

St Francis of Assisi see page 7

 New ways of worship
 see page 12

Events at Christ
 Church
 see page 14

The Messenger

http://christ-church-barnstaple.org.uk

October 2019 Christ Church United Reformed Methodist Church

Barnstaple

Come to Sing for your Supper
 see page 6

All are invited to the Community Links Project Gift Day Saturday 12th October!



12th October 2019 10.00am - 2.00pm

ore details

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for

Have a look at our Prayers for October -see page 4

Calendar

October 2019

Thur	3rd	10.15am	- 11.30am Two Bridges Café	
		2.30pm	Ladies Fellowship	- speaker Helen from Grosvenor
Fri	4th	10.30am	Friday Bible Study starts up again	
Sat	5th	10.30am	- 12.30am Theologising Brexit (The N	
Sun	6th	10.30pm	Rev John Kendall	Communion
		6.30pm	Rev Jonathan Froggatt	
Mon	7th	7.15pm	Elders' Meeting	
Tues	8th	10.00am	- 12noon 'Sound it Out'	
Thur	10th	10.15am	- 11.30am Two Bridges Café	
		2.30pm	Ladies Fellowship	- speaer Mrs Marion Banstone
Sat	12th	8.30am	Men's Breakfast	- speaker Lt. Mark Read
		10am	- 2.00pm Gift Day	see page 3 & 5/6
Sun	13th	10.30am	Rev Tony Coates	
		4.30pm	Café Church	
Mon	14th	7.00pm		er retired policeman, Mick Harrison
Tues	15th	2.30pm	Church Friends Meeting	
Thur	17th	10.15am	 - 11.30am Two Bridges Café 	
		2.30pm	Ladies Fellowship	- Rev Tim Sutton
		7.30pm	Thursday Bible Study starts up again	
Fri	18th	7.00pm	'Sing for your supper'	- see page 6
			Last day for contributions to the Nov	ember Messenger
Sun	20th	10.30am	LA Family Service	
		3.00pm	Baby Remembrance Service	- see page 10
		6.30pm	Rev Robert Hurley	Communion
Tues	22nd	10.00am	- 12noon 'Sound it Out'	
Thur	24th	10.15am	Half term - NO Two Bridges Café	
		2.30pm	Ladies Fellowship	- speaker Brenda Farley
Fri	25th	7.30pm	Community Links Project prayer mee	ting in room 4
Sun	27th	10.30am	Rev Don Macalister	
		6.30pm	Rev Robert Hurley	
Mon	28th	7.30pm	Friendship Group	- Braunton Book Club
		7.15pm	Elders' meeting	
Thur	31st	10.15am	- 11.30am Two Bridges Café	
		2.30pm	Ladies Fellowship	- speaker Beverley Bedford

Bible Study - there are four Bible study groups, two in Christ Church Barnstaple on Thursday evening and Friday morning, one in Sticklepath on Thursday lunchtime and one on the third Monday afternoon of the month at the home of Reg & Muriel.

Friday morning Bible Study resumes on Friday 4th October in room 4. **Thursday evening Bible study** resumes on Thursday 17th October in room 4. All are welcome – further details will be in the weekly notices. Contacts:-Third Monday Group - (Sue Macbeth 345445) Sticklepath - Joan Cole - (326348) Thursday evening - Marilyn Tricker (830869) Friday morning – Shirley Baxter (375560)

Dates for your Diary

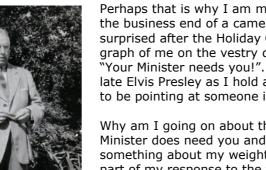
Nov 7th Shoe Box service Nov 16th Winter Fair

Message

Dear Friends,

As we enter the month of October we come once more to that old cliché, Christmas is coming and Donald's getting fat!

It is interesting looking back through old family photographs and seeing just how much I look like my grandfather, Alex Macalister. Although never guite as round as me Alex was undeniably rotund.



Perhaps that is why I am much more comfortable at the business end of a camera and why I was surprised after the Holiday Club to find a photograph of me on the vestry door with the caption "Your Minister needs you!". In it I look a little like a late Elvis Presley as I hold a microphone and seem to be pointing at someone in the audience.

Why am I going on about this? Because your Minister does need you and because I need to do something about my weight and have decided as part of my response to the financial challenge of the Community Links Project to do a sponsored diet. Sponsorship forms will be available in the vestibule and if you would be willing to sponsor me I would be very grateful.

Loosing pounds to raise pounds is one thing but we are also having a Gift Day at the church on Saturday 12th October from 10am to 2pm. There

will be opportunity to pray for the project and, if you are able, to make a financial gift towards the cost. If you are a tax payer gift aid can be claimed for your contribution. Please give your response to this some serious thought and prayer. Tea and coffee will also be available, as well as biscuits (not that I will have any of course!).

Every blessing,

Since the last Messenger we have sent a contribution of £782.46 to Go North Devon and to the North Devon Hospice from the £1564.92 raised so far. Since then the Harvest Souper has contributed a further £247 to our church project a further cheque will be sent at the end of the year

Thank you

Prayers for October

6th October

Lord, like the disciples, I wish you would increase my faith. Help me to see that what I have is already enough. You don't look for miracles from me, but service. And as my faith is worked out in the service of others, so it will grow – quietly, slowly. Amen.

13th October

Lord, let unconditional love be my only agenda. I reach out for the good of my sister or brother, not for anything I may gain from helping them, or even any benefit I may win for your church. Lord, let my mercy and compassion reflect the pure and simple nature of yours. Amen.

20th October

Grant me a voice for justice, Lord, and the courage to use it. May it be persistent and heard above the clamour of the world, not for my own sake, Lord, but for those whose voices are drowned out, and those whose courage falters in the face of life's unfairness. Amen.

27th October

Forgive me for boosting my ego at the expense of someone else, Lord. Help me to be honest about the attributes and achievements to which I can lay claim, for the sake of my self-confidence and worth; but to do it without putting other people down. Let me build bridges rather than barriers, and as you are merciful to me, so may I be to others. Amen.

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?Saturday 19th October,??6pm -10pm at Roundswell Community Centre??£7.50 a ticket to include a ploughman's supper.??Prizes for the winning team!?
Bar, raffle and interval game. Why not bring a team (max 6 persons) along? We can also make up teams on the night if you want to come along but have not got a full team. For details and booking please contact Paula Littlewood on 01271 374419



Community Links- the first stage or why we need to spend £250,000 on our building.

Following on from Reverend Don's outline of the Community Links Project and the exciting vision for our church's outreach (see Messenger September p3) David Wilson answers some questions about the first stage of the project – works to the building fabric:

Why are we spending so much on the building- I thought all the jobs were sorted out in our scheme of 1998?

Our scheme in 1998 very much focused on the rebuilding of the hall and the remodeling of the internal spaces to give us the welcoming and accessible premises we have today. Very little external repairs (save roofing) were included in this scheme over twenty years ago and no stone repairs.

What is included?

The scheme includes works to the South (Bear Street) elevation with replacement of coping stones to the gable high up, replacement of eroded stones, repointing and stone cleaning of this gable. The works also tackles dealing with the settlement of the wall to the right hand side of the East (sealed) doorway where the arch has slipped and a line of settlement can be seen running up the face of the building. To stop the decline the Structural Engineer has proposed a buttress to the side (within the car park) and a strengthening of the wall foundations in this area.

Will the church fall down?

Not immediately! However repairs and deterioration will get slowly worse, and every year that goes by will make the repairs more expensive. Also because of the danger of falling debris we would at some point have to shut the premises.

When can we get rid of the scaffolding in Bear Street?

The scaffolding is to protect pedestrians from falling mortar or stone. It can be removed once we have raised the money and started the works !

Why does it cost so much?

Most of the work is labour intensive and relies on traditional craft skills, and is therefore expensive. The access for working at height safely above the pavement also adds to the cost. At the moment costs are based on estimates and will be refined after competitive tenders are received for the works. There is a healthy contingency built into the figure, and the necessary fees and VAT at 20% of the cost are included.

When can work begin?

We need to make applications to the Methodist Circuit, District and Connexion for support as well as the URC. When we have an idea of the shortfall from this

and our own fundraising including our Gift day, we need to make a raft of applications for grants from Charitable Trusts. With meeting cycles and time to make decisions we are thinking that this will take months rather than weeks.

Will work affect the activities within the building? Will we have to shut for a bit?

We should be able to carry out the works from the outside with occupation of part of the car park only, so that the premises will still be able to be used.

Why spend money on an old building when its only going to need more spending in the future?

Well, good point but the Elders did discuss the hypothetical prospect of selling up and moving to a brand new building. The feeling was that even if such a site or building could be found, it would probably be on an industrial estate or the edge of town, not right at the heart of the community where we are at present. We are also aware of the rich Christian history of the building (from the Bible Christians onwards) and the fact that we are responsible for preserving the investment carried out by faithful members over the years previously. This gives us the responsibility and opportunity to build on and secure their legacy, and to renew our mission for the premises.

David Wilson



ST FRANCIS OF ASSISI

We are fast approaching the time of the feast day of St Francis of Assisi, this is celebrated on 4^{th} October, very near to the time of St Michael and all Angels (29^{th} September) and considered by the Christian church to be a powerful time of reflection and of giving thanks for the abundance of the natural world.

The life and message of St Francis, although he lived 800 years ago, is very relevant to us all in the 21^{st} century.

St Francis was originally christened John, his father was a wealthy cloth merchant and his mother a beautiful French woman. He was born in France and known as Francis (the Frenchman).

As a teenager he was rather a tearaway and lived a hedonistic lifestyle. He did not wish to follow in his father's footsteps as a cloth merchant. Instead he had dreams of himself as a knight, who were the action men of the day. At the time there was war between Assisi and Perugia and Francis eagerly joined the cavalry.

With little military training Francis was soon captured and his wealthy clothing noted. He was imprisoned for a year, whilst a ransom was requested from his father. During his time in prison it is reported that he experienced religious visions, this may have been because he was seriously ill. On his release he heard a voice from God from the bell of the abandoned church of San Damiano in Assisi, instructing him to re-build God's church. This Francis did.

Francis was still expected to earn a living and his father sent him to the market to sell cloth. Francis noted a beggar and gave him a bolt of expensive silk velvet to sell. This led to an altercation with his father and Francis renounced all wealth and his complete inheritance in order to lead the life of a poor man. During his time in prison he had been reflecting on the kind of life he had been living and was already becoming very aware of the needs of the poor. By renouncing his wealth and caring for those who were poor both in financial and in spiritual terms he felt he was leading the life that God had chosen for him.

He founded the monastic order of St Francis and helped to found the women's Order of the Poor Clares. Francis spent much of his time in meditation in the caves and places of nature around Assisi, he lived a simple life, living on the fruits and berries of the earth, so was in fact a Vegan, a way of life which is becoming more widespread. His clothing was simple and unadorned and he possessed only that which was strictly necessary. He had great love and respect for all life, including the animal kingdom.

There has been quite a movement to romanticise Francis, with many paintings of him with birds and animals. Although he undoubtedly had a special connection with the animal kingdom this can detract from the essence of St Francis, which was primarily, love of God and all creation and a special awareness of the needs of the poor.

In these times when many have an over-abundance of food, clothing and goods, it may be well to remember Francis and the simple life and buy only what we truly need. Remembering also to respect God's earth and nature's



Stay and Play & Tuesday coffee now every week







Our Harvest Souper









bounty.

To quote the words of Saint Pope John Paul II 'As a friend of the poor who was loved by God's creatures, St Francis invited all creation – animals, plants, natural forces even Brother Sun and Sister Moon – to give honour and praise to the Lord. The poor man of Assisi gives us striking witness that when we are at peace with God we are better able to devote ourselves to building up that peace with all creation which is inseparable from peace among all peoples'.

I will finish with the words of John Paul II 'It is my hope that the inspiration of Saint Francis will help us to keep ever alive a sense of 'fraternity' with all those good and beautiful things that God has created'.

Dordogne Walnut and Prune Roast

Ingredients

- 8 ounces 200 grms Walnuts
- 4 ounces 100 grms Dried pitted prunes
- 1 onion, plus crushed garlic if desired, chopped and fried until soft
- 1 egg plus a little vegetable stock
- Thick slice of bread, this can be gluten-free

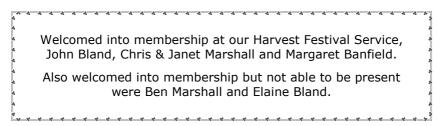
Tablespoon mixed chopped herbs from the garden or tspn dried mixed herbs

<u>Method</u>

Soak the prunes in water or apple juice over night. In a food processor or blender chop the walnuts and slice of bread, add the herbs. Beat the egg with a little stock, add the cooked onion and garlic, seasoning and liquid to the walnut mixture and mix well. Put half the mixture in a well-greased 1lb loaf tin, then add the softened prunes, finally add the second half of the walnut mixture, smooth down and dot with margarine or butter. Cook at Gas Mark 6 or 200°C for about 30 minutes.

<u>Note</u> If you have a Vegan friend to dinner or a guest with an egg allergy omit the egg and add more stock.

With thanks to Jennifer Allen for contributing the story of St Frances and the recipe.



Christmas Shoe Box Appeal

How time flies! Only one month away for our Christmas Shoe Boxes to be completed. It would be appreciated if your completed boxes could be brought in to me before Friday 1st November.

Adrian & June Redfern from International Aid Trust will be collecting our boxes along with many other items from Christ Church, Bear St, on Thursday 7th November. We will meet at the church at 2:00pm, (tea & coffee on arrival) for a 2:30pm start.

If at all possible, please join us on Thursday 7th November. This will be an opportunity for you to meet Adrian & June Redfern who will speak and show us on screen the tremendous work carried out by the charity. You will also see, displayed in the church, all the shoe boxes, knitted garments, blankets, large variety of other items we are able to donate to the charity. Helping to load the transport van is also good fun.

A very sincere 'Thank You' to you all for your generosity and co-operation again this year - it is greatly appreciated.

Sylvia Jones

This service is part of the commemorations for Baby Loss Awareness Week (9th - 15th October). Everyone is very welcome, however old your baby, or how long ago your loss was.

Please bring a single flower to the service with you which will then be made into a display.

For more details please contact Reverend Julie Cartwright on

01271 322 362

Northern Devon Healthcare

followed by refreshments





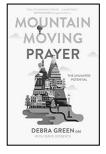
Community Links Project – Prayer Team

The Community Links Project Team is made up of various groups exploring current and possible work with young families, older people and looking to pursue funding for the building project.

A prayer group is working alongside all the above groups to assist the Church and individual church members to pray for the project in a focused way.

At the last prayer meeting in August we were told of an inspirational prayer book "Mountain Moving Prayer", written by an English lady called Debra Green OBE. The book is just under £9. You can review the book online, but if anyone would like a copy please contact Shirley Baxter by the end of the month so that we can buy copies from Good Living in Bideford.

If anyone feels that they would like to join the Prayer Team please contact Shirley Baxter.



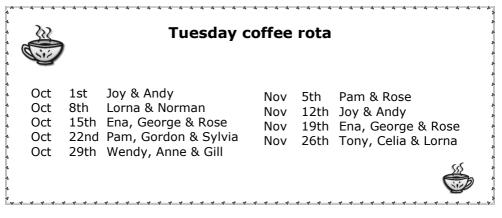
All are welcome to come along to our next prayer meeting, which is on FRIDAY 25^{th} October at 7:30 in Room 4.

Church Friends – The next Church Friends meeting is on TUESDAY (Please note change of day) 15th of October in Room 4 at 2:30pm.

Friday morning Bible Study – The Friday morning Bible Study resumes on the 4th October at 10:30 in Room 4.

This is a very friendly group and we would be very happy to welcome new members.

Shirley B.



Young Families Work

As I write, we are busy preparing for Barnstaple Carnival. There has been much excitement! We have an entry as 'Noah's Ark' with 'Samba Surprise'. Taking part in the children's procession will be Noah, 2 tigers, 2 giraffes, 2 leopards, 2 reindeers, 2 sheep, 2 camels, 2 bears, 2 wolves and 2 dancing donkeys!

Our intergenerational Tuesday coffee mornings now include 'Stay and Play' each week (previously fortnightly). We look forward to this growing, as more young families find out about it.

Our Creation Café Church was much enjoyed with biscuits being decorated in the 'night and day' theme with Eff and Joan, Zentangle art with Carol and animal masks being prepared with Mary and Sandy. Shirley and Jo led a Samba music workshop. The next Café Church is on Sunday 13th October at 4:30pm with the theme of Harvest and the 'Parable of the Sower'.

Love and Prayers, Jo



Christ Church young people at Barnstaple Carnival- a Noah's Ar theme-**First Prize** winners!

Barnstaple Fair Carnival

CHILDREN'S CLASS 4

FIRST PRIZE

Christ Church

Photograph by kind remission of Andy Casey Photography-

Church

EVENTS

The Winter Fair will soon be upon us (see poster).

To make things easier for people, as we have done in previous years, we invite people to bring items into church on the Sunday dates as listed below.

Sunday 20th October Books, Christmas Gifts and Christmas decorations.

Sunday 27th October Good quality Bric a Brac. Good quality unwanted gifts.

Sunday 3rd November Toiletries and knitted goods.

Sunday 10th November Tins, jams and kitchen items.

Stalls will be set up on Friday 15th November, between 5-6.30pm, so this will be your last chance to hand things in.

Coffee Mornings

We are looking forward to next summer and we are asking if there is anyone in our Church Family who would like to hold a coffee morning at their house or garden. Please speak to Jack Neville or Joy Morley if you can.

Andy Morley (Secretary Events Committee)



Our family matters Christ Church Family News

There are many of our church family on the sick list and some house-bound. Some are named in the Prayer Book, which is kept in the vestry and used at prayer meetings, but may not always be used in Sunday services while we consider the implications of new legislation around data protection.

If you would like your name to be added to the list in the Prayer Book, please speak to the duty elder on a Sunday, and indicate whether or not you would like to be included in congregational prayers in the Sunday service.



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where/who /wh	27th Octobe	Elaine Stevens	,	Gordon Pearce			Ronnie Wilson Eff Poole
w/where /who/when	20th October	Nicola Wilkins	George Hopkins	David Wilson	Gill Greenland	E Contraction	Elaine Stevens Shirley Baxter
hen/where/who/whe	13th October	Joy Morley	Celia Huxtable	Andy Morley	6		Ian Allen - Mywymymyaym
huten/uthere/who/us	6th October	Gill Tucker	Gill Greenland	Kathy Jeacock	Gordon & Pam Pearce	Jack Neville Elaine Stevens Reg Symons Norman Tucker	Jack Neville Alison Cairns
s/who/whene/whene/whene/whene/whene/whene/who/whene/who/whene/who/whene/who/whene/ s	SUNDAY ROTAS	Coffee	Flowers	Projector	Preparing Communion Morning 1st Sunday Evening 3rd Sunday	Serving Communion	Vestry Steward Dack Neville Ian Allen Elaine Stevens Ronnie Wilson Eff Poole Elaine Stevens Ronnie Wilson Eff Poole Alison Cairns - Shirley Baxter Eff Poole Am/ analm/waym/angm/ analm/waym/angm/analm/waym/angm/angm/angm/angm/angm/angm/angm/ang

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🕇 SUNDAY ROTAS 3rd November 10th November 17th November 24th November 🦉	3rd November	10th November	17th November	24th November
Coffee	Sally Blackmore	Muriel Symons	Elaine Stevens	Pauline Dawson
Flowers	ı	Pauline Dawson	Joy Morley	·
Projector	Jack Neville	Kathy Jeacock	Andy Morley	David Wilson
Preparing Communion Morning 1st Sunday Evening 3rd Sunday	Gordon & Pam Pearce		Shirley Baxter	
Serving Communion	Gill Greenland Ian Allen David Wilson Mary Ruhleman			
Vestry Steward O Morning Gill Greenland Elaine Stevens Liz Seymour Ian Allen Anthea Coates - Jenny Newman Sylvia Jones evening - Jenny Newman Sylvia Jones evening - Jenny Newman Sylvia Jones	Gill Greenland Anthea Coates	Elaine Stevens - -	Liz Seymour Jenny Newman	Ian Allen Sylvia Jones

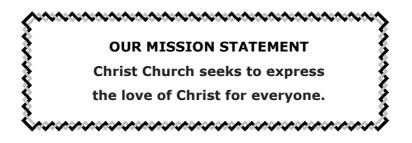
Monday	
7.30pm	Friendship group (2nd & 4th Mondays of each month)
	contact Rose de la Cour tel 830824
Tuesday	
9.30am - 12.00 noon	Coffee morning
9.30am	Prayer meeting (except the last Tuesday of each month)
10.30am	Holy Communion (last Tuesday of each month)
5.30pm - 7.00pm	Brownies contact Heather Collins 07803841000
5.30pm 6.30pm	Rainbows contact Nicola Wilkins
7.00pm - 8.30pm	Guides tel 07813620615 or 01271377154
Wednesday	
1.30pm - 3.00pm	Parents & Toddlers f contact Jo Grant 07450582414
Thursday)
2.30pm	Ladies Fellowship contact Sylvia Jones tel 346607
7.30pm	Bible Study contact Shirley Baxter tel 375560
Friday 10.00am - 12.00 noon	Hobnob coffee morning
10.30am	Bible Study contact Shirley Baxter tel 375560
Saturday	2nd Saturday of each month - circuit event
8.30am	Men's Breakfast contact Mike Smith tel 345019

All at Christ Church Barnstaple are committed to the following Safeguarding Principles:

- * the care and nurture of, and respectful pastoral ministry with, all children, young people and all adults.
- * the safeguarding and protection of all children, young people and adults when they are vulnerable.
- the establishing of safe, caring communities which provide a loving environment where there is informed vigilance as to the dangers of abuse. (Methodist Safeguarding Guidelines, online: www.methodist.org.uk)

	Sund	ay Offertory for August	2019
		Cash	Envelopes
August	4th	£	£
	11th	£	£
	18th	£	£
	25th	£	£

An increasing number of people are donating money direct to the Church account by standing order. Currently this offertory is \pounds per month. *If you are a tax payer* and would like the church to claim back the tax on your giving or if you change your address or other details, please contact Judith Smith on 01271 345019 or speak to a serving elder - Thank you.



If you are visiting Christ Church today we extend a warm welcome. Please take a Messenger home with our good wishes.

Christ Church Minister Rev Don Macalister 8 Kestrel Way, Westacott Barnstaple EX32 8QN

tel. 01271 345313 dasmacalister@icloud.com

Young families worker Jo Grant

jogrant-christchurch@outlook.com tel 07450 582414

Elders

Ian Allen	Kathy Jeacock (treas)	Liz Seymour
Shirley Baxter	Sylvia Jones	Elaine Stevens (sec)
Alison Cairns	Jack Neville	Ronnie Wilson
Anthea Coates	Jenny Newman	
Gill Greenland	Eff Poole	

Telephone Directory (01271)

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Church Treasurer Room Bookings	373555 374085
Circuit Administrators	379116

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Email contact to s	site webr	naster@christ-church-barnstaple.org.uk

Welcome to membership of Christ Church!

Welcomed to membership at our Harvest Festival Service, Margaret Banfield , Chris & Janet Marshall and John Bland

Also welcomed into membership but not able to be present were Ben Marshall and Elaine Bland

Sorry you are leaving!

The Bowls club are moving to Barnstaple Baptist Church.