



Issue 91
April 2025

Inspire



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

Church Tea dates 2025

At St John the Baptist, Capel

From 3:00 to 5:00 pm

Sunday 30th March	Mothering Sunday	
Sunday 20th April	Easter Sunday	
Monday 21st April	Easter Monday	
Sunday 4th May		
Monday 5th May	Early May Bank Holiday	
Sunday 25th May		
Monday 26th May	Spring Bank Holiday	
Sunday 15th June	Trinity Sunday	
Sunday 20th July		
Sunday 24th August		
Monday 25th August	Summer Bank Holiday	
Sunday 14th September		
Sunday 5th October		
Sunday 2nd November	All Souls' Day	Service at 3pm Teas Start at 4pm
Sunday 30th November	First Sunday of Advent	

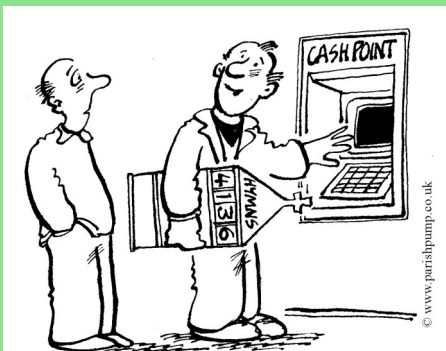
Don't forget

You can find details of all events and services on our website

www.capelandockleychurch.org.uk/events-calendar/

Contents:-

3 Contents & Church contacts
 4 Services & Events—February
 5 Rev Liz writes
 6 News from the Pews
 7 Café Church
 8 News
 9 Real Easter and 1st April
 10 Timothy Dudley Smith
 11 Prayers, Prose & poems
 12 Reflecting Faith and Proverbs
 13 Intersection of Faith & Politics
 14 Chocolate thoughts and Easter
 15 News from the Belfry
 16 Quotes
 17 Letter from the Editor
 18 High Days & Holy Days in April
 and An overview of Passion
 Week and Easter
 19 Richard of Chichester
 20 Palm Sunday
 21 Easter Eve or Holy Saturday
 22 Easter Thoughts in a
 Churchyard
 23 Remembering Albert Einstein
 24 God in Music
 25 The other Vicar’s letter
 26 God in the Sciences
 27 Quotes and Sudoku
 28 Puzzles
 29 Pavillion Café
 30 Puzzle solutions
 31 Easter crossword



...between you and me, it's the only way I can remember my PIN number!

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With sincere thanks to
 this month’s sponsors

David Silliman

Church Contacts:-

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

Parish Pastoral Assistant: **Sylvie Beckett** 07711 849338

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

Diocesan Safeguarding Advisor: **Jackie Broadfoot**
 07918 559387
safeguarding@cofeguildford.org.uk

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

Churchwardens churchwardens@capelandockleychurch.org.uk

Capel: **Norman Ede** 01306 713247

Joy Harman 01306 711482

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

Treasurer:
Capel & Ockley **Helen Burt**
helenmb0909@gmail.com
 01306 711671

Capel Organist & Choir **Anthea Smallwood** 01306 711883

Ockley Organist **Andrew Collings** 01403 265794

PCC Secretary **Chev. Richard Winter-Stanbridge**
sirrichard@giganticworx.com

InSpire Editor inspire@capelandockleychurch.org.uk
 Suzanne Cole 01306 711449

Church website: www.capelandockleychurch.org.uk

Webmaster webmaster@capelandockleychurch.org.uk

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

APRIL

Sunday	6th	Fifth Sunday of Lent
	9.30	Matins - Ockley
	10.30	Family Communion - Capel
Wednesday	9th	Soup Lunch at St John the Baptist Capel <i>new date!</i>
	12-2pm	Home made soup, bread and cheese etc.
Thursday	10th	Service of Thanksgiving for the life of Pat White
	1.00pm	
Sunday	13th	Palm Sunday
	10.30	Parish Cafe Church - Capel
	11.45	APCM - Capel
Friday	18th	Good Friday at St John the Baptist Capel
	12pm	'Last Words of Love' Seven last words from the Cross <i>in readings, prayers, music and silence</i> Capel and Newdigate combined choir followed by hot cross buns
Sunday	20th	Easter Day
	9.30	Easter Worship - Ockley
	10.30	Easter Family Communion - Capel
	3-5pm	Easter Church teas - Capel
Monday	21st	Easter Monday
	3-5pm	Church Teas at Capel Church
Sunday	27th	The First Sunday after Easter
	9.30	Parish Morning Worship - Ockley
	12pm	Friends of Capel Church APCM
May		
Sunday	4th	The Second Sunday after Easter
	9.30	Matins - Ockley
	10.30	Family Communion - Capel
	3-5pm	Church Teas at Capel
Monday	5th	Early Bank Holiday Monday
	3-5pm	Church Teas at Capel
		<i>Don't forget you can find details of all events & services on our website!</i>
		https://www.capelandockleychurch.org.uk/events-calendar/



Rev Liz writes

April's Letter

Dear friends,

I am writing this on the first day of Spring following several days of beautiful warm sunshine.

What a treat! The early blossoms are burgeoning amidst the brightly coloured daffodils and primroses which adorn our beautiful countryside around here. How blessed we are! Only this last week someone posted a photo of a bluebell - the first one seen. We get so excited don't we at these markers of Spring - the winter passed - and new life abounds. Reflecting on this reminded me of Easter Day which is only a few weeks away - the excitement and joy which followed the resurrection of Jesus. Of course before the joy came, Good Friday had to happen - akin to the darkness of winter - a dark day for humankind. However, on the third day, when Jesus' beloved disciples came to visit his grave very early in the morning, there still wasn't joy yet as fear and grief struck home once more as they discovered the stone had been moved from the grave entrance. It wasn't until Mary heard Jesus call her name that she turned and knew it was Jesus risen. She thought she had been talking to the gardener - but no there he was. Jesus made many other appearances over the next 40 days until he ascended into heaven. Fear turned to joy. Imagine seeing the resurrected Jesus for the first time. Fear and shock turns to peace, joy understanding, and of course new life. What would we give I wonder to have that peace, joy and understanding as well as a real hope in the new life to come?

Well we have some lovely things in store for you to help with that at church. The week before Easter called Holy Week begins with our wonderful Cafe Church at The Crown garden where we will celebrate the triumphant entry into Jerusalem on Palm Sunday. The mood darkens though as the triumph changes to betrayal and on Good Friday we will be reflecting through readings, prayer and music the seven last words Jesus spoke from the cross. There are congregational hymns and some beautiful music sung by our combined choir of Capel and Newdigate churches. Please do join us for a very special time - about 1.5 hours - with the option to join us in some hot cross buns and a hot drink afterwards.

Our Capel Church teas have now returned following on from the success of our Lent Soup Lunches and they will be up and running Easter Day and Easter Monday in the afternoon as well as the May Bank Holiday weekend. All that is left for me to say is to wish you all a very happy Easter and may you enjoy some peace, joy and understanding as we celebrate our risen Lord Jesus and are assured of the love of God and the promise of new life to come.

With all my love and prayers

As ever

Liz

Revd Liz

liz@myhostserver.co.uk 01306 711260

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

NEWS from the Pews

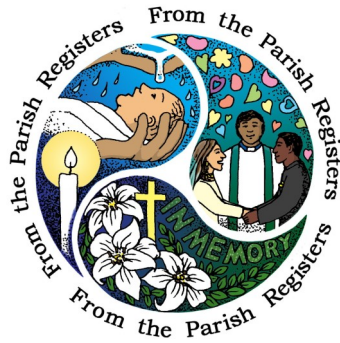
In Memoriam

We mourn the loss of

Patricia (Pat) Josephine White

15th February 2025

May she rest in peace and rise in glory



Lent Group 2025

'Women of Holy Week'

by Paula Gooder.

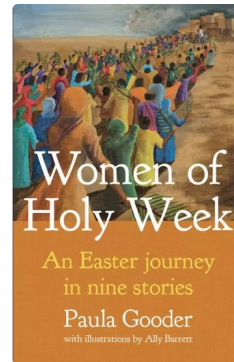
The remaining meetings will be on

Tuesdays 8th and 15th April

and will meet at 1 Old Barn Drive, Capel.

Please do join us 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

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— APRIL 2025



A Message from Pope Francis

There has been a short reflection from Pope Francis circulating on the internet recently. You may well have seen it. Here is an extract:

Pope Francis reflecting from hospital:

*"The walls of hospitals have heard more honest prayers than churches...
They have witnessed far more sincere kisses than those in airports...
It is in hospitals that you see a homophobe being saved by a gay doctor.
A privileged doctor saving the life of a beggar...
In intensive care, you see a Jew taking care of a racist...
A police officer and a prisoner in the same room receiving the same care...
A wealthy patient waiting for a liver transplant, ready to receive the organ from a poor donor..."*

It is in these moments, when the hospital touches the wounds of people, that different worlds intersect according to a divine design. And in this communion of destinies, we realize that alone, we are nothing.

*Love more, forgive more, embrace more, live more intensely!
And leave the rest in the hands of the Creator."*

For centuries there have been divisions between the Protestant and Catholic sides of the church. You know - archbishops or popes; communion or confession; morning prayer or mass. Bickering and bigotry between two faiths who claim to worship the same loving, forgiving, gracious Saviour, Jesus Christ, and yet vow that they will never set foot in a church or cathedral that pledges allegiance to "the other side". It's little wonder that people seek their moments of spiritual connection outside of the established church. And let's not get started on the Baptists, Methodists, Pentecostals and all the other myriad Christian denominations.

In the book of Hebrews, chapter 10 and verse 10, it says this: **"..... we have been made holy through the sacrifice of the body of Jesus Christ once for all."** This verse and *this* translation is in both the standard bible used in the Anglican church and also in the edition used by the Catholic church.

This month we celebrate Easter, the remembrance of Jesus' crucifixion and resurrection. That sacrifice made **"once for all"**. With the turmoil and trouble in the world at this time we would do well to heed the words of our brother Christian, Pope Francis.

*"Love more, forgive more, embrace more, live more intensely!
And leave the rest in the hands of the Creator."*

Bob Cranham



Church of England launches National Survivor Participation Framework

The Church of England has launched the National Survivor Participation Framework. It is a guide for all Church bodies and any victim or survivor who currently participates – or wants to participate – in the safeguarding work of the Church.

The development of the Framework started with a survey which heard from 171 victims and survivors. It went on to include safeguarding professionals in dioceses and cathedrals, the National Safeguarding Team, subject experts in the NCIs, and external experts.

Deputy Lead Bishop for Safeguarding Julie Conalty thanked all who were involved, “particularly victims and survivors. This framework brings much needed clarity and helps us to create safe spaces.”

Applications invited for new expanded £5 million conservation fund for churches

Applications for grants to fund the conservation of special church objects such as stained glass, paintings, bells, organs and clocks in churches have been opened. They are part of an expanded £5 million scheme administered by the C of E.

Parishes are invited to apply for such grants towards the conservation of their historical and cultural heritage. The C of E’s conservation grants scheme is supported by a £4.68million grant from The National Lottery Heritage Fund.

The much-enlarged scheme, to be administered over the next five years, will also make grants to parish churches towards building repairs of up to £25,000 that are linked to the conservation of an object, such as mending guttering or an area of roof if a leak is affecting wall paintings.

Bids for specialist surveys and help for existing recipients’ conservation projects to reach completion will be considered for funding as well.

Final report of Archbishops’ Commission for Racial Justice published

The Archbishops’ Commission for Racial Justice (ACRJ) has published its sixth and final report. It was charged with monitoring, and supporting the implementation of the 47 recommendations of the Archbishops’ Anti-Racism Taskforce.

The report calls for the church to address the “gaping wound of racial injustice that afflicts it” and to “reach out and welcome all comers”.

It says that a strategy for bringing about change has not yet been adopted at all the front lines of the Church. The Commission identifies four priorities as key to further progress:

Nurturing a **worship culture** in the Church of England that reflects the rich mix of backgrounds present within the Church today.

The need for a robust structure of **governance** to ensure racial justice becomes a normal part of practice.

The need for an effective **complaints system**.

That the **barriers to full participation** for all within the C of E are addressed

The Archbishop of York, Stephen Cottrell said: “The proposed priorities are achievable, and I and my fellow Bishops are committed to ensuring that we drive forward the change and progress needed to eradicate racial injustice within the Church, and march into the light of God.”

Centenary Celebrations for the First Church in Wales Church

The first church to be consecrated after the disestablishment of the Church in Wales in 1920 has just celebrated its 100th anniversary.

St Martin of Tours in Llay, near Wrexham, opened in 1925 as the village was being developed. It was built to serve miners at the new Llay Main Colliery and their families. It was described in a newspaper report at the time as being “cheering evidence of the courage and vitality of the Church in Wales”.

The Real Easter

In CS Lewis's *The Lion, the Witch and the Wardrobe*, the lion Aslan is put to death by the White Witch. The stone table on which He is killed cracks in two, but Aslan meets with Lucy and Susan alive again. He explains the Witch's failure:

'her knowledge goes back only to the dawn of time. But if she could have looked a little further back, she would have known that when a willing victim who had committed no treachery was killed in a traitor's stead, the Table would crack, and Death itself would start working backwards.'

This is a great picture of what Jesus' cross and His resurrection has achieved. As Paul writes, *'I want to know Christ, to know the power of His resurrection'* (Philippians 3:10). To understand the real Easter, we should experience the same power that raised Jesus from the dead!

New Hope: Like the girls in the story, Easter highlights the sadness and confusion that loss brings. Yet the resurrection of Jesus brings new hope, as it demonstrates the victory secured by the cross over sin, Satan and death. We can face life's difficulties knowing that Jesus walks beside us.

New Love: Our relationships are often characterised by a lack of forgiveness, hurt and betrayal. Yet Jesus' resurrection opens the possibility of new love, as His power enables us to accept others and forgive them.

New Life: When we are trying to make sense of life, like the girls in the story, Jesus offers us a living relationship with Himself. It's a friendship with God through Jesus that can begin today and continue for eternity.

When Lucy met Aslan again, she cried: *'Oh, you're real, you're real!'* We too can find the real Easter through a life changing encounter with the living Christ.

Canon Paul Hardingham

1st April - Fooling Around

Probably the most famous April Fool's joke of all time was the 1960's BBC TV broadcast feature on the spaghetti farms of Italy. A BBC reporter (Richard Dimbleby) interviewed Italian farmers about their work and the progress of the spaghetti plants in great detail. Spaghetti plants were filmed being carefully planted, and then being harvested. And all in the BBC's most serious documentary manner for Panorama. It took a while to appreciate that this was Auntie playing games. Whatever next!



The odd thing is that no one is quite sure of the origin of this very British tradition. Most attribute it to changes in Britain's calendar in the 1700s, when New Year's Day moved from 25th March to 1st January. Not surprisingly, the change caused a lot of confusion and mistakes around the start of April. Others look even further back, to the ancient Roman feast of Hilaria, when the goddess Cybele was celebrated with pranks and jokes around the Spring Equinox, 25th March.

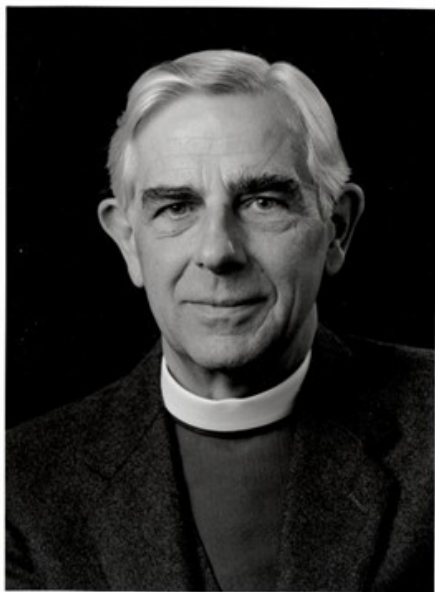
1st April - All Fools' Day

In years gone by, the rules surrounding April Fool were this: between midnight and noon on 1st April, everyone is 'fair game' to be made a fool of. It is the morning of the practical joke. But the aim is not just to discomfort the victim: he must be tricked into taking action himself, sent on a 'fool's errand'.

And so children would be sent to the dairy for a pint of dove's milk, or to the bookseller for *The Life of Eve's Mother*. Practical jokes on a bigger scale were played: in 1860 a vast number of people received an official looking invitation to the Tower of London that read: 'Admit the Bearer and Friends to view the Annual Ceremony of Washing the White Lions.' Precisely the same trick had been played in 1698.

Then, on the stroke of noon, tradition decrees, April Fools is finished. If anyone attempts devilry thereafter, even while the clock is still striking, it recoils on his own head. A child would then race through the sing-song formula: 'April-Fool-Day's-past-and-gone-you're-the-fool-and-I-am-none!'

Timothy Dudley – Smith



Timothy Dudley – Smith died last year at the age of 97. His name might not be that well known, but he was the writer of two of our most popular modern hymns; Tell out my soul and Lord for the years. In total he wrote nearly 500 hymns over 60 years.

He was born in Manchester on Boxing Day 1926. His father, who was a schoolteacher gave him an interest in poetry from a young age. It was this love of poetry that causes his hymns to be singable with no awkward juxtaposition that are in many modern hymns. His hymns are singable and sound often older than they are. He claimed to be totally unmusical with an ability not to sing in tune and to be able to change key mid song.

He was educated at Tonbridge School and studied mathematics at Cambridge before going to Ridley Hall to train for ordination. He was encouraged in his vocation by CS Lewis,

and after his ordination in Rochester Cathedral in 1950 carried out youth work in Bermondsey. He was chaplain to the Cambridge University Mission between 1955 and 1960 and was also editor of the Evangelical Alliance Crusader magazine at the same time. From 1959 onwards he was active in the Pastoral Aid Society which works with churches and leaders to help them share the gospel afresh to each generation.

From there he became archdeacon of Norwich and then suffragan bishop of Thetford in the same diocese between 1981 and 1991. It was during his holidays that he wrote hymns. He started when a friend asked him if he had written any poems that would be suitable for a hymn book he was compiling. His first attempt in 1961 became Lord for the Years which according

Tell out, my soul, the greatness of the Lord!
Unnumbered blessings give my spirit voice;
tender to me the promise of his word –
in God my Saviour shall my heart rejoice.

Tell out, my soul, the greatness of his name!
Make known his might, the deeds his arm has done;
his mercy sure, from age to age the same –
his holy name: the Lord, the Mighty One.

Tell out, my soul, the greatness of his might!
Powers and dominions lay their glory by;
proud hearts and stubborn wills are put to flight,
the hungry fed, the humble lifted high.

Tell out, my soul, the glories of his word!
Firm is his promise, and his mercy sure:
tell out, my soul, the greatness of the Lord
to children's children and for evermore!

to John Betjeman was “one of the very few new hymns really to establish themselves in recent years”. It was based upon the Magnificat from the newly published New English Bible

Timothy Dudley – Smith was a low church evangelical and became vice president of the Evangelical Alliance, and of the Universities and Colleges Christian Fellowship as well as patron and governor of Monkton Combe School. He found time to also write biographies, a book on the process of hymn writing and the “Lion book of Stories of Jesus” which was translated into 12 languages. His hymns can be found in the six anthologies that he published.

When John Baxter was Installed in Capel in 2003 we needed to obtain permission to print the hymns that he had chosen. All the copyright holders responded with a bill, apart from Timothy Dudley – Smith who sent a handwritten letter with the music and words saying he was pleased that his hymn had been chosen and we were free to use and print it for the service.

He retired in 1991 and live in Cambridge where he died. He married June MacDonald in 1959 who died in 2007. They had four children.

Lord, for the years your love has kept and guided,
urged and inspired us, cheered us on our way,
sought us and saved us, pardoned and provided,
Lord of the years, we bring our thanks today.

Lord, for that word, the word of life which fires us,
speaks to our hearts and sets our souls ablaze,
teaches and trains, rebukes us and inspires us,
Lord of the word, receive your people's praise.

Lord, for our land, in this our generation,
spirits oppressed by pleasure, wealth and care;
for young and old, for commonwealth and nation,
Lord of our land, be pleased to hear our prayer.

Lord, for our world; when we disown and doubt
him,
loveless in strength, and comfortless in pain;
hungry and helpless, lost indeed without him,
Lord of the world, we pray that Christ may reign.

Lord, for ourselves; in living power remake us,
self on the cross and Christ upon the throne;
past put behind us, for the future take us,
Lord of our lives, to live for Christ alone.

PRAYERS, PROSE & POEMS

Living Lord Jesus,

We, your Easter People of today, thank You for the Easter People of the Gospel accounts. For the women, who loved You so much that they went to the tomb, early in the morning, while it was still dark. Thank you especially for Mary, who wept, then rejoiced, then ran to tell the others, "I have seen the Lord!"

Thank you for Thomas, who doubted, then devoted his life to You, his Lord and his God; for the disciples who ate breakfast on the beach with You; for Peter, who was forgiven and re-commissioned by You.

Thank You for them and Your witnesses through all generations. Thank you for Your true and living written Word, proclaiming You, our true and living Lord, who lived and died and rose again to offer us forgiveness and life.

Thank you, Lord that because You live, we have hope and assurance, whatever challenges the world might bring.

*Christ has died
Christ is risen
Christ will come again
Hallelujah!*

By Daphne Kitching

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.

Hidden within the Passion story is a glorious illustration of Justification by Faith. The 'Penitent Thief' may or may not have been a thief, but up until his crucifixion he doesn't seem to have been a good guy, he is quoted as saying that he felt that his crucifixion was a 'just punishment' for his deeds. He must have done something pretty bad to have felt that way about one of the cruellest forms of execution ever devised by man's sick mind. But he recognised Jesus as his Lord and put his faith in Him, and Jesus responded by promising him paradise, despite the fact that this thief could do nothing in the way of good works in return!

A Common Thief

I've lived a life of emptiness
A common thief am I;
Of no great use to man or beast
And now I have to die.

They've nailed me to a wooden cross
They took my clothes as well;
The pain and shame is all I have
And soon I'll be in Hell.

But this man nailed next to me
He's done no evil thing!
His innocence is clear to see -
They say He is a King.

There hangs, beyond, another thief
Just hear him swear and curse!
Demanding that He saves us all
He's making all this worse!

"We knew that this would be our fate!
"We've known it all along!
"But have respect for this poor man
"For He's done nothing wrong!"

"O Jesus, when Your Kingdom comes,
"My Lord, remember me!"
He looked at me with tender love,
Responding to my plea:

"The truth of what I say to you
"You'll shortly come to see
"For you will come, this very day
"To Paradise with Me."

I wept upon my painful cross
No thing I had to bring;
But yet He looked upon this wretch
And gave me everything!

By Nigel Beeton

Reflecting Faith: Baptisms and Easter

What time of year were you baptised? For the first few centuries of the Early Church, baptisms were only held at Easter, with the preparation being taught in the few weeks beforehand.

Leo I, Bishop of Rome from 440 to 461 AD, was a strong advocate of holding baptisms solely at Easter.

He wrote: "... for in the baptismal office death ensues through the slaying of sin, and threefold immersion imitates the lying in the tomb three days, and the raising out of the water is like Him that rose again from the tomb."

But, as the years went by and more adults began seeking baptism for their children, the practise changed. The Church was keen to not put any obstacles in the way, and so baptisms became a sacrament to be freely given at any time of the year.

This was especially important because for many years it was mistakenly thought that unbaptised babies should not be buried in a churchyard, and, even more importantly, would not get into heaven.

Thankfully the Church moved away from those wrong positions long ago. Now most of us were baptised when we were very young, often in our first few months of life, at any time of the year.

One thing is certain: baptising a child is not so that God will love them more. It is instead to say that the parents believe in God, and therefore intend to raise the child as part of the family of God.

This month: Have a think about your own Baptism. How old were you? Do you know – if you were a child at the time – why your parents chose that age?

Revd Dr Jo White

An Introduction to the Books of the Old Testament: Proverbs

The Book of Proverbs is an anthology of sayings ('*mishe*') that are generally attributed to Solomon (Proverbs 1:1), who uttered 3000 proverbs (1Kings 4:32). The purpose of these oracles is '*for attaining wisdom and discipline*' (1:2). Solomon was concerned that people, especially the young, would understand '*the sayings and riddles of the wise.*' (1:3-6). His guiding principle is that '*The fear of the Lord is the beginning of knowledge.*' (1:7).

To give an idea of the recurring themes in the book, here are a few examples:

Knowing God: '*The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding*' (9:10).

Guarding Our Speech: '*A word aptly spoken is like apples of gold in settings of silver*' (25:11).

Marital faithfulness: '*May your fountain be blessed and may you rejoice in the wife of your youth*' (5:15-20).

Our Work: '*Go to the ant, you sluggard; consider its ways and be wise!*' (6:6-11).

Dangers of Strong Drink: '*Wine is a mocker and beer a brawler; whoever is led astray by them is not wise*' (20:1).

Justice and Honesty: '*The LORD abhors dishonest scales, but accurate weights are His delight*' (11:1).

Underlying these sayings is a conviction about God's omniscience, '*For a man's ways are in full view of the LORD, and He examines all his paths*' (5:21); providence, '*Many are the plans in a man's heart, but it is the LORD's purpose that prevails*' (19:21) and goodness, '*The LORD is far from the wicked but He hears the prayer of the righteous*' (15:29).

Proverbs reminds us that God is concerned with the way we live today. '*Wisdom is the art of living skilfully in whatever actual conditions we find ourselves*' (Eugene Peterson).

Canon Paul Hardingham

The Intersection of Faith & Politics

Alistair Campbell and Rory Stewart have a podcast called “The Rest is Politics” which is often interesting because they are from different parts of the political spectrum with very different backgrounds. Alistair said to Tony Blair “we don’t do God”, but in this extract from a recent podcast he asks Rory “What role does your faith play in your world view and political thinking?” I found the response fascinating and unexpected.

Rory “I think the truth is that my faith has a kind of centrality and importance in my life which is far bigger than anything else when I allow it to be so. When I actually allow myself to really create the space for God it seems as though it’s the thing that matters most it’s the one thing that gives meaning to life and that without it it’s very difficult to construct meaning and that so much flows from that. Because Christ is somebody whose message, and you Alistair put this sometimes when you say that you think he’s a bit of a lefty or a bit of a socialist, is a way of saying that his social message regardless of whether or not you believe in God or believe in Christ is the purest most challenging noblest vision of what it could mean to be a human. Nobody I think can listen to the message of that man, about what he says about poverty, or what about the way he died, the way he chose to give his life for other people, the extremity of his commitment to loving other people, and not feel that that is the central insight into what it means to live a meaningful human life.”

Alistair “Are you like the our friend, the former archbishop, in believing the basic story you believe in the virgin birth and you believe that Mary is a virgin and he is the son of God you don’t believe that?”

Rory “No, I’m I think one of the interesting things I’ve realised as I’ve become more involved in the church is for the first time I’ve begun to realise why religious wars happen. You begin to realise that you end up disagreeing very strongly with co-religionists. I’m somebody who very much thinks that this whole thing is a very, very deep mystery. That there’s very little that you can say about it that anybody who claims to have seen God, hasn’t seen God, that anybody who claims to know what a miracle is, or what the afterlife is, or what the virgin birth is, is confusing themselves and that this idea of ignorance, this idea of mystery, this idea of radical humility, is very important. I find it very difficult listening to more literal-minded accounts so if somebody, as they did last Sunday, in church wants to talk cheerfully about Jesus walking through walls, or making us be very literal about him turning loaves and fish into a lot, or saying if you’re sick all you need to do is pray to Jesus, and you’ll get better. I get very uncomfortable because I think God is something certainly far beyond me and I think the point about faith is that it can’t be based on certain knowledge, it wouldn’t be faith, I mean if we knew all this, if we’d seen him walk through a wall, if we were certain about what any of these things meant, then there wouldn’t be any need for faith. I’m very early in this whole journey and I’m very aware that my younger self, you know I was a campaigning atheist, would listen to all this and think “This is absolute nonsense this guy’s gone completely mad into some mystical worldview none of this stacks up.” And ditto a Christian listening to me would say “How dare he talk about Christianity when his faith is clearly quite so vague and rocky?” “

Alistair “Because the other thing the archbishop talks about is that there has to be an element of revelation. You have to say nobody’s actually seen God, but actually he would argue that lots of people have seen God in different ways and that’s the moment of revelation, but it sounds like you haven’t had that.”

Rory “Well I think I have had moments of revelation. I mean when I’m doing an 11-day meditation I have moments of revelation. When I’m in the mountains here in Switzerland, I have moments of revelation and I think it’s also true that probably the reality is not that we lack revelation, but that we develop techniques to conceal those moments of revelation from ourselves that we’re very good about denying them and returning to the real world. You know you could say that we’re all jealous of St Paul because he had this vision on the road to Damascus, or you could say actually there are many moments in our lives where we have visions of that sort but unlike St Paul we’re not brave enough, we don’t have enough faith we don’t have enough humility to open up to them, and we find ways of through our pride, or our own minds of denying them.”

Alistair “Okay Rory, I think it’s quite hard to get light after that very interesting confession. Consider yourself blessed and forgiven. and I’ll see you soon.”

Rory “See you soon, Father Alistair.”

Chocolate thoughts and Easter

What can I eat for Easter?

Can't eat beef.....mad cow.
Can't eat chicken..... bird flu.
Can't eat eggs..... Salmonella.
Can't eat pork.....fears that bird flu will infect pigs.
Can't eat fish..... heavy metals in the waters.
Can't eat fruits and veggies..... insecticides and herbicides.
Can't eat potatoes, pasta, bread, rice.....nasty carbs.

Hmmmmmmmm! I believe that leaves.....chocolate.

Sharing the Easter story - with the help of an egg

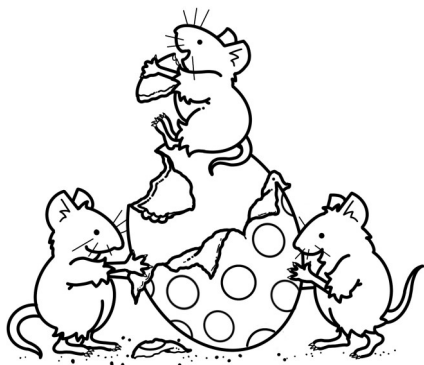
There are 80 million Easter eggs being sold in the UK this year, but The Real Easter Egg is unique.

It is the *only one* which has a copy of the Easter story in the box, is made of Fairtrade chocolate and which supports charitable projects.

There are six types of eggs to choose from. Each Real Easter Egg comes with an Easter story in the box, the stories range from simple guides to 24 page activity book versions. So, buy a 2025 edition Real Easter Egg this Spring, and encourage others to give one to their loved ones, a school or sponsor a food bank donation.

The 2025 Real Easter Egg is not available in any supermarket, but the full range can be ordered at www.realeasteregg.co.uk, or by calling 01925 877004.

The Real Easter Egg is made by The Meaningful Chocolate Company which was 'crowd founded' in 2010 by thousands of churches and church schools which pre-paid for the manufacture of The Real Easter Egg. Since then more than two million eggs have been sold, and £420,000 raised for charitable causes.



Easter chocolate dilemma

364 days of the year we tell our kids: "Do NOT eat anything you find on the ground, or anything from strangers!"

On Easter morning we tell them: "Why don't you go outside and search in the dirt for chocolates that a strange

Guarding the Easter chocolate

Was there a security tag on your Easter egg this year? If so, it wasn't because high street bosses feared the Easter Bunny might take it.

It's that shoplifting has soared to an unprecedented amount. There were more than 20 million shoplifting incidents last year - an average of about *50,000 cases a day*, according to the British Retail Consortium. In all, retailers lost £2.2 billion.

And it seems that shoplifters also like chocolate. Which is why some WH Smith shops have been tagging the Cadbury Mini Eggs, and why some Tesco stores have put Quality Street chocolates under a wire net, to name but a couple of examples.



Chocolate - food of the gods!

Did you know that the botanical name for the cocoa bean is *Theobroma* - which means 'food of the gods'?

Millions of us obviously think chocolate is special - on average, each of us consumes 8.1 kilograms of it a year!

Certainly, chocolate makes us feel better. Some scientists believe that this is due to the chemicals it contains. These trigger the release of endorphins, similar to those we naturally produce when we fall in love.

But nutritionists warn against using chocolate as a pick-me-up, especially in the evening. Chocolate eaten before bedtime can cause your blood glucose levels to plummet during the night, which will disrupt your sleep. Chocolate eaten in quantity every day can lead to mood and energy swings, weight gain and poor immunity. If you have mad cravings for it, you could have a problem with blood sugar, or a deficiency in magnesium, copper, zinc or iron.

But occasional consumption of cocoa can provide medical benefits. Chocolate containing 60 per cent or more cocoa solids is rich in essential trace elements and nutrients such as iron, calcium and potassium, and many vitamins. Cocoa is also the highest natural source of magnesium.

Good as all this may be - most of us enjoy chocolate because of its high sugar and caffeine content. Chocolate simply gives you an instant sugar hit, providing a sudden burst in energy, unfortunately followed by a slump and then the desire for another sugar-fix.



NEWS FROM THE BELFRY

Ringling Meetings

We have two Saturday ringling meetings a month locally, one for each of the ringling groups we belong to and these are a good opportunity to visit other towers and ring with different people. The annual business meetings are both in February and these are always preceded by a ringling session and followed by a ringers tea with sandwiches and plenty of cake to help refuel.

In February we visited Leatherhead church, home tower of our Guildford Guild Leatherhead district. This is a ten bell church which is a good experience for those of us used to six bells. The Southern District meeting of the Surrey Association is also at a ten bell tower later in February, at Reigate. Also in our area, Dorking, Epsom and Bletchingley are towers with ten bells.

There are a number of factors to consider when ringling on ten bells instead of six. There are four more moving ropes to identify when looking to see who you are ringling after which can be confusing at first. The ringling areas tend to be a lot larger making it more difficult to hear instructions from the conductor. The greatest difference is in the timing because the speed at which a bell swings is a matter of mechanics and does not alter to accommodate a different number of bells. Instead the ringers must ring slower to hold up the smaller bells to allow time for all the heavier back bells to turn in sequence. The bells sound quicker because the gaps between the bells has to be smaller to allow the ten bells to turn in the same time that six or eight would take.

1	2	3	4	5	6				
1	2	3	4	5	6	7	8		
1	2	3	4	5	6	7	8	9	10

There are a lot more variations in method ringling possible with a higher numbers of bells, many being a simple extension by adding extra dodges or places and they take longer to ring a course than on six bells, with more leads before the bells come back into rounds.

Bellringing is an enjoyable pastime, open to everyone and probably not what you expect. Come along and be surprised! Anyone interested in finding out more is welcome to come along and have a go, under supervision, or just to watch. Practice nights are at St Margaret's Ockley on Wednesday evenings from 7.45pm to 9pm.

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

With our Christian faith in mind...

The Lord does not shine upon us, except when we take His Word as our light. - *John Calvin*

All other religions are oblique: the founder stands aside and introduces another speaker... Christianity alone is direct speech. - *Soren Kierkegaard*

The New Testament knows nothing of free-lance Christianity. It is the corporate witness of the redeemed fellowship that is used by the Spirit of God. - *Geoffrey King*

Christians would never dream of intentionally running down other people with their cars; then why do we do it with our tongues? - *Doug Barnett*

If you believe what you like in the Gospel, and reject what you like, it is not the Gospel you believe, but yourself. - *St Augustine*

The church should be a community of encouragement. - *Sir Fred Catherwood*

Our God is a missionary God. - *William White*

Evangelism is one beggar telling another beggar where to get bread. - *D T Niles*

With Holy Week in mind...

All the armies that ever marched, and all the navies that ever were built, and all the parliaments that ever sat, and all the kings that ever reigned, put together, have not affected the life of mankind on this earth as powerfully as has that one solitary life. - *James A Francis*

He suffered not as God, but He who suffered was God. *John Owen*

The death of Christ was the most dreadful blow ever given to the empire of darkness. - *William Plumer*

The world cannot bury Christ. The earth is not deep enough for His tomb, the clouds are not wide enough for His winding-sheet. - *E Thomson*

The empty tomb of Christ has been the cradle of the church. - *WR Nicoll*

The Christian Church has the resurrection written all over it. - *E G Robinson*

Christianity is the revelation of God, not the research of man. - *JA Stewart*

Our friends bring us to the grave and leave us there, but God will not. - *Anon*

Miscellaneous observations on life:

In the 60s, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

When a minister rehearses his sermon, is he practising what he preaches?

If walking/cycling is good for your health, our postmen will be immortal.

The fastest land mammal is a toddler who's been asked what's in their mouth.

LETTER FROM THE EDITOR

Dear friends,

You might notice that this edition of Inspire is a bit different. I am normally the proof reader, but this month I have received unpaid promotion to editor (another unpaid position). I have been quite happy in my role of proof reader as in part it is following a family tradition. One of my Grandfathers was a proof reader for a number of national newspapers including the Times. He referred to it as 'Corrector of the Press' and became a member of the Association of Correctors of the Press at a time when you had to pass an examination to join. Not only were they expected to correct what we would call 'typos' now, but they were also expected to check facts and quotations for correctness. Unfortunately, today it appears that papers are published with no proof reading and little or no sub-editing either.

So this is my effort to edit 'Inspire'. I hope that I have done it justice. I now appreciate more fully how much work Suzanne puts into producing 'Inspire' each month. What would be appreciated by both of us is if more people could find the time to write a small article for us. It would make it far easier. It is no easy task, and as with everything, I am now writing this letter whilst up against a deadline of getting it to the printer, collecting and distributing in time for Mothering Sunday.

You will all know that Suzanne sadly lost her mother in February. This was sudden which has made it even worse. There is an article at the bottom of this page from Suzanne.

Hopefully we will be back to normal next month, and I will be able to return to my backroom job.

With my best wishes,

Stuart

inspire@capelandockleychurch.org.uk

A heartfelt thank you to our lovely community

I just wanted to thank our wonderful community in Capel for so much love and support following my Mum, Pat White's sudden death in February. Some of you knew that we had been keen for her to move from Epsom to Capel for some years and she finally did it in November 2023. She was really enjoying her daily walks on her stroller around our recreation ground and bumping into people, particularly if they had dogs with them! Many of you won't have known her by name but she was the lady in the brightly coloured floral jacket that many people commented on! She had thoroughly enjoyed her first Friends Christmas Lunch in December and couldn't believe that the village community could put on such a wonderful event! She enjoyed our Advent and church Lent groups and had really begun to love living in a community and all that it offers. She was so looking forward to another year of watching her garden unfold once more and to continue enjoying the new home she had created. She surprised herself and us by saying that she had never regretted the move and I'm truly sorry that she didn't get to enjoy it for longer than one year. But my sincere thanks to so many of you for helping make my beloved Mum feel so at home here in our wonderful village including all the staff at our doctor's surgery. She was embarrassed that she couldn't remember peoples' names but she did love her chats with so many of you when she was out and about! So, from me to you A BIG thank you for the love and welcome shown to my dear Mum and your kindness to us as a family since her sudden and shocking loss.



Her funeral is on Thursday 10th April. There will be a service of Thanksgiving at St John the Baptist, Capel at 1.00pm. If anyone would like more details, please do get in touch slc@ansford.me.uk Thank you.

Suzanne Cole

High Days & Holy Days in April

- 1 April Fool's Day
- 2 Hugh of Grenoble – the saint who fought corruption
- 3 Richard of Chichester - wanting God more clearly, dearly and nearly
- 5 Vincent Ferrer – preacher with heart for evangelism
- 9 Dietrich Bonhoeffer, Lutheran pastor and martyr
- 10 William Law, spiritual writer
- 12 Zeno of Verona - the more things change....
- 13 Palm Sunday
- 13 Carpus, Papylus and Agathonice – martyrs of the Early Church
- 17 Maundy Thursday
- 18 Good Friday
- 19 Alphege
- 20 Easter Sunday
- 21 Anselm - proved that there is a God
- 23 St George - patron saint who isn't English
- 23 St George of the Golden Legend
- 23 St George and Hiccup and the dragon
- 24 Mellitus, the Saxon pagans, and St Paul's Cathedral
- 25 Mark - disciple, apostle, writer of the second gospel
- 27 Tertullian - fierce firebrand
- 27 Zita - the long-suffering servant girl
- 28 Peter Chanel - missionary and martyr in the South Pacific 1841
- 29 Catherine of Siena - how to survive in a large family

An overview of Passion Week and Easter

The events of Easter took place over a week, traditionally called Passion Week. It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to

betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, *'Father if you are willing, take this cup from me; yet not my will but yours be done'*. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.



3rd April - Richard of Chichester, wanting to see more clearly, dearly and nearly

Ever wonder where the prayer ... *'May I know thee more clearly, love thee more dearly, and follow thee more nearly, day by day'* comes from? Richard of Chichester, a bishop in the 13th century, wrote it.

He began life as Richard de Wych of Droitwich, the son of a yeoman farmer. But Richard was a studious boy, and after helping his father on the farm for several years, refused an advantageous offer of marriage, and instead made his way to Oxford, and later to Paris and Bologna to study canon law.

In 1235 he returned to Oxford, and was soon appointed Chancellor, where he supported Edmund, Archbishop of Canterbury, in his struggles against King Henry III's misuse of Church funds. After further study to become a priest, Richard was in due course made a bishop himself. He was greatly loved. He was charitable and accessible, both stern and merciful to sinners, extraordinarily generous to those stricken by famine, and a brilliant legislator of his diocese. He decreed that the sacraments were to be administered without payment, Mass celebrated in dignified conditions, the clergy to be chaste, to practise residence, and to wear clerical dress. The laity was obliged to attend Mass on Sundays and holy days, and to know by heart the Hail Mary as well as the Lord's Prayer and the Creed.

Richard was also prominent in preaching the Crusade, which he saw as a call to reopen the Holy Land to pilgrims, not as a political expedition. He died at Dover on 3rd April 1253. In art, Richard of Chichester is represented with a chalice at his feet, in memory of his having once dropped the chalice at Mass! One ancient English church is dedicated to him.

And, of course, he is author of that famous prayer, now set to popular music, which runs in full: *"Thanks be to thee, my Lord Jesus Christ for all the benefits thou hast given me, for all the pains and insults which thou hast borne for me. O most merciful redeemer, friend and brother, may I know thee more clearly, love thee more dearly and follow thee more nearly, day by day."*

13th April - Palm Sunday, Jesus at the gates of Jerusalem

Holy Week begins with Palm Sunday, when the Church remembers how Jesus arrived at the gates of Jerusalem just a few days before the Passover was due to be held. He was the Messiah come to His own people in their capital city, and yet He came in humility, riding on a young donkey, not in triumph, riding on a war-horse.

As Jesus entered the city, the crowds gave Him a rapturous welcome, throwing palm fronds into His path. They knew His reputation as a healer, and they welcomed Him. But sadly, the welcome was short-lived and shallow, for Jerusalem would soon reject her Messiah, and put Him to death. On this day churches worldwide will distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.

17th April – Maundy Thursday, time to wash feet

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is '*mandatum novum do vobis*'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together - for the last time. And there Jesus transformed the

Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.

18th April - Good Friday, Jesus and the thieves on the Cross

Luke's account of the crucifixion (Luke 23:32-43) emphasises the mocking of the crowd, '*If you are the king of the Jews, save yourself*' (35,37,39). In their view a Messiah does not hang on a cross and suffer. In considering the two men who were crucified with Jesus, we are also confronted with the issue of how Jesus secures salvation for us.

The words of one of those crucified with Jesus reflected the crowd's taunts: '*Aren't you the Christ? Save yourself and us.*' He highlights the question of Jesus' identity: how can He save others, when He cannot save Himself from death? He failed to see that the cross itself was the means of salvation.

So - what kind of Messiah was Jesus? The other criminal's response in his last moments is a moving expression of faith. When challenging the other man, he spoke of the utter injustice of the crucifixion: '*this man has done nothing wrong.*' He perceived the truth that Jesus was indeed the Messiah. In a wonderful picture of grace, '*remember me when You come into Your kingdom*', the second thief confessed his guilt and secured Jesus' forgiveness and mercy.

In reply, Jesus promised the man life from the moment of death; '*Today you will be with Me in paradise.*' Jesus used the picture of a *walled garden* to help the man understand His promise of protection and security in God's love and acceptance eternally.

Each one of us has to choose how we react to Jesus on the cross. Do we want Him to 'remember' us when He comes into His kingdom, or not? If you were to die tonight, how confident would you be of going to be with Jesus? '*For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God*' (1 Peter 3:18).

19th April – Easter Eve or Holy Saturday

Easter Eve is the last day of Lent. It is the day between Good Friday and Easter Day, and represents the one full day that Jesus was dead. It is a day of quiet reflection and anticipation for Christians worldwide.

In various church traditions it is known as Easter Eve, Holy Saturday, the Great Sabbath, Hallelujah Saturday, Saturday of the Glory, and Black Saturday.

Easter Eve is sometimes incorrectly called Easter Saturday. But Easter Saturday is the Saturday *following* Easter Sunday.

Most churches do not have any services on Easter Eve. In the Catholic Church, the altar remains stripped completely bare. Many Lutheran, Anglican, Methodist, and other churches observe many of the same customs as the Catholic Church; however, their altars may be covered in black instead of being stripped.

In the Catholic, Lutheran, Anglican, and Methodist traditions, Easter Eve lasts until nightfall, after which the Easter Vigil is celebrated, marking the official start of the Easter season.

What did Jesus do on that one full day in the grave? Christian understanding varies on this.

The Roman Catholic, Eastern Orthodox and most mainline Protestant churches teach that Jesus descended to the realm of the dead on Holy Saturday, to save the righteous souls who died before His crucifixion.

The catechism of the Catholic church calls the descent "the last phase of Jesus' messianic mission," during which He "opened heaven's gates for the just who had gone before Him."

Often called "the Harrowing of Hell," the dramatic image of Jesus breaking down the doors of Hades has proved almost irresistible to artists, from the painter Hieronymus Bosch to the poet Dante to countless Eastern Orthodox iconographers.

But some Protestants say there is little scriptural evidence for the detour to hell, and that even Jesus'

own words contradict it. For on Good Friday, Jesus told the Good Thief crucified alongside Him that "today you will be with Me in Paradise," according to Luke's Gospel."

"That's the only clue we have as to what Jesus was doing between death and resurrection," John Piper, a prominent evangelical author and pastor from Minnesota, has said. "I don't think the thief went to hell and that hell is called paradise."

The Bible says little about the interlude between Jesus' death and resurrection. Churches that teach He descended to the realm of the dead usually quote 1 Peter 3:18-20. "Christ was put to death as a human, but made alive by the Spirit," Peter writes. "And it was by the Spirit that He went to preach to the spirits in prison."

The descent might not have become a doctrine if not for a fourth-century bishop named Rufinus, who added that Jesus went *ad inferna* - to hell - in his commentary on the Apostles' Creed. The phrase stuck, but it was officially added to the influential creed only centuries later.

20th April - EASTER, the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah! The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for the first Good Friday: Friday 7th April 30 AD or Friday 3rd April, 33 AD with Easter Day falling two

days later. Modern scholars continue to think these two Fridays to be the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22nd March, which last fell in 1818. The latest is 25th April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from *Eostre*, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month,' but may have confused her with the classical dawn goddesses like *Eos* and *Aurora*, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.

Easter Thoughts in a Churchyard

It's a yearly paradox. You've brought some flowers to the churchyard to lay on the grave of a loved one. All around you are graves and headstones, reminders of the inevitable end of life's earthly journey. But it's Easter Day, and from within the church you can hear the singing: 'Jesus Christ is risen today, Alleluia!' Perhaps then you notice a few other things. You're standing among the fresh daffodils and the grass that's suddenly green and growing again. For a moment you pause and reflect on the reverse of an old saying. In the midst of death - we are in life!

That essentially is what Easter is about - an annual reminder that death is not the end of the story. Cookham, in Berkshire, was once the home of the

great 20th century painter, Stanley Spencer. Perhaps his most famous painting is 'Resurrection in Cookham Churchyard', which depicts local residents - many of them recognisable village characters - rising up out of their graves to be greeted by the risen Jesus, standing in the church porch. It's a glorious, vivid, shocking reminder of a great assertion. The graveyard is not a terminus, but a junction.

The resurrection of Jesus (and hence our resurrections, too) is the defining claim of Christianity. Christians don't follow the teaching of a prophet who died many centuries ago, or of a holy man whose life is an example to follow, excellent as that may be. They put their trust in a Saviour whom they believe is alive and with them now, and they also believe that through Him they too will move through the junction of death to the journey that lies beyond - a journey he talked about to His followers. The annual paradox lies in the inescapable fact of death, indelibly represented by those graves and headstones, and in the equally inescapable fact that - in apparent defiance of all logic - human beings down the ages have clung to the belief that death is not the end.

Every culture has its story of the life beyond - the Elysian fields, Valhalla, Nirvana, Abraham's bosom. But only with the coming of Jesus, and the witnessed events of that first Easter morning, has our instinctive belief been given wings. The paradox is the heart of everything. Death is a fact, but life is greater than death. 'Because I live', said Jesus, 'you will also live'.

Canon David Winter



Remembering Albert Einstein

Seventy years ago this month, on 18th April 1955, Albert Einstein, the German-born theoretical physicist, died. Considered the most influential physicist of the 20th century, he is known especially for developing the special and general theories of relativity.

He formulated possibly the best-known theory in the world – the special theory of relativity (including the iconic equation $E = mc^2$) – in 1905 while working as a technical expert, third class, at the Swiss Patent Office in Bern. He went on to become widely known and admired as a physicist of genius. He died in his local hospital in New Jersey of a haemorrhage, having become an American citizen. He was also a Swiss citizen.

Einstein's family were secular Ashkenazi Jews. He was never convinced that God intervened on a personal level, regarding such an idea as naïve. But he had a firm belief in God as creator and sustainer of the universe.

He had an ongoing and never settled debate with Niels Bohr, the Danish theoretical physicist, about the way the universe was described by quantum mechanics, holding that chance could not be behind it because "God does not play dice".

Einstein was clear that he was not an atheist – more a "religious nonbeliever". He was disappointed in the end by his failure to prove non-randomness and to come up with a unified field theory by including electromagnetism in his geometric theory of gravitation. He did receive the 1921 Nobel Prize in Physics for his theory of the photoelectric effect.

Not long before he died, he wrote in a letter to physicist David Bohm: "If God created the world, His primary concern was certainly not to make its understanding easy for us."

Albert Einstein was married twice and had three children by his first wife, Mileva Marić. He also played violin – hence the subtle reference to him "playing electric violin" in Bob Dylan's *Desolation Row*.

Tim Lenton.

On the first day of the week, in the evening (John 20: 19-23)

Locked in, afraid,
Uncertain, even after Mary's story, even after that
behind closed doors seemed safest,
on the first day of the week,
in the evening.

And then, the world changed.
He was with us!
Suddenly and wonderfully with us.
Jesus, our Lord,
alive and with us
in a new and completing way,
to bless us with His Peace,
to send us out to witness
in the power of His own Spirit breathed into us.

What a day!
The day of our risen Lord.
The first day of the week,
In the evening,
Hallelujah!

By Daphne Kitching

An after-Easter prayer

Don't leave our Lord amidst the lilies
Within a hallowed sphere
Don't praise Him only in your churches
In Easter hymn and prayer...

Keep Him beside you through
The business of ordinary days,
In the common place encounters
Along the humdrum ways.

Our Master told us very simply
What He would have us do....
He taught: "Love one another
Even as I love you."

By Elsie Campbell

God in Music

'In sweet music is such art': the Basilica of St Mark in Venice

In 828 the relics of St Mark the evangelist were seized from their resting place in Alexandria and brought by two adventurers to Venice. The Basilica of St Mark was built to house these relics, and it was this link between the saint and Venice that determined so much of the city's history through the Middle Ages.

Venetians would go to war under the banner of the winged lion, the symbol of St Mark, and through the centuries Venice established its independence, its own system of aristocratic government and commercial supremacy in the Mediterranean. The Basilica of St Mark is a vivid testimony to the grandeur of Venice and this amazing history. James Morris has described the church as descended from Byzantium: "a barbaric building, like a great Mongolian pleasure pavilion or a fortress in Turkestan."

We celebrate St Mark this year on 29th April, (usually 25th) but apart from his Gospel, we know little about the saint's life. He is mentioned by St Peter and St Paul as 'son' and missionary companion. There are many traditions about St Mark: he might be the young man in Gethsemane in chapter 14 of the Gospel, and it is thought that he was martyred in the reign of Trajan. What we do have of St Mark is his Gospel, generally accepted as the earliest of the four to be written. Mark has no infancy narratives and no preparation for the life and ministry of Jesus. Instead, his Gospel begins with the strange, exotic character of St John the Baptist emerging from the wilderness to proclaim the Good News of the Son of God.

In the same way the Basilica of St Mark emerges from the lagoon as strange and as exotic as the Baptist in the Gospel. E V Lucas in 'A Wanderer in Venice' invites the visitor to this church to "let the walls and the floor and the pillars and the ceiling do their own magical work." And the visitor might be lucky enough to hear some of the music of Venetian composers sounding through the basilica. In the 16th century Adrian Willaert wrote music that enhanced the domes and mosaics and ceilings with works for two organs and two choirs sounding out from different parts of the building.



Giovanni Gabrieli, who died in 1612, built upon that tradition. His set of motets, 'Sacrae Symphoniae', were written for the special acoustics of this marbled basilica. He developed the antiphonal sounds of Willaert with glorious, harmonic colours, a boldness of modulation, and a variety of dynamics and timbres. We hear all of that in the motet 'In Ecclesiis,' which is regarded as his masterpiece. The choirs, brass and organ are divided into five groups that would have sounded out around the basilica: 'In churches bless the Lord, in every place bless the Lord, for God is my salvation and my glory. Alleluia.'

As we celebrate St Mark on his feast day, we can think of these threefold proclamations of his Good News: his Gospel, which, in its earthy realism, calls the disciple to follow Jesus wherever He goes; this Basilica that calls us to explore its mystery and marvels; and the music of Gabrieli that calls us to echo God's praises in our own lives.

Revd Michael Burgess

The other Vicar's letter

On why you should never encourage your congregation

The Rectory
St James the Least of All

My dear Nephew Darren

There are times when I indulge you too much; why I ever let you run your course 'Taking Responsibility for your Church' among our congregation, I am now unable to understand. I had hopes that it might encourage a few more people to volunteer for the flower rota, or to give occasional help mowing the churchyard. I even had a vague fantasy that someone might turn detective, and discover who had been eating the chocolate biscuits between Sundays, condemning the rest of us to munch on Rich Tea after Services.

Unfortunately, your course turned out to be inspirational, and it has fired up our members to take on all sorts of new initiatives. Enthusiasm in a congregation can be a very dangerous thing, especially if people start making decisions on their own.

Those who formed a welcoming group are admittedly well-meaning – although it was more than a little traumatic for those coming through the door the next Sunday to be greeted with frenzied handshakes, big toothy smiles, and even hymnbooks. That is unheard of in this church – we always ignore people and leave them to find hymnbooks – if they can.

Naturally, all those offering to take the prayers, produce new Orders of Service and even to give the occasional sermon have been booked on the appropriate training courses. By the time they have been completed, I can only hope they will have gone off the idea.

But it was the group which decided to "beautify" the church who have proved the most tiresome. Hanging the Christmas tree lights round the altar made it look as if I was standing behind a fairground stall, waiting to invite people to throw hoops round teddy bears – although I would have rather enjoyed making winners sit for the rest of the Service holding a polythene bag containing a goldfish.

Our pulpit has also been given a makeover, with the various panels painted in contrasting colours; I am sure the sixteenth century Flemish woodcarvers would be delighted with the result, although the next time any medieval historians come to view it, I shall take the day off – probably travelling abroad.

My dear Darren, your course took the stopper out of the bottle; would you please run another to put it back?

Your loving uncle,

Eustace



*Mary wished she'd never mentioned
Fresh Expressions of Church*

The Wonder and the Sorrow of those PCR Tests

PCR tests were a fact of life for most of us three years ago this month. As a biologist who was doing this procedure long before most people had heard of it, I take secret delight in people's use of the acronym. Let me open the laboratory door and share the wonders it conceals.

That swab that you, or someone else, poked down your throat and up your nose went into a tube containing a little liquid. That liquid was then heated or mixed with a chemical to kill any live virus particles, then purified to get rid of every part of the virus except RNA.

The test was actually RT-PCR, the first step being Reverse Transcription by an enzyme that converted any RNA present into DNA. Multiple copies of that DNA were then made, using the Polymerase Chain Reaction. Reverse transcription produced one half of a DNA helix, like one side of an unzipped zip. The enzyme DNA Polymerase is a little like the zipper, except as well as zipping up, it also manufactures the other half of the zip using DNA subunits that have been added to the tube. This process works because a bit like a zip, the two sides of the DNA helix are mirror images of each other. If that new helix is unzipped, DNA polymerase can then make a new strand on both sides.

The beauty of PCR is in its simplicity. Multiple rounds of heating (which melts the DNA helix strands apart) and cooling (which allows the enzyme to make new DNA) produce more and more mirror-image DNA strands.

Scientists often have stories to tell about the wonders they study, or make use of, in the lab. Sadly, if this particular process worked it meant that there was probably COVID-19 in the sample, and someone might have been about to become quite ill.

Do you live with similar tensions in your own life? Maybe you love taking care of people, but your role only exists because others live with great physical or mental challenges.

For the Psalmists, a relationship with God was forged in the confusing space where the struggles of life mingled with praise for creation and trust in Him. How can we learn from these inspired ancient writers, celebrating the wonders we experience in our day-to-day lives while also lamenting the world's brokenness, praying for healing and justice?

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Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge

London Marathon 2025 – Sunday 27th April

Last year's London Marathon attracted more than 53,000 runners, which made it the world's biggest annual one-day fund-raising event EVER. It also raised a world record-breaking amount of £73.5 million for charities.

The route is 26.2 miles long. Greenwich and Blackheath is the starting point, and then the route takes in Woolwich, Greenwich, Rotherhithe, Bermondsey, Tower Bridge, Limehouse, Canary Wharf, Isle of Dogs, Shadwell, Tower Gateway, Westminster Bridge, Great George Street, Birdcage Walk, Buckingham Palace and finally to the iconic finish line on The Mall.

It is all a far cry from the first London Marathon back in March 1981, when 6,747 people ran, and which did not raise any money specifically for charities.

Quotes

Miscellaneous observations on our life...

People who fly into a rage always make a bad landing. - *Will Rogers*

The world will never starve for want of wonders; but only for want of wonder. - *G K Chesterton*

Material abundance without character is the surest way to destruction. - *Thomas Jefferson*

People will not care what you know until they know that you care. - *Anon*

Charity gives itself rich; covetousness hoards itself poor. - *John Goetsch*

Egotism is obesity of the head. - *Anon*

How amazing it is that we have so few tears these days when there is so much to weep about!
- *Isaac Ababio*

Wars to end wars are an illusion. Wars, more than any other form of human activity, create the conditions which breed more war. - *John Foster Dulles*

Four freedoms: The first is freedom of speech and expression – everywhere in the world. The second is freedom of every person to worship God in his own way, everywhere in the world. The third is freedom from want.... everywhere in the world. The fourth is freedom from fear... anywhere in the world. - *Franklin D Roosevelt*

Which came first, the chicken or the various things that taste like chicken? - *Anon*

At the rate that things are changing, anyone nostalgic for the 'good old days' is yearning for last week. - *Anon*

Easy Sodoku

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

Medium Sodoku

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

Solutions on
page 30

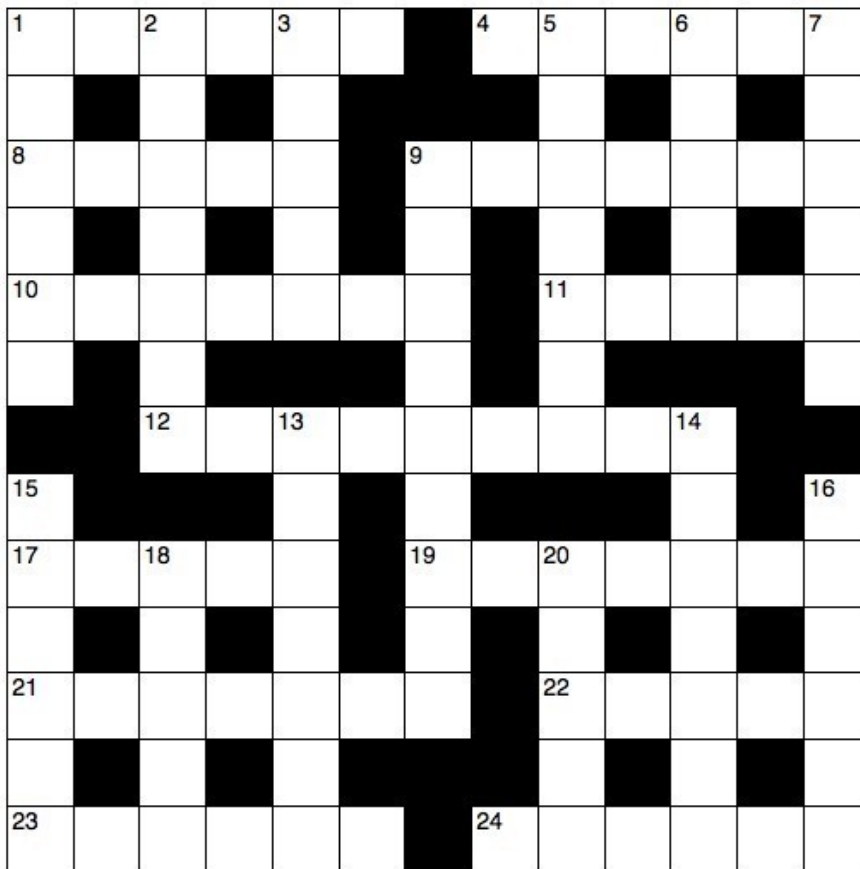
PUZ?LES

Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Genesis 14:16) (9)
- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3-4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)



Puzzle solutions on page 30

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



Puzzle Solutions

CROSSWORD SOLUTION

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

Easy Sodoku solution

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

Medium Sodoku solution

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

10 Easter one-liners

What do you need if your chocolate eggs mysteriously disappear? *An eggsplanation*

What kind of jewellery does the Easter Bunny wear? *14-carrot gold*

What is the Easter Bunny's favourite kind of music? *Hip hop*

What do you call an Easter Bunny wearing a kilt? *Hopscotch*

What do you call a bunny with fleas? *Bugs Bunny*

What do you call a line of rabbits jumping backwards? *A receding hare-line*

How can you tell which rabbits are oldest in a group? *Just look for the gray hares.*

Why do people paint eggs for Easter? *It's easier than trying to wallpaper them!*

What do rabbits say before they eat? *"Lettuce pray."*

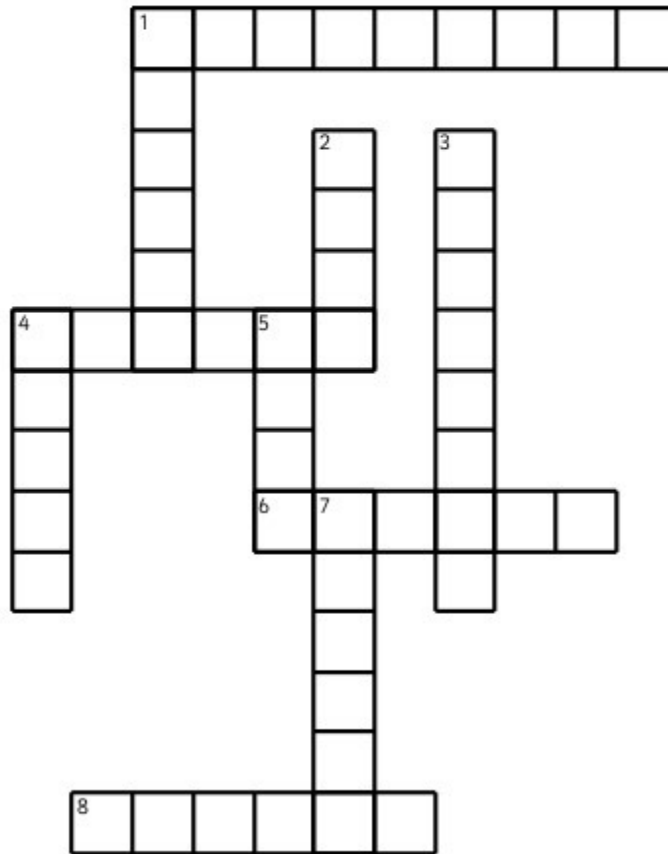
Where does Christmas come before Easter? *The dictionary.*



Easter Crossword



Solve the crossword using the list of words and the clues



- basket
- bonnet
- bunny
- chicks
- chocolate
- daffodil
- eggs
- hunt
- parade
- spring

Across

1. Easter eggs are often made out of this treat!
4. Collect your eggs in this.
6. The season in which Easter is celebrated.
8. You may wear one in the Easter parade.

Down

1. These hatch out of real eggs.
2. You may go on an Easter egg ...
3. Cheerful, yellow spring flower.
4. Will he visit you this year?
5. We give chocolate ones at Easter.
7. Show off your Easter bonnet at one!





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