

FEBRUARY 2020

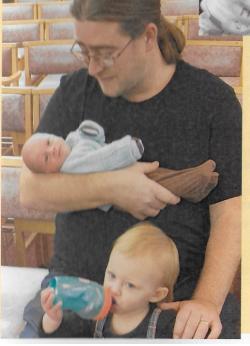
Methodist/United Reformed Church

Barnstaple

www: http://christ-churchbarnstaple.org.uk

- ♦ Light is fascinating see page 3
- ♦ World Day of Prayer service Friday 6th March 2.30pm -see page 5
- News from Kira Farm -see page 7
- ♦ Thank you Elaine -see Page 12







Calendar

February 2020

Sun	2nd	10.30pm	Rev Don Macalister	Communion	
		6.30pm	Rev Robert Hurley		
Mon	3rd	7.15pm	Elders' meeting		
Thur	6th	10.15am	- 11.30am Two Bridges Café		
		2.30pm	Ladies Fellowship	- speaker Teresa Lovering	
Sat	8th	8.30am	Men's Breakfast	- speaker Chris Marshall	
Sun	9th	10.30am			
		4.30pm	Café Church		
Mon	10th	7.30pm	Friendship Group	- Talking Newspapers, Andy Shiner	
Tues	11th	10.00am	- 12noon 'Sound it Out'		
Thur	13th	10.15am	- 11.30am Two Bridges Café		
		2.30pm	Ladies Fellowship	- speaker Isabel Manning	
Fri	14th		Last day for contributions to the	he March Messenger	
Sun	16th	10.30am	Rev Don Macalister - Family S	ervice	
		6.30pm	Rev Jonathan Froggatt	Communion	
Thur	20th		No Two Bridges Café - half ter	m	
		2.30pm	Ladies Fellowship	- speaker Mavis Sutton	
Sun	23rd	10.30am	Rev Don Macalister		
		6.30pm			
Mon	24th	7.30pm	Friendship Group	- Braddicks Family History, Sharon Snell	
Tues	25th	10.00am	- 12noon 'Sound it Out'		
Wed	26th	7.00pm	Ash Wednesday service		
Thur	27th	10.15am			
		2.30pm	Ladies Fellowship	- speaker Rev Stuart Innals	
Sat	29th		Safeguarding Advanced Modul	e Training	

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. Please check when the group restarts, after a winter break, with the appropriate contact.

Contacts:-

Third Monday Group - (Sue Macbeth 345445) Thursday at Sticklepath - Joan Cole - (326348) Thursday evening - Marilyn Tricker (830869) Friday morning - Shirley Baxter (375560)

Dates for your diary

March Friday 6th World Day of Prayer - all welcome, see page 5

Friday 20th Mayor's concert

Saturday 28th Elders' Day at Croyde Bay Resort. This is a URC Synod event

which will include discussion and worship—more details to follow.

April Saturday 4th Harmony Choir and Band concert.

Saturday 25th Church Quiz

May Friday 15th Barnstaple Concert Band

Saturday 16th Coffee Morning for Christian Aid

Message

Dear Friends

Light is fascinating. Great painters spend their lives trying to capture in two dimensions the essence of what light reveals in a multi dimensional world. Shadows used to bring out the shapes and colours and lines used to bring out a sense of time, of the vibrancy of youth or the subtlety of age.

Using special filters on my camera I've always enjoyed experimenting with light, and especially infrared light. I've been amazed by the different view of the world infrared photography produces. Dark trees against a bright blue sky become almost brilliant white against a black sky as the leaves reflect the infrared light, a light invisible to human sight.

It reminded me of W. Chalmers Smith's hymn which begins with the words "Immortal, invisible, God only wise, in light inaccessible hid from our eyes". Beyond our sight is a world of light revealing aspects of nature we couldn't imagine. As we enter Lent at the end of this month and begin our journey towards the darkness of Good Friday and then the light of Easter Day perhaps we will be reminded by God once more that the way we see things is seldom the full picture.

The last verse of the hymn says "Great Father of glory: O help us to see 'tis only the splendour of light hideth thee. And so let thy glory, Almighty, impart, through Christ in the story, thy Christ to the heart."

The point of this last verse is that the blinding wonder of God isn't simply invisible to us, beyond our seeing and understanding, but is only truly revealed to us in meaningful and understandable ways through Christ. As a keen photographer it's almost as though Christ is the filter through which we are at last able to see God.

As we focus on Christ may we see God's love for us, bringing light to the dark places of our lives, bringing life.

Grace and peace,



Prayers for February

Feb 2nd

Loving God, so often I feel like the weakest link – at home, at church, at work.

Others seem so strong, so sure, so wise.

Thank you for the gift of Scripture that draws me back to you – to your strength, your wisdom, your truth – and renews my confidence and gladdens my heart.

Amen.

Feb 9th

Holy Spirit, you know me through and through.
Help me to know myself better – my strengths and my weaknesses;
my gifts and my frailties; my passions and my prejudices –
that I may better serve you and those around me,
better pray for my church and my community,
and better witness to your power and your glory.
Amen.

Feb 16th

Loving God, there have been many seeds planted in the garden of my life. Some have died, some have flourished. Some have brought joy, some pain. Some I have cherished, and some I have neglected. Some I have valued, and some I have taken for granted.

As I look back, and as I go forward, may I learn from mistakes and embrace new challenges – to your glory.

Amen.

Feb 23rd

God of my life's journey, of the ups and downs, of the highs and the lows: when my footsteps take me to the mountain tops, may I immerse myself in your mystery, and turn my face towards your glory, so that when the valley calls and my world goes dark, I may be enabled to dig deep and call upon the richness of that encounter and stay strong, even through doubt and fear and aching.

Amen.

Announced on Sunday 19th January

The Methodist Connexion has decided to move Rev Robert Hurley to the Borders Mission Circuit, serving the area along the Nottinghamshire/ Derbyshire border, where he will be the Circuit Superintendent. He will be taking up the post from this September.

We wish you well but needless to say you will be greatly missed by the Ilfracombe and Barnstaple Circuit!

World Day of Prayer Service 2.30 pm Friday 6th March Christ Church Barnstaple

This year the service has been prepared by women of Zimbabwe

All are welcome

As Christ Church is the host church this year, we need to provide afternoon tea at the end of the service. I would be grateful for offers of food for this, sandwiches, cakes etc. I also hope that we will be well represented as the host church.

Eff Poole



Lent groups.

For details of Lent groups and course titles, watch the Sunday notices, or ring the Bible Study contacts on page 2.

If anyone would like to organise an additional Lent group (five or six sessions) following Ash Wednesday (Feb. 26th), do contact Rev. Marilyn for details.

Events Committee.

As you are aware the Winter Fayre, held in November, was a great success. Our next event will be the Church Quiz which, with the help of our multitalented quizmaster Dave Stephens, will be held on Saturday 25th April. In addition, we hope to run our usual coffee mornings and afternoon teas throughout the summer – so, if you have a suitable venue and the time to spare please approach one of our committee members.

Sadly, we are a little short staffed at the moment with the sudden passing of our Secretary, Andy. He faithfully served this committee for the last 29 years and his contribution was a significant one in terms of organisation, participation and merriment. On behalf of myself and the team I would like to praise him for all his hard work and wonderful service over the years. Thank you, my friend.

CHURCH FLOWERS

Thank you everyone for providing flowers many occasions. Your contribution is

If you would like to give a flowers, maybe for to you, do please Flower Rota in the Also if you are able one up, please speak to Gill Greenland.

for Christ Church on so greatly appreciated. donation or arrange a specific Sunday special add your name to the 2020 vestibule.



Tuesday coffee rota

Feb Feb	11th 18th	Wendy, Anne & Gill Pam & Rose Joy & An Other Ena, George & Rose	Mar Mar Mar	10th 17th 24th	Tony, Celia & Lorna Pam, Gordon & Sylv Wendy, Anne & Gill Pam & Rose	ia
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Prossy Nakabira

You may remember that we sponsored a Kira Farm trainee in 2018 - a young woman called Prossy. It is the custom of Amigos to send a report a year later to find out how well that person is doing after leaving. We followed Prossy's progress over her year at Kira Farm, and through her regular letters heard how joyfully she made the most of every opportunity learning as many skills as she could to

assist her when she returned home. Here she is a year later continuing to show herself as a person of great fortitude and determination and here certainly, of courage. Kira Farm undoubtedly through all that she learnt, gave her the opportunity of freedom and a new life.

For Prossy to have the opportunity to come to Kira was literally to open a door to freedom says this 18 year old tailor, hairdresser and aspiring Farmer.

Joshua who manages Kira Farm hasn't been able to meet up with Prossy in person since leaving Kira, but he's been in constant contact via the phone with support and encouragement.

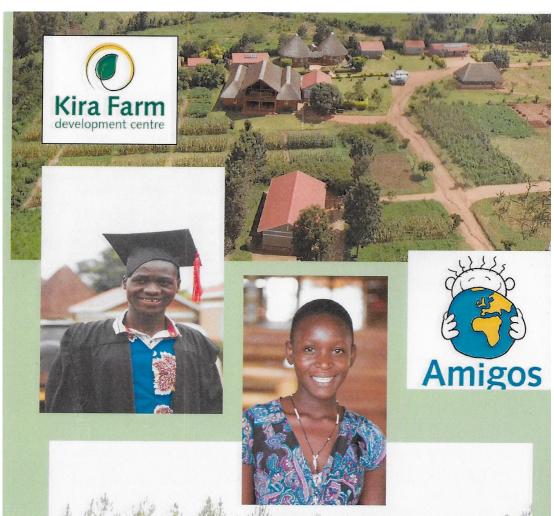
Prossy said when she was interviewed at Kira in January that she lived with her mum. This wasn't actually the case. Her mum remarried and the new husband wouldn't let Prossy live with them, so she was sent to live with her auntie.

Prossy's auntie gave her a roof over her head, but in reality Prossy became her slave doing all the housework, sometimes even being denied food. Whenever anyone visited the house and suggested they would like to help Prossy, the auntie would quickly make excuses, saying she was about to pay for Prossy to go back to school, but never did.

Prossy felt there was nowhere to go after leaving Kira, so she went back home to her auntie and suggested she could use her newly gained Kira skills to help pay for her keep. The auntie wasn't at all happy, so in spite she increased Prossy's workload even more.

For Prossy coming to Kira was literally an open a door to freedom. Prossy knew this life of slavery was no longer for her after the transformation she had gone through at Kira Farm, so last December she prayed and hatched a plan.

Prossy used some of her free time to braid local lady's hair over Christmas making £40 profit. She contacted some of her relatives who





she knew lived in Masaka asking them if she could come and stay for a while. Thankfully God answered Prossy's prayers and they welcomed her with open arms. She used the money she'd made from her hair braiding business and jumped on the next bus to Masaka.

Prossy is now happily settled in Masaka teaching her relatives Farming God's Way as well as growing her tailoring and hairdressing business. Prossy is earning $\pounds 60$ a month, but with her businesses growing day by day, and with her savings she's planning to buy a plot of land in the next couple of years.

Prossy is extremely thankful to Christ Church for affording her the opportunity to attend Kira Farm and the freedom it's brought to her life.

News from Kira Farm - Francisco's Farewell

Sadly and happily we have now said farewell to Francisco. He has completed his year on Kira Farm and now returned home to his family. As he himself says in the following letters, he has left with mixed emotions. He has been a great correspondent telling us of all he has learnt and experienced over the year and also of his feelings. He has acquired much knowledge and many skills which he now has a burning desire to pass on to others, and which I am sure he will do very competently. We shall miss his descriptive and cheery updates, but send him on his way with lots of love and prayers and many blessings for 2020 and the years to come.

His last two letters to us follow. The feelings and the gratitude they express emphasise the absolute value of the work of Amigos, how much it achieves – how worthwhile and life-changing for the students.

What a joy hearing from you, please know I have also enjoyed giving you my monthly updates and I am thrilled to know that my updates have been a blessing to your church. Please know that the smiling face you have enjoyed seeing is all because of the hope I have received through this training. If you did not bless me with this opportunity, I do not think I would have ever been this happy. Yes I will be home before Christmas and I am left with a few weeks to going home. At the moment I am planning out on how I am going to settle into my new life, but I feel so blessed that there is a lot that I can do for myself now.

Please know you have not only blessed me but you have made me a blessing to my community because as I plan to going home, I plan on training my community better farming practices and possibly employing and training youths the different skills I have got on Kira.

I love you so much. I will be sending you my last email as I leave for home, but although we do not have internet in my village to keep the communication going, I am told Amigos lovely staff will be visiting me and possibly they will send a report back to you.

And his last email sent in December of last year after his graduation...

Greetings of joy from Kira Farm, it is hard to believe that I have come to the end of my stay on Kira. I have enjoyed sharing this life-changing journey with you through our communications.

Thanks a lot for your support and love. You have given me an opportunity that I will live to cherish.

It is a bit of mixed emotions at the moment, part of me is sad and scared for restarting a new life and part of me is so joyful because I feel I have been equipped with all the knowledge and support that I need to face life at home.

We have just had our graduation day. It has been full of joy for what we have achieved and messages of encouragements from our trainers.

I promise you that this is not going to be the last time you are going to hear from me. I am fired up to bring a positive change in my life and my community and you will not miss the news when it reaches Kira Farm.

May God richly bless you for supporting my training through Kira.

I wish you a Merry Christmas and a happy new year.

Francisco

CANDLEMASS

Candlemass is celebrated on 2^{nd} February each year. It is a Christian celebration and is also known as the Feast of the Presentation of Jesus Christ and the Purification of the Blessed Virgin Mary. The Feast is based on the account of the Presentation of Jesus in the Temple, Luke 2:v22-40. It falls on the 40^{th} day after Christmas. In the West it is customary for most Christians to remove their decorations on 12^{th} night (5^{th} January) in the Eastern tradition many keep their decorations until Candlemass which is considered to be the end of the Christmas season.

In Jewish tradition the first-born male is to be consecrated to the Lord. When Joseph and Mary went to Jerusalem to present him to the Lord and offer a sacrifice, they were met by Simeon who was righteous and devout. It had been revealed to him by the Holy Spirit that he would not die until he had seen the Lord's Christ. When he went into the Temple and took the child in

his arms he realised that he was looking upon the Christ, as promised by the Lord. He then sang a song of joy that God's servant could now depart in peace. This is known as Nunc Dimittis or the Canticle of Simeon.

Nowadays many Roman Catholic, Anglican, Methodist and some other denominations celebrate Candlemass by holding a service whereby the congregation are given a lighted candle and thanks is given for Jesus the Light of the World (the spiritual Sun) and for the Sun's return to earth after the dark days. At one time a year's worth of candles were brought to the service to be blessed, although I believe that custom has fallen out of favour.

Many communities in France and Belgium enjoy a pancake on 2nd February, the golden disc of deliciousness representing the physical Sun.

Music to Listen to on Candlemass - Richard Strauss *Thus Spoke Zarathustra* or Handel *Shine out Great Sun*

Jennifer Allen

SUSHINE BARS

INGREDIENTS

100 gms 4 ounces Tropical Medley or dried fruit of choice

100 gms 4 ounces oats

50 gms 2 ounces rice krispies

85 gms 31/2 ounces desiccated coconut

50 gms 2 ounces nuts

50 gms 2 ounces seeds such as pumpkin, sunflower, sesame

100 gms 4 ounces dark brown sugar

125 ml 5 ounces golden syrup

100 gms 4 ounces butter

METHOD

Chop or whiz in a processor the dried fruit, nuts and seeds (the nuts and seeds can be lightly toasted in a frying pan if desired).

Tip the oats, coconut, cereal and chopped fruit and nuts into a large bowl. Melt the sugar, syrup and butter gently. Quickly add to the dry mixture and work until all is incorporated.

Tip into a prepared tin approximately $20\text{cms} \times 30\text{cms}$ (8" x 12"). If you wish for deeper sunshine bars use a $20\text{cms} \times 20\text{cms}$ (8" x 8"). Cook in a preheated oven160°, or gas Mark 4, for about 30 minutes, the small tin will take a little longer. Remove from oven when golden brown. Mark with a knife but do not remove from tin until cold.

NOTE It is quite simple for this recipe to be gluten-free and vegan, just make sure to use vegan margarine and gluten-free oats and krispies.



Thank You Elaine

At the church meeting held on Sunday 19th January, our grateful thanks were expressed to Elaine for the years she has served Christ Church as secretary. Thanks too for continuing to serve as an elder. Also thanks to Ian Allen, Gill Greenland and Ronnie Wilson for years spent as serving elders, and for their continued support of Christ Church in so many ways.

Welcome to our three new elders, elected at the church meeting, Staveley Dawson, Chris Marshall and Janet Marshall and welcome back to the four elders re-elected.

Young Families Work

A huge thank you to everyone who helped to make all the children's events and services leading up to Christmas and New Year's Eve such a success. The teamwork, willing help and support at Christ Church is truly amazing and very much appreciated.

Both Café Church and the Tuesday Stay and Play have been growing in numbers recently. New families have been welcomed and it's been particularly good to see that some families bring all three generations to Café Church. January's Café Church focused on 'Hope and Joy' and we enjoyed Marilyn's re-telling of Isaiah 35 using puppets and props.

We are looking forward to X-Site for 7-11year olds on Saturday 15th February and also to Open the Book training for the Barnstaple area at the end of March.

It's been a sad time due recently to the passing of Andy Morley and Shirley Punt. Andy Morley was a great support as part of the Young Families Management team and Shirley Punt helped at many of the children's activities in church. Their contributions were always highly valued and we miss them both very much. We will continue to remember and learn from their wise words and kind actions.

May the peace of our loving Father God be with you, Jo

Parents and Toddlers 2019

Some days God grants you as a personal gift when all goes well and everyone shares a happy time. Such a day was given to everyone for the Christmas 2019 Parents and Toddlers' Outing. We visited Worlds of Wonder at Affinity Devon.

The weather was sunny with a wintery frost which was good for travel. The staff at Worlds of Wonder were most welcoming and had set aside a whole area by the Christmas tree so that we could be together. It was evident from the children's faces that they were having great fun in the soft play areas. All had a good appetite for a delicious sandwich lunch and there was plenty of choice from the menu for the adults. Before it was time to return to Barnstaple, each child was given a carefully chosen and beautifully wrapped present and we raised the roof with a Christmas sing-a-long.

















Thank you very much to all the Parents and Toddlers team, with a special appreciation to Joy who made sure the event ran smoothly.

Parents and Toddlers rounded off Autumn Term 2019 with their Nativity Play and Christmas party. This was a lively afternoon when all our families were made welcome. Deacon Joan told the story of the first Christmas while we all had the opportunity to play a part of our choosing, following one of the Grandads as 'yonder star'. A special atmosphere was added to our play with live music from Chris and Shirley Punt. Again all the team ensured that we had a great time and special appreciation was given to Shirley who organised our party games and 'sing-a-long'.

From Isabella and Grandma Maureen.

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.

Sadly, as most of you will know, we record the recent deaths of four members of our congregation. Eve Elliott, Andy Morley, Shirley Punt and Brian Scott. We all miss them and our thoughts and prayers are with their families and friends. A huge loss to us all.

On a much happier note we welcome the safe arrival of a granddaughter, Riley, for Don and Eddy. Congratulations to Laura and Kev, the proud parents.

We also welcomed Rod and Paula Littlewood into membership of Christ Church at our Covenant Service in January.

As co-ordinator of the teas for these services, I would like to thank all those who kindly gave food or donations towards the two buffets. I am sorry I cannot remember to thank everyone personally, but I appreciated all the contributions which helped to make a good spread for those attending the thanksgivings.

A big "thank you" to all who helped in any way with the preparation and serving of the buffets, and also with the clearing up afterwards! It was a good example of Christ Church team work.

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the
clearing
team

Eff Poole



At the church meeting on Sunday 19th January, Liz Seymour explained to us the intention of trying to become a more 'environmentally friendly church'. The Eco Church project is one that encourages a church to look at all areas of church life.

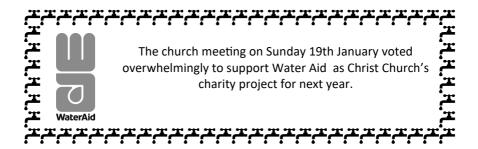
Churches complete the Eco Survey about how they are caring for God's earth in different areas of their life and work. The answers a church provides will collect points towards an Eco Church Award – the more your church does, the more points you get!

If your score doesn't gain you an Eco Church Award straight away don't worry – the idea is to complete further actions in order to gain the points necessary for an Award. For example, you can switch to a green energy company or start using Fairtrade tea and coffee supplies to gain Eco Church Award points.

The survey takes you through five key areas of church life:

- Worship and teaching
- Management of church buildings
- Management of church land
- Community and global engagement
- Lifestyle

We are currently on track to reach the level of Bronze Award, but clearly there is more that we need to think about as bronze requires us to achieve 25% of what is possible. (I won't say 'only 25%' as it is quite an achievement! - Have a look at the website, there are some leaflets in the vestibule.) Thank you Liz for highlighting this for us, and doing the research.



/Who/when/where/Who/when/when/when/when/when/when/where &							
Elaine Stevens	ı	David Wilson			Elaine Stevens Shirley Baxter //aaalm/mam/ay		
Celia Huxtable	-	Kathy Jeacock	Elaine Stevens		Liz Seymour Alison Cairns Jaanm/Marm/oum		
Joy Morley	Pauline Dawson	Jack Neville	Q.		Ronnie Wilson		
Gill Tucker	George Hopkins	Gordon Pearce	Gordon & Pam Pearce	Gill Greenland Ronnie Wilson Norman Tucker David Wilson	Gill Greenland Jenny Newman		
Coffee	Flowers (Projector	Preparing Communion Morning 1st Sunday Evening 3rd Sunday	Serving Communion	Sevent Steward Gill Greenland Ronnie Wilson Liz Seymour Elaine Stevens Shirley Baxter Stevens Shirley Baxter		
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SUNDAY ROTAS	1st March	8th March	15th March	22nd March	29th March
Coffee	Nicola Wilkins	Jennifer Allen	Muriel Symons	Pauline Dawson	Elaine Stevens
Flowers		-	-	George Hopkins	-
Projector Projector	Gordon Pearce	Jack Neville	Kathy Jeacock	David Wilson	Gordon Pearce
Preparing Communion Morning 1st Sunday Fearce Evening 3rd Sunday Pearce TBA TBA TBA TBA TBA TBA	Gordon & Pam Pearce		ТВА		Sept.
Serving Communion					
		>			7
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Weekly Meetings

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 (exc	cept the last Tuesday of each month)	
10.30am	Holy Communion	(last Tuesday of each month)	
5.30pm - 7.00pm	Brownies co	ntact 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	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	ng	
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)

Sui	Sunday Offertory for November & December 2019				
		Cash	Envelopes		
November	3rd	£	£		
	10th	£	£		
	17th	£	£		
	24th	£	£		
December	1st	£	£		
	8th	£	£		
	15th	£	£		
	22nd	£	£		
	29th	£	£		

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.

OUR MISSION STATEMENT Christ Church seeks to express the love of Christ for everyone.

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 tel. 01271 345313

8 Kestrel Way, dasmacalister@icloud.com

Westacott

Barnstaple EX32 8QN

Young families worker jogrant-christchurch@outlook.com

Jo Grant tel 07450 582414

Flders

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Jack Neville

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