

Attendance at Christmas services leapt by 20 per cent in 2023, and the number of worshippers at Easter was up 8.6 per cent, as Church of England congregations experienced a third year of growth, the latest statistics show.

The number of regular worshippers edged above a million in 2023 for the first time since the Covid-19 pandemic, according to the Statistics for Mission 2023 report.

Overall attendance remains below 2019 levels, but the report shows numbers recovering towards the pre-pandemic trend.

Overall weekly attendance at Church of England churches rose to 693,000 in 2023, from 663,000 in 2022, an increase of 4.5 per cent. Meanwhile the number of children attending weekly increased from 90,000 in 2022 to 95,000 (up 4.9 per cent in a year).

The Church of England's overall 'worshipping community' rose to 1,007,000 in 2023, from 982,000 the previous year. Just under two million people (1,961,000) attended services on Christmas Eve and Christmas Day in 2023, up from 1,636,000 in 2022.

Safeguarding bishops apologise to survivors following Archbishop's speech

The Lead Bishops for Safeguarding, Joanne Grenfell, Julie Conalty and Robert Springett wrote to survivors and their advocates, following the Archbishop of Canterbury's last speech in the House of Lords at the end of December.

"We write after watching Archbishop Justin's farewell speech in the House of Lords yesterday. We have heard from several of you about the distress and anger that this has caused you.

"Both in content and delivery, the speech was utterly insensitive, lacked any focus on victims and survivors of abuse, especially those affected by John Smyth, and made light of the events surrounding the Archbishop's resignation. It was mistaken and wrong. We acknowledge and deeply regret that this has caused further harm to you in an already distressing situation.

"We know that the Church of England has seriously failed over many years at many levels in relation to safeguarding, and we are so sorry that yesterday's speech was the antithesis of all that we are now trying to work towards in terms of culture change and redress with all of you.

"As lead bishops for safeguarding in the Church of England, we apologize to you. We will continue to do all we can to change the culture of the Church, so that abuse is exposed and prevented, those in authority are held to account.

"If you are or are in contact with someone affected by this letter, please call the Safe Spaces helpline on 0300 303 1056 or visit this webpage where other support services are listed."

Editor: Canon Paul Hardingham considers true love...

Love in Action!



'Dear children, let us not love with words or speech but with actions and in truth.' (1 John 3:18).

The writer Gary Chapman describes how love can be expressed in 5 different 'languages': words of encouragement, quality time, gifts, acts of service and touch. Do you have a preferred language of love? As we think about St Valentine during this month, let's consider how God's love language is expressed in the word *agape*. This is exclusively found in the New Testament and is uniquely defined by Jesus: *'This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters.'* (1 John 3:16). Jesus' giving of His life on the cross provides the model for how we can demonstrate God's love in our relationships with others.

It is self-giving: are we ready to put the other person first, as Jesus did when He died for us in our place. Are we generous with our time, words, money and service, whatever the cost?

It takes the initiative: are we ready to show love to those who don't deserve it or who we find hard to love? Do we have eyes of compassion to see their needs and a heart to love and serve them?

It is intentional: are we ready to get close to those in need around us, irrespective of the time we have or how we feel?

The story is told of Jesus asking a little child, *'how much do you love me?'* The child replied *'lots and lots and lots!'* Then they asked Jesus how much He loved them. Jesus stretched out His arms wide and said *'I love you this much'*, as they nailed Him to a cross.

In praise of the humble egg



We love eggs. On average, we eat at least two of them each week, which makes eggs one of Britain's most popular foods.

Eggs are exceptionally good for you – high in protein, containing all the essential amino acids, rich in the B vitamins, vitamin D and A, and choline, and a source of healthy fats.

Eggs are also filling, and with 7.5g of protein in less than 80 calories per egg, there are few other foods that can match them for so much protein per gram. They are also inexpensive and easy to cook.

Experts recommend eating one or two eggs a day, and choosing a low-fat way of cooking them, by boiling or poaching. Cooking them in butter is a bit lower in fat than frying them in olive oil. Free-range eggs generally contain more vitamin D.

Aspects of Romantic Love

God obviously approves of romance – after all, putting Adam and Eve alone together in the Garden of Eden was His idea. And romance has been around ever since.

The history of the Israelites began with three great romances: Abraham and Sarah, Isaac and Rebekah, and Jacob and Rachel. The on-going history of Israel was deeply affected by later romances: Esther and King Xerxes, David's love affair with Bathsheba, and Solomon's marriage to hundreds of foreign wives. There is even an entire book in the Old Testament devoted to the love of a man and woman: the Song of Solomon!

When we reach the New Testament, we find real love between Joseph and Mary (even when Joseph thought Mary had been faithless, he did not want to harm her). St Paul, though himself a bachelor, nevertheless spent a lot of time urging Christians to love and be kind and faithful and considerate to their spouses. He even wrote 1 Corinthians 13 – the great love chapter that is read at millions of weddings worldwide 2000 years later.

Down the centuries ever since, romantic love has been critical in shaping history (Antony and Cleopatra), in shaping cultural ideals (King Arthur and the Knights of the Round Table). Some of our favourite stories are built on romance : Puccini's *Tosca*, Shakespeare's *Romeo and Juliet*, Jane Austen's *Pride and Prejudice*, Charlotte Bronte's *Jane Eyre*.

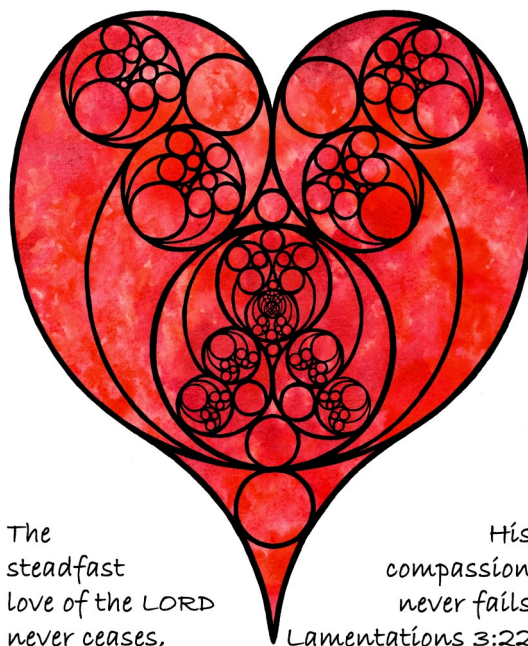
Romance remains as prominent now as it ever was, added to which we have films, television and drama all flying the romantic flag. Wherever we look, whatever we do, romance continues to permeate every aspect of life.

People make amazing sacrifices for love. They defy their family, forsake their culture, turn their back on wealth and position, to be with their loved one. People give their loved ones amazing gifts. Surely the most extravagant was the gift of the Shah Jahan, who built the Taj Mahal in India for his favourite wife, Mumtaz Mahal.

Romance is still alive and well in Britain – last year we sent about 25 million Valentines to our beloved ones.

And what of the future? Well, just as the Bible begins with a love story, so it ends with one. And *you are involved!* For actually the greatest Love Story of all time is that between God and His people.

Christ is described in Revelation as our heavenly Bridegroom, and the Church is His beloved Bride. He has given us the most expensive present of all – Himself. And, just as in all the best romances, the story will end with the bride and groom getting together at last, so at the End of Time, Christ will return for His Bride.



The
steadfast
love of the LORD
never ceases,

His
compassion
never fails
Lamentations 3:22

PRAYERS, PROSE & POEMS

A Prayer from the Bible Society

God, you created all there is by the power of your word and you renew us daily by your life-giving Spirit. We give thanks for the Scriptures in which you give us the wisdom leading to salvation through Jesus Christ, and that teach, train and correct us. We pray for all involved in the translation, distribution and production of the Bible worldwide, and for all who help people understand and live by it. Lord, so shape your people by your word that we will bring life and hope to all around us through Jesus, your living Word.

We ask this for your glory, Father, Son and Holy Spirit. Amen.

In light of the current ceasefire, the following prayer from Ely Cathedral.

A Prayer for peace in Israel and Gaza

Heavenly Father, we pray for the many people whose lives have been torn apart by conflict in Gaza and Israel.

We pray especially those who have died, those who are grieving, the injured and those now without food, shelter or medical supplies. Strengthen and support the work of all relief organisations.

We pray also for those who have the power to bring peace. May they be touched by a spirit of compassion and kindness.

Lord hear us as we pray in the power of your Spirit, through Jesus Christ our Lord.

Amen

Whilst thinking of Love and Valentine's Day ... let us remember this very well-known piece of Scripture.

"If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal. If I have the gift of prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing. And if I give all my possessions to feed the poor, and if I surrender my body to be burned, but do not have love, it profits me nothing.



Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things.

Love never fails...But now faith, hope, love, abide these three; but the greatest of these is love."

From 1 Corinthians 13:1-8, 13

Come reign in me

Oh God, who made the world so fair,
And formed the earth, the sky, the sea;
Who gave us ears, and eyes, and minds,
To hear, to see, to know all love is Thee.

Oh God, who in the Lord Jesus,
Gave us a light to light our way;
Let our life's lamp be lit by Him
Whose strength will see us safely through
each day.

Oh God, whose Spirit gave us birth,
And holds all life secure, e'en mine;
Take all I am, and all I have,
Bless and redeem them for they both are Thine.

Oh God the Father, God the Son,
And God the Spirit, Three in One;
Blessed be Thy name, come reign in me,
And in me let Thy will be done.

By Sam Doubtfire

How do you keep your life going in the right direction?

'Do not let this Book of the Law depart from your mouth; meditate on it day and night, be careful to do everything written in it. Then you will be ...successful.' Joshua 1.8

Any flying instructor will tell you that periodically all aeroplanes need to be 'trimmed' or 'balanced in flight'. After flying through storms and hitting air pockets, the plane's instruments need to be readjusted. That's true of our attitudes too. The air currents of life can 'knock you out of line' and keep you from reaching your destiny. 'Unexpected weather' like sickness, unemployment, divorce, death and disappointment can drive you off course.

In other words, your attitude needs to be constantly checked and adjusted. Have you checked yours lately? What are you encountering that calls for an attitude change? How are you handling it? Are you adjusting or resisting? So long as you live, you'll always need to be 'trimmed and balanced'.

The most important thing that affects your attitude in life is your faith, and that grows only as you live in God's Word. That's why God told Joshua to read the Word, speak the Word and obey the Word if he wanted to succeed.

Try the 3 x 5 Technique! Each week, write out one faith building scripture on a 3 x 5 card. Carry it with you wherever you go and memorise it. In one year, you'll know 52 new scriptures, and more importantly, your attitudes will be in line with God's Word, your faith will be strengthened, and your life will keep moving in the right direction.

From UCB The Word for Today

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

What's the Big Idea? An Introduction to the Books of the Old Testament: Job

'Why does God allow suffering?' This is a frequently asked question of Christians, because we believe in a God who is both good and powerful and it is explored in the book of Job. This book is part of the wisdom literature, along with Proverbs, Ecclesiastes, and Song of Solomon.

Job was both wealthy and righteous, yet he experienced catastrophic suffering, losing all his wealth, children and health. This is portrayed as a result of Satan's challenge to God, testing whether Job's devotion to God was dependent on his circumstances or not.

The main body of the book (3:1-42:6) consists of dialogues between Job, his friends (Eliphaz, Bildad, and Zophar) and God. Job and his friends assume that God is almighty and just, and that no human being is wholly innocent. In the three cycles of speeches they wrestle with the reasons for Job's suffering, remembering his morally upright character.

Finally, all are silenced by God, as He speaks Himself (chs 38-42). He points out that Job knows very little about the universe when he reflects on God's power. Job confesses his lack of understanding and weakness, but then goes on to confess his confidence and trust in God. This puts suffering in a right perspective. Job is not condemned, and the book ends with the restoration of his family and possessions.

The importance of this book is that it realistically addresses the painful questions of life, without offering simplistic answers. It focuses on *how* we should respond to suffering, rather than on *why* God allows suffering: *'Naked I came from my mother's womb, and naked I shall depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised.'* (1:21)

A NEW series for 2025 Editor: *It can be hard to pray sometimes, and most of us need all the help we can get!*
This new series, which will run all year, is by the Revd Dr Herbert McGonigle, formerly of the Nazarene Theological College, Manchester

Praying with the prayers of the Bible

Praying in your Discouragements

'Moses said to the Lord, "...I am not able to carry all this people alone, the burden is too heavy for me..." Numbers 11:10-15.

Moses prayed this prayer in a day of dark depression and discouragement. The opening verses of the chapter relate how divine punishment fell on the people of Israel because they complained about almost everything. Moses prayed and the punishment stopped but not the people's complaints. They wanted meat to eat.

For years they had been sustained by manna from heaven, but now they longed for the fish, cucumbers and melons they had eaten in Egypt (vv.5,6). They forget how the Lord had delivered them from Pharaoh's bondage. Now they preferred Egyptian food, and the slavery that went with it, to the goodness of the Lord and His provision for them.

Moses was beside himself with despair. Would these ungrateful people never stop complaining? Then the Lord's anger threatened the people again (v.10). Moses was caught in the middle. On one side of him the people complained, and on the other side God's wrath was about to fall. Moses couldn't go on.

His frustration broke out in petulant questions to the Lord. 'Why are you dealing so severely with me?' 'Why do you lay this burden on me?' 'Did I conceive these people?' 'Why am I a nursing mother to them?' 'Am I responsible for getting them to Egypt?' 'How can I provide meat for so many?' 'Lord, this burden is too great for me.' 'I'd rather die now than go on like this' (see vv.11-15).

Moses was depressed, irritable and resentful. He poured it all out before the Lord. It was a prayer born of frustration and anger. He was angry with his ungrateful congregation, and he was angry with God. Why did the Lord leave it all to him? After all, it was God's plan to bring the Israelites from Egypt to Canaan. Moses had only gone along with it because God commanded him. But now it was all too much. Worn out with listening to the people's whining and not sure of what God would do next, Moses had had enough. He blamed the Lord for giving him a burden he couldn't carry, and he wanted to die.

But God answered Moses graciously! He understood the frustration, the petulance, the lack of faith and the rebellious spirit that blamed God for it all. He provided Moses with seventy elders who eased the burden of leadership (vv.16, 17). He sent an east wind that brought quails into the camp and provided meat for them (vv.31, 32). In grace and mercy God 'overlooked' the faults of Moses and sent him help and refreshment.

In our deepest disappointments, God understands. In our frustrations, God is merciful. When we lash out at circumstances and even at God Himself, He does not answer in kind. In our deepest discouragement, His love and grace and understanding are with us still.

What you have in common with a woodcarving

Woodcarving isn't as straightforward as it seems. You don't begin with a block of wood; you begin with a piece of paper. The first step is to draw a plan of what you want to carve, and only when you've got that right do you start to shape your piece of wood.

The carver then works his block with his plan alongside it. He cuts those bits of wood away that he doesn't want, and shapes what's left until it ever more closely resembles that original plan.

Only when the design on the wood and the paper plan *are identical* has the carver finished his job. He's then made exactly what he'd hoped for, while working all along from that original plan.

It's the same for our lives. God is the master carpenter. He has a unique plan for each one of us, which is a blueprint of what He hopes we will become.

As we go through life, God shapes us, cutting away those bits of us that He doesn't want and which would spoil what He hopes we'll come to look like. He then gradually moulds what's left until we look ever more like that original blueprint. Only when the two are identical will God's work be over.

But there's one big difference between a human being and a block of wood. A block of wood sits impassively on the carver's bench while he works at it. The wood cannot help the process along and has no idea what's happening to it.

God very much hopes that we'll help Him in the process of being moulded and shaped into His pattern. That's why we read the Bible and worship and pray: to find out just what His plan is for each one of us. Only when we have some idea of what He wants us to be can we help Him in the process.

Looking for romance?

February can be lonely if you want a partner but just can't find one. The world seems full of couples buying each other Valentine cards and planning romantic meals for the 14th.

If that is your problem this month, why not at least visit the Christian dating site, Christian Connection? (<https://www.christianconnection.com>)

They have brought literally thousands of people together since they started in 2000. It is free to join, and you can cancel your subscription any time.

Most important, visit their page on how to prepare yourself for online dating. There is a downloadable guide full of very practical tips of how to have the best chance of finding and connecting safely with someone, who just *might* become special to you.

(<https://www.christianconnection.com/gettingstarted>)



National Nest Box Week – 14th to 21st February

Where can family-minded birds raise their young these days? As our gardens and parklands become smaller and tidier, too many natural nest sites – such as holes in trees, old buildings and unkempt hedgerows – are rapidly disappearing

No wonder that our sparrows, greenfinches and swifts are in precipitous decline, and that one in four of our UK bird species are now under serious threat.

This makes it more important than ever to care for our remaining birds. By feeding, providing water and putting up nest boxes we can give them a safe space to raise their chicks.

The National Nest Box Week initiative encourages bird conservation across the UK, and it's easy to get involved, whether you're a teacher, part of a local wildlife group, or just wanting to boost the bird numbers in your own garden.



Visit: <https://www.countryfile.com/wildlife/birds/national-nest-box-week-how-to-help-birds-in-your-garden>



Could you sponsor an issue of InSpire in 2025?

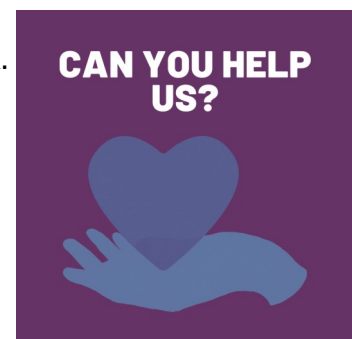
If you would like to sponsor an issue in 2025, please speak to Suzanne or Helen Burt our Treasurer. We'd love to hear from you. Often, sponsorship can be shared with someone else which has the advantage of halving the costs!

Months left to sponsor for 2025 are: OCTOBER and DECEMBER

Our sponsors kindly enable us to keep the magazine free of charge for our readers.

Thank you for considering this appeal and thank you to all sponsors - past and future!

Suzanne



Editor: The Revd Dr Jo White considers the visual impact of church buildings.

Reflecting Faith: Church Buildings

We have been thinking about different aspects of church buildings. But what about 'the whole thing'? - the impression you have when you first see a church building?

Most of us have visited many church buildings, either to worship or as a tourist: to enjoy the splendour, the colours, the style and the architecture, with or without necessarily a time of prayer or worship.

There are some amazingly staggering designs around the world – one only has to think of the complex and intricate stone carving of Gaudi's catholic basilica in Barcelona, Spain (due to be completed next year!) and then compare that to the sleekness of the Lutheran (Church of Iceland) parish church in Reykjavik, Iceland.

How about the grandeur of St Peter's in Rome, full of baroque gold and rich colours? Or what about St Basil's Cathedral in Red Square, Moscow – now a museum but topped with amazingly coloured onion domes?

Just looking at the outside of a building tells you a lot about what it is likely to be like inside, the purpose of the building and the style of worship to expect there.

It's not just about the condition of the fabric, or the tidiness of the grounds but rather the architecture itself.

When we see a contemporary modern building, we will expect the worship to match it: whether that is Protestant, Catholic or any other denomination.

This month

If you were designing a brand-new church building today, what would you put into it and therefore what would the exterior look like? What would you want on the outside, to express your faith? Would you include any specific Christian symbols, or be more all-encompassing?

C of E facing an 'existential crisis'

The C of E is facing "one of the biggest existential crises ... since the Reformation," following the Makin review of abuse perpetrated by John Smyth. That is the view of the Bishop of Rochester, Dr Jonathan Gibbs.

He was speaking recently after his diocesan synod had voted in favour of a motion that expressed no confidence in the Archbishops' Council's past oversight of safeguarding.

Dr Gibbs said: "In many people's views, and I think I would share it, this is one of the biggest existential crises that the C of E has faced since the Reformation. There is a real need for what I would call a pastoral response, acknowledging that hurt and pain, particularly of victims and survivors, that so many people are feeling."

The bishop said there should also be "a call to prayer and repentance across the Church, leading to a period of deep reflection on the kind of cultural change that is needed at all levels."

LETTER FROM THE EDITOR

Dear friends,

Welcome to the February 2025 issue of InSpire! This month we mark **Valentine's Day on 14th February** and it is well worth reading the origins of the day in the article on page 14. According to the legend, the very first Valentine card was not between lovers, but between a priest about to die, and a little girl, healed through his prayers. However, it is very good to know that Romance is still alive and well in Britain – last year we sent about 25 million Valentines to our loved ones! This and other fascinating facts about the '**Aspects of Romantic Love**' can be found on page 10. "*People make amazing sacrifices for love. They defy their family, forsake their culture, turn their back on wealth and position, to be with their loved one. People give their loved ones amazing gifts. Surely the most extravagant was the gift of the Shah Jahan, who built the Taj Mahal in India for his favourite wife, Mumtaz Mahal.*" Paul wrote the wonderful letter to the Corinthians about love which is so often quoted at special occasions such as weddings and we feature it on the Poems, Prose and Prayers page (11). "*Love never fails...But now faith, hope, love, abide these three; but the greatest of these is love.*" It seems very appropriate therefore to wish our generous sponsors, Eric and Jessie Sutcliffe a very happy Diamond wedding anniversary this month. We wish them continuing blessings and very much hope they enjoy their celebrations.

At the very beginning of the month on Sunday 2nd February, we will be celebrating Candlemas with our annual **Christingle service in aid of the Children's Society**. Hopefully we will be joined by some children and their families to enjoy this very special service. The after school Church Club at Scott-Broadwood school is a huge success and it is all down to the hard work of the team of volunteers that run it each week. A few of us have just finished our Advent group where we studied nine stories of 'Women of the Nativity'. It has been a very enjoyable course, hosted kindly by Mairi in her home. What made it even more special was we were joined by friends from Okewood church and St Mary Magdalene, Holmwood. We all agreed that Paula Gooder who wrote the 'journey in nine stories' had brought the characters much more to life for us and suddenly they became real. We will be starting a **Lent Group** with a book by the same author and theologian, Paula Gooder on **Tuesday 11th February 2025, once more at 1 Old Barn Drive**. Each week we begin at 3pm and are normally finished by 4.30pm.

We thank Sylvie for writing a piece on the Murder Mystery play that was performed in October—see page 26. It's a very popular event and as she says 'watch this space' as to when the next one might be! On page 24 you can read about The Very Reverend Bob Cooper who was recently installed as the new Dean of Guildford, together with some photos of the event. On page 25 you can find details about the Diocese of Guildford marking '**Race Equality week**' and there are some links that give you more details.

Going back to the theme of love, do read the article '**Love in Action**' on page 9 by Canon Paul Hardingham. '*This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters.*' (1 John 3:16). Jesus' giving of His life on the cross provides the model for how we can demonstrate God's love in our relationships with others. There is no better example of Love in Action than Jesus laying down his life for us.

With my best wishes,

Suzanne

inspire@capelandockleychurch.org.uk



I have reassured Rev Liz that I promise not to replicate this cartoon with a visit to her office ...!

...are you late with your 'Vicar's Letter' again, dear?



Should the Churches agree on a common date for Easter?

That is the question for the leaders of the Roman Catholic and the Eastern Orthodox Churches, as this year (2025) marks the 1700th anniversary of the First Ecumenical Council of Nicaea.

Patriarch Bartholomew of Constantinople believes that 2025 is a 'golden opportunity' for Catholic and Orthodox believers to finally agree on a joint date for Easter, because this year also brings a 'fortunate alignment' of the Easter dates of both churches.

"It is indeed regrettable that 1700 years later, we are still debating this issue," he says.

Any agreement would only pertain to the date of Easter's celebration. It would not involve any joint liturgical practices. Those would require ecclesial communion between the churches, something which does not yet exist.

To make you smile ...



Experience

"Dad," asked little Ted, "what does a man's better half mean?"

"Usually," his father said, "she means exactly what she says."

Taste

A woman wasn't feeling well and went to A&E. The nurse asked her: "Have you experienced a sudden loss of taste?"

"No," admitted the woman sadly. "I've always dressed this way."

Car-ride

A teenager who had just received her provisional licence offered to drive her parents to church. After a hair-raising ride, they finally reached their destination. The mother got out of the car and said in a quiet but fervent voice: "Thank you!"

"Anytime," her daughter replied.

As the woman slammed the car door she said, "I wasn't talking to you. I was talking to God."

Tearfund in action in the Middle East



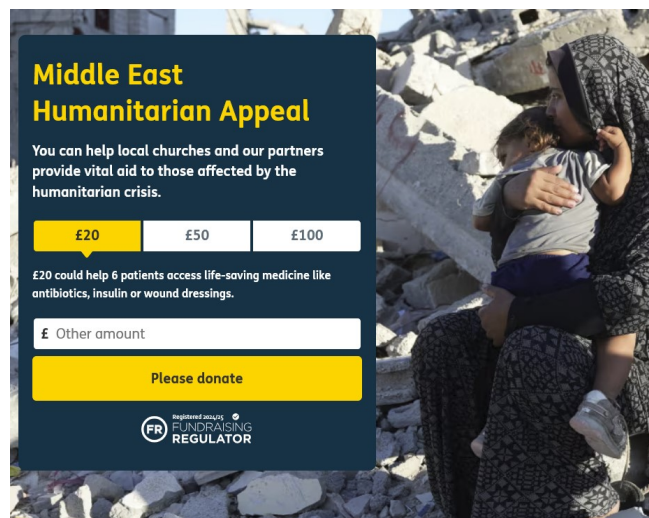
As conflict in the Middle East continues, millions of people across Gaza, Lebanon and the wider region are still in urgent need of food, shelter and medical care.

One British Christian charity in the region is Tearfund, working through a variety of local churches and partners.

In Gaza, Tearfund International Health Partners provide medicine and healthcare. In Lebanon, Tearfund provides food, mattresses and other essentials through local churches. In the West Bank, Tearfund works with the Diocese of Jerusalem in healthcare and education.

But Tearfund says: "This is only possible with your support. Please, join us in prayer and give if you can, to help us respond to the growing need."

<https://www.tearfund.org/campaigns/middle-east-emergency-appeal>



How many minutes of walking might help you avoid a heart attack?

It seems that keeping your heart reasonably healthy may not take a lot of time.

Researchers at the University of Sydney have found a link between short but intense bursts of activity and a significant drop in heart disease among people who otherwise engage in little activity.



Sedentary women who did just 3.4 minutes of "vigorous intermittent" exercise, such as brisk walking or climbing the stairs, each day, suffered 67 per cent fewer cases of heart failure, with an overall reduction in heart disease of 45 per cent, compared to those not exercising at all.

Sedentary men who did 2.3 minutes of exercise, which could include carrying heavy shopping or heavy garden work, saw an 11 per cent reduction in heart attacks and strokes.

Looking back in February

Editor: Tim Lenton looks back on a well-loved writer.

The world of P G Wodehouse

Fifty years ago, on 14th February 1975, P G Wodehouse died. The well-loved British-born comic novelist, short story writer, lyricist and playwright who lived his later life in Long Island, USA is best known as the creator of Jeeves.

He was always a prolific writer, publishing more than 90 books, 450 plays, 200 short stories and much else between 1902 and 1974. He had an unusual first few years, being brought up by relative strangers in England while his parents lived in Hong Kong. He later went to Dulwich College, with which he formed a close attachment.

Wodehouse's genius was primarily in his writing; in person he was described as "dull," and was certainly very shy. Baptised an Anglican, he had an agnostic outlook: Evelyn Waugh once said that Christianity didn't really apply in his work because he – or his characters – had never left the Garden of Eden. He wrote sympathetically about "pious but fallible" curates, vicars and bishops, and his work revealed an unexpectedly deep knowledge of Scripture.

Born in Guildford, he moved to France for tax reasons in 1934 and was later taken prisoner by the advancing Germans in 1940. After his eventual release he made the naïve mistake of making five broadcasts on German radio to the USA, which had not yet entered the war. The broadcasts were humorous and apolitical, but they provoked some anger in Britain, to which he never returned.

Wodehouse took US citizenship in 1955, while retaining his British one. He had always loved America, and his biographers suggested that this "exile" may have benefited his writing, helping him to go on describing an idealised England, rather than the harsher reality of the post-war years.

He died in Southampton, Long Island, New York, a month after he was made a Knight in the Order of the British Empire (KBE).

All in the month of February

It was:

175 years ago, on 23rd Feb 1850 that Cesar Ritz, the Swiss hotelier, was born. He founded several notable hotels including the Ritz and Carlton Hotels in London, and the Hotel Ritz in Paris.

125 years ago, on 27th Feb 1900 that the Labour Party was founded in the UK.

Also 125 years ago, on 27th Feb 1900, that the German football club FC Bayern Munich was founded.

90 years ago, on 22nd Feb 1935 that US President Franklin D Roosevelt banned aircraft from flying over the White House – because the noise kept him awake at night. The ban remains in place today, but mainly now for security reasons.

Also 90 years ago, on 26th Feb 1935 that British radio engineer Robert Warson-Watt demonstrated a working radar system for the first time, in Daventry.

80 years ago, during Feb 1945 that Anne Frank died. The young Dutch Jewish diarist and Holocaust victim died in Bergen-Belsen concentration camp at the age of 15, probably from typhus.

Also 80 years ago, from 4th to 11th Feb 1945 that the Yalta Conference took place in Crimea. US President Franklin D Roosevelt, Winston Roosevelt and Joseph Stalin met to plan the final defeat of Nazi Germany. Stalin also agreed to enter the war in the Pacific, within three months of the war in Europe ending.

Also 80 years ago, on 6th Feb 1945 that Bob Marley, the Jamaican reggae/ska/rock steady singer, songwriter was born. He became a musician and cultural icon (died 1981).

Also 80 years ago, on 13th to 15th Feb 1945 that the bombing of Dresden took place. The Allies carried out four massive bombing raids, completely destroying the inner city, and killing about 25,000 people.

Also 80 years ago, on 19th Feb to 26th Mar 1945 that the Battle of Iwo Jima, Japanese volcanic islands, took place. The iconic photo of US Marines triumphantly rising the American flag on top of Mount Surabachi was taken on 23rd Feb.

High Days & Holy Days in February

1st February - Brigid of Ireland, showing compassion and love

Brigid, you could say, was the female Patrick of Ireland.

Historical facts about this first abbess of Kildare (d.c. 525) may be scarce, but her 'Lives', written from the 7th century, tell many anecdotes and miracles which over the centuries have become deeply rooted in Irish folklore. Brigid came from a village near Kildare, of parents of humble origin, and is said to have been baptised by Patrick and became a nun at an early age. She is credited with founding the monastery of Kildare, a powerful influence for Christianity in Ireland.

The miracles attributed to Brigid show her to have been a woman of great compassion and generosity. There are stories of how she could multiply food, especially butter, for the poor. Other stories tell of her changing her bathwater to beer, in order to satisfy the thirst of unexpected visitors. Even her cows gave milk three times the same day, to enable visiting bishops to have enough to drink.

Brigid's cult grew rapidly in Ireland, where it became second only to that of Patrick. In England, there were at least 19 ancient church dedications in her honour (the most famous is St Bride's Fleet Street). There is also St Bride's Bay, Dyfed, which underlines the strong connection between Irish and Welsh Christianity. St Brigid is patron of poets, blacksmiths, and healers. She is usually depicted with a cow lying at her feet, which recalls her phase as a nun-cowgirl.

8th February - Kew and the wild boar

St Kew has nothing to do with gardens or the 'Q' of James Bond fame. This Kew was a girl who lived in Cornwall in the 5th century, and who should be the patron saint of girls with difficult older brothers.

Kew's older brother was a hermit who felt his younger sister was not worthy to even visit his cell. But big brothers often underestimate their younger sisters, and he was no exception. One day Big Brother saw a wild boar charge out of the woods towards his sister. Kew spoke to it kindly in tones of such purity and sweetness that it immediately slowed down to a peaceful walk.

Big Brother was so shaken by this that he repented of his superior attitude. When he then bothered to spend time talking with young Kew, Big Brother discovered her nature to be of "rare virtue and holiness". Other people thought so too, and after her death they decided Kew had been a saint, and so should have the parish church named after her.

Perhaps the moral of all this is that if you want to win over a difficult older brother, you should first practise on wild boars.

14th February - The very first Valentine card, a legend

The Roman Emperor Claudius II needed soldiers. He suspected that marriage made men want to stay at home with their wives, instead of fighting wars, so he outlawed marriage.

A kind-hearted young priest named Valentine felt sorry for all the couples who wanted to marry, but who couldn't. So secretly he married as many couples as he could - until the Emperor found out and condemned him to death. While he was in prison awaiting execution, Valentine showed love and compassion to everyone around him, including his jailer. The jailer had a young daughter who was blind, but through Valentine's prayers, she was healed. Just before his death in Rome on 14th February, he wrote her a farewell message signed 'From your Valentine.'

So, the very first Valentine card was not between lovers, but between a priest about to die, and a little girl, healed through his prayers.

BOOK REVIEWS

by Parish Pump



Making the Most of Your Church Wedding By Ally Barrett, SPCK, £5.99

From author and vicar, Ally Barrett, *Making the Most of Your Church Wedding* is a short, attractive, full-colour guide to the Anglican wedding service aimed at couples planning a church wedding.

This church wedding handbook is an essential title for anyone planning a church wedding, from couples to clergy. It uses the words and the actions of the Anglican marriage service to enable couples to explore the big questions of life, relationships, commitment, God, family and more. Ideal for use in Christian wedding planning, this visual and informative book contains questions and activities to help you achieve the perfect church wedding and its lead up.

From information and guidance on choosing readings, making The Vows and the Blessing of the marriage, this helpful guide will help couples plan and prepare for their church wedding.

Surviving Separation and Divorce - Dealing with Divorce Day-to-day By Ruth Clements, SPCK, £10.99

A no-nonsense, compassionate guide to surviving separation and divorce. "How am I supposed to keep going when all I want to do is hide? How does separation work. What are the ins-and-outs and complexities of divorce? Am I going to get through this?"

Ruth Clements guides the reader, with compassion and practical advice, on how to survive the maelstrom. Showing that there is always hope and giving tips on how to deal with the practicalities of separation and

divorce, Clements has written a guide that is warm, entertaining and practical. This book will show you that there is a way through and it will be your companion on the journey.

Prayer Book of Days - With Saints Through the Ages By Gregory Cameron, Canterbury Press, £12.99

Popular author and illustrator Gregory Cameron offers 31 daily prayers from the treasury of Christian spirituality through the centuries.

The prayers included are from some giants of the faith – Augustine, Patrick, Benedict, Julian of Norwich, Francis of Assisi, Clare – and also lesser known figures right up to recent times. Each daily section includes an original icon-style illustration, a prayer, the story that lies behind it and a reflection on its significance in history and for faith today.

100 Ways to Get Your Church Noticed (3rd edition) By Neil Pugmire, CHP, £18.99

This practical guide by a media professional has helped countless churches to raise their profile in their local communities and more widely. Packed with packed with simple, clear advice and ideas for generating publicity for your church and its mission, this revised third edition engages with the rise in online worship in the wake of the pandemic, and includes many low-cost, effective ideas for churches feeling financial pressures.

Written in clear and jargon-free language, it offers advice on:

- Developing an effective communications strategy
- Deciding the messages you want to convey
- Creating or updating your website
- Making the most of print, social media and online channels of communication
- Putting your building to work, inside and out
- Giving your publications a makeover
- Liaising with the media and more.

Illustrated throughout with examples that have worked successfully, this makes communication expertise readily accessible for churches in all contexts. Further support is available on the companion website, www.getyourchurchnoticed.com

Easter Inside Out - the story as if you were there

By David Kitchen, BRF, £12.99

Step into the Easter story... Acclaimed storyteller David Kitchen reimagines the Easter narrative through a varied cast of characters, from Mary Magdalene to Caiaphas. If you want to understand who might have been where and doing what as the Easter story unfolds, this book gives you answers. It also lets you sense what it could have been like to be one of those involved in the twists and turns of one of the most extraordinary stories in the whole of history.



The Poetry of Pilgrimage: Reflections on Celtic Pilgrimage sites in Ireland and Britain

By Michael Mitton, BRF, £12.99

Drawing from his experience of co-leading pilgrimages in Britain and Ireland, Michael Mitton captures the essence of 23 significant pilgrimage sites for anyone from experienced pilgrims to armchair pilgrims. Each chapter outlines the story of the Celtic saint who founded the site, together with information about the location, a poem inspired by the author's experience of that place, a reflective question, a suggested Bible reading and a photo of the site.

Whilst thinking of reading ...

Editor: Nigel Beeton writes: "I don't know what you think of these 'special' days that are such a feature of modern life. Most pass by without attracting much attention from me. For example, I may or may not consume Yorkshire Pudding on Yorkshire Pudding Day on 2nd February!"

"But there are two 'special' days about books and reading: 1st February is 'Take your Child to a Library Day', and the 5th is 'World Read Aloud Day.' I love books and read a lot as a child, and still do, and I'm glad I didn't have the distraction of computers and computer games, but instead consumed a literary diet of 'Jennings', 'Biggles', and such delights.

A Book of Joy

Who knows what glee a book contains?
What joys we'll find as it explains
New facts to fill our hungry brains;
Or tells a lively tale?
The myst'ries that we will find
As we read books of ev'ry kind
Enlarge the borders of your mind?
A book will never fail!

The joy of words, which, crafted well
Can cast on us a magic spell
Marks upon a page which tell
Of worlds beyond our own!
Words which paint in vivid light
Rainbows in the dead of night
Which make our dull lives shine so bright!
The wonders we are shown!

So, find a library nearby
And help your child to find out why
The world is round, or why the sky
Is such a wondrous blue?
Or read a story, out aloud
Of lands beyond the madding crowd.
Try reading – it will make you proud
Of what a book can do!

By Nigel Beeton



NEWS FROM THE BIBLE SOCIETY

Celebrating on the front lines

Thanks to you, Ukraine's courageous Bible Society workers were able to celebrate Christmas by praising God for a year of Bible-based transformation. The war is yet to end, but your support has helped more than a million people receive a Bible. These are Christians who've lost everything or non-Christians who may remember their grandmother telling them a Bible story. Some of them will have seen the impact of the Bible on people around them and asked for a copy of their own. Anatoliy, who leads the team in Kyiv, has an amazing story to share of his journey to the front lines at Christmas (which is celebrated on 7 January in Ukraine).

Read more of [Anatoliy's story here](#)

300 Bibles and counting

In just the past few days, 50 people with passion for Bible mission have together given enough to provide more than 300 Bibles for people in prison. As well as receiving a Bible, prisoners will have the opportunity take *The Bible Course* and experience the big story of Scripture. Revd Tim Wright, a chaplain who has taken many prisoners through these sessions, says: '*The Bible Course* emphasises the love of God as something seen clearly throughout the whole Bible.' You can find out more [here](#).



New Dean of Guildford installed

Recently, The Very Reverend Bob Cooper was installed as the new Dean of Guildford. The installation took place within the Choral Evensong, from the Book of Common Prayer. The service was attended by clergy and parishioners from across the diocese, and civic and interfaith representatives from Guildford. Bob was also joined by his wife Kate and family and friends from across the country. Much of the music was selected by the new Dean and included, The Magnificat and Nunc Dimittis by Anglo-Irish composer, Charles Villiers Stanford, to reflect his own Anglo-Irish heritage. The installation was led by Bishop Andrew and Sub Dean, Stuart Beake followed by a sermon from Dean Bob. I'm sure you will join us in welcoming the new Dean to the diocese. You can [watch a recording of the service](#)



Taken from The Parish Brief from the Diocese of Guildford
Dated 28th January 2025

Harvest Supper Murder Mystery Evening

Apologies for the delay in getting this into our magazine! As the event took place at the end of October, it was well into November before all loose ends such as expenses etc were tied up. By then, the Christmas season was underway and the article rather got put on the back burner. First of all a huge thank you must go out to all the cooks that delight our audiences with their delicious food, and who can forget the array of wonderful desserts lined up on the tables in Capel on the Saturday evening - absolutely scrumptious.

A big shout out too must also go to all the 'Front of House' volunteers at both venues who worked tirelessly to ensure the even ran smoothly. Well done all.

Our box office manager Corrine Jay is an integral part of the team. Corinne does an amazing job of co-ordinating the tickets and table allocation at both venues, which is no mean feat, especially as we had good audience numbers with 50+ people in Ockley and a full to capacity audience of 94 in Capel. Thank you Corinne for your hard work each year on this event.

And now we come to the play itself. 'Where there's a will theres a way'. As soon as we read it we knew it was THE ONE. It certainly was a very ambitious choice as it had a cast of 15! Would we ever cast it?! There was no need to worry as the matter of casting happened easily and a truly joyous thing was that every cast member had connections with the parish. They either lived in Capel or Ockley or were connected by means of the two churches or by Ockley Dramatic Society.

What a brilliant cast they were, all very much committed to their roles, which was very apparent at the performances. Thank you to each and every one of them for committing such a large chunk of their personal time to making this production so special.

No production can take place with out good backstage workers and in that we are truly blessed to have Alan Hardy from Ockley Dramatic Society as our sound and technical manager. Thank you Alan as always. We also added a stage manager to our team this time and through a chance meeting we found Viv Taylor from Capel who agreed to undertake this role. What a gem Viv turned out to be, and we are hoping that Viv will be joining us again on any further projects we may present.

All in all it was a terrific fundraiser for our two beautiful churches and we raised the amount of which was incredible for two performances. Thank you to all of you that came along to support us and bought raffle tickets and donated prizes. We have received so much positive feedback overall so there's every chance we may well do it all over again..... watch this space!!

Sylvie Beckett and Liz Richardson

Race Equality Week

From 3rd-9th February, it will be [Race Equality Week](#) - a national campaign aimed at encouraging organisations to take action to address inequality in the workplace. On the 9th of February, we will also be marking [Racial Justice Sunday](#) with a special service at Guildford Cathedral at 9:45am.

As a whole diocese, it is a great opportunity to renew our ongoing commitment to racial diversity and racial justice. We are asking our parishes and chaplaincies to join us in amplifying our collective and vital mission to [growing diversity](#) and ensuring we fully reflect the racial diversity of our communities.

Taken from The Parish Brief from the Diocese of Guildford
Dated 28th January 2025

Quotes

Miscellaneous observations on our Christian life...

Look back, and remember He was with you. Stand still, and realise He is with you. Walk forward, and trust: He will be with you always. – *Margaret Silf*

The self-sufficient do not pray, the self-satisfied will not pray, the self-righteous cannot pray. - *L Ravenhill*

We talk about heaven being so far away. It is within speaking distance to those who belong there. - *D L Moody*

Our prayers must mean something to us if they are to mean anything to God. - *M D Babcock*

God made man to be somebody – not just to have things. - *Anon*

The peace of the soul consists in an absolute resignation to the will of God. - *Francois Fenelon*

Observations on Love...

Even if it's a little, do something for which there is no pay, but the privilege of doing it. – *Albert Schweitzer*

The purpose of this world is not to have and to hold, but to forgive and to serve. – *Wilfred Grenfell*

Salt is like love; it can heal, purify preserve and enrich, but it's useless if it's not sprinkled around. The truth is that all of life is tasteless without love. - *UCB Word for Today*

Our love for God is the root; our love for others is the fruit, expressed through patience, kindness, courtesy, humility, unselfishness, good temper, gentleness and sincerity. - *UCB Word for Today*

Marriage is more than finding the right person; it is being the right person. - *Anon*

Easy Sodoku

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

Medium Sodoku

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

Solutions on
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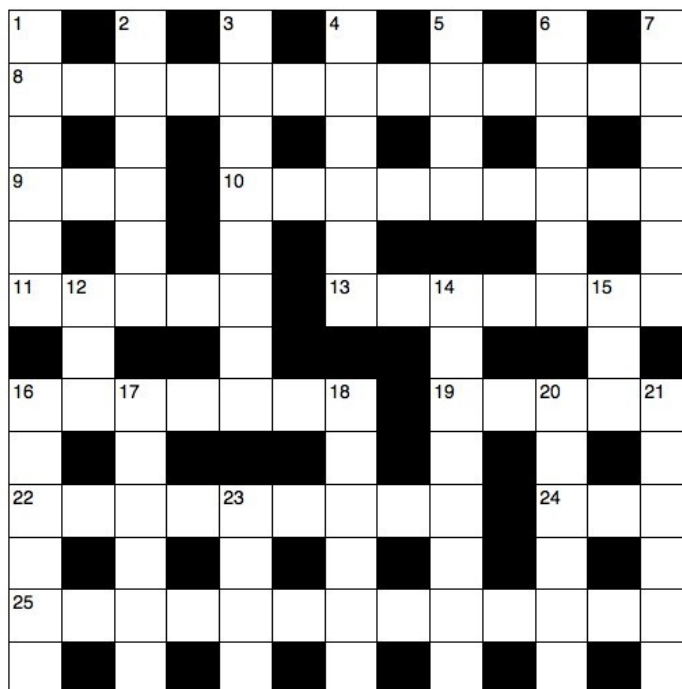
PUZ?LES

Across

- 8 Interrogated (Acts 12:19) (5-8)
 9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
 11 Science fiction (abbrev.) (3-2)
 13 Clay pit (anag.) (7)
 16 Went to (John 4:46) (7)
 19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
 22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)
 24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

- 1 Seas (Proverbs 8:24) (6)
 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
 3 Specialist in the study of the Muslim religion (8)
 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
 5 One of Esau's grandsons (Genesis 36:11) (4)
 6 Taking a chance (colloq.) (2,4)
 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
 12 Confederation of British Industry (1,1,1)
 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
 16 Disappear (Psalm 104:35) (6)
 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
 20 Made by a plough (Job 39:10) (6)
 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)



Puzzle solutions on page 30

"Lord, as you have promised, you may now let your servant go in peace. For my eyes have seen your salvation, which you have prepared in the sight of all people."

Luke 2: 29-30



Prayer for February 2025

Dear Lord,

February can be a trying month, but there are special associations too and we thank you for the hope they bring.

In February we remember how Jesus was taken, as a baby, to the Temple. Simeon took Him in his arms and by the power of the Holy Spirit, recognised Him as the Saviour you had sent as a light, to bring revelation to the whole world. And how this world needs your light and revelation in this new year, 2025.

Lord - as we notice more light in the lengthening days of this month, as we see the promise of the Spring in the bobbing heads of the beautiful snowdrops - help us most of all to recognise Jesus as our Light and to trust in Him as our Lord and Saviour.

Thank you, Lord, for the gift of each new day. In Jesus' name. Amen.

By Daphne Kitching

Puzzle Solutions

CROSSWORD SOLUTIONS

ACROSS:

8, Cross-examined. 9, Ash. 10, Apocrypha. 11, Sci-fi.
13, Typical. 16, Visited. 19, Offer. 22, No account. 24,
RAC. 25, Sovereign Lord.

DOWN:

1, Oceans. 2, Hophni. 3, Islamist. 4, Exhort. 5, Omar.
6, On spec. 7, Add all. 12, CBI. 14, Plotting. 15, Awe.
16, Vanish. 17, Starve. 18, Daub it. 20, Furrow. 21,
Recede. 23, Cure

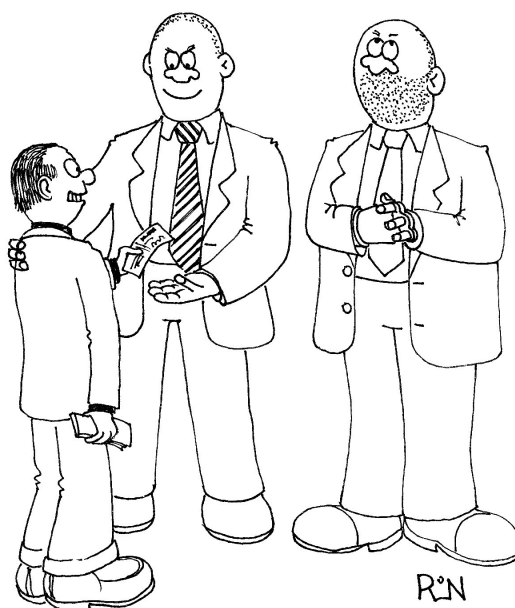
O	H	I	E	O	O	A						
C	R	O	S	S	E	X	A	M	I	N	E	D
E	P	L	H	A	S	D						
A	S	H	A	P	O	C	R	Y	P	H	A	
N	N	M	R	E	L							
S	C	I	F	I	T	Y	P	I	C	A	L	
B	S	L	W									
V	I	S	I	T	E	D	O	F	F	E	R	
A	T	A	T	U	E							
N	O	A	C	C	O	U	N	T	R	A	C	
I	R	U	B	I	R	E						
S	O	V	E	R	E	I	G	N	L	O	R	D
H	E	E	T	G	W	E						

Easy Sudoku solution

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

Medium Sudoku solution

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



Technically, the Parish Share is a voluntary contribution

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



Your contributions would be most welcome and any copy for this publication should be sent to Suzanne Cole inspire@capelandockleychurch.org.uk **By 20th of each month please.** If you would like to receive *InSpire* by email, you can subscribe to InSpire via the church website:- www.capelandockleychurch.org.uk/inspire-magazine