

**NEW LIFE AND HOPE FOR ALL- SEE PAGE 3**



**NHS**

# The Messenger

**Christ Church**

Methodist URC

Barnstaple

May 2020

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## Calendar

### May 2020

All activities are cancelled or postponed until further notice.

As the church magazine is printed once a month you will find more up to date information on the church website. I strongly recommend that, if you are able to, you have a look there for updates.

### Online Resources for Worship at Home

The Methodist and United Reformed Churches, as well as others, are producing a great deal of material for worship at home at this time.

Methodist Church worship at home resources can be accessed at [methodist.org.uk/worship-during-coronavirus](http://methodist.org.uk/worship-during-coronavirus)

This includes Worship from home Sunday service sheets as well as several live streamed services (at the time of writing these will be streamed on Wednesdays, Thursdays and Sundays).

United Reformed Church worship at home resources can be found at [devotions.urc.org.uk](http://devotions.urc.org.uk)

This includes an option to subscribe to receive daily devotions by email as a text document or you can listen to it as a podcast. In addition each Sunday a service will be emailed in both written and audio formats to be listened to.

Please also look at both denominations' websites' homepages [methodist.org.uk](http://methodist.org.uk) and [urc.org.uk](http://urc.org.uk) for advice and other resources.

A **very big thank you** to everyone who sent in pictures, written pieces, poems etc. We started off trying to put everything in but people sent more and more, so we've kept some for next month.

### Our family matters

#### Christ Church Family News

Sadly we report the deaths of two people.

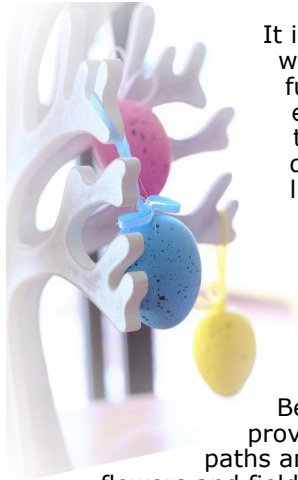
One person well known to most of us, Mary Bale, who attended worship here regularly on a Sunday morning. She recently celebrated her 97th birthday then sadly died a few days later. You will find a photo in this Messenger of her on her birthday, which the family have agreed we should still print.

Some of you will remember the second person, Jean Neale. Her husband Len, who died a little while ago, and Jean were leaders of a Boys Brigade troop here at Christ Church for many years.

While we are not meeting together please look out for each other and let our Church Friends coordinator know of any concerns.

## Message

My dear friends,



It is good to be on the resurrection side of Easter with all its signs of new life and hope for the future. As most of us continue living life almost entirely at home I wonder if you are having the same problem I have remembering which day it is. So many of the patterns of normal life seem to have become blurred.

I completely forgot that the day after Easter was a bank holiday until Eddy got home and reminded me, but it was good,

I'd got a lot done.

Life is very different for us all.

Being unable to travel far from home has provided some lovely surprises as we've explored paths and lanes closer to home with banks full of wild flowers and fields with more lambs running about by the day. In the last few weeks I have discovered more beauty almost on my doorstep than I'd ever realised. It just goes to show how I at least, and perhaps all of us sometimes, can miss blessings that are right under my nose.

In many ways having time is good. Time to think, to look closely, to refocus on what is important and time to appreciate what is around us, and more importantly, who is around us.

After the resurrection of Jesus the disciples still didn't instantly understand, they didn't instantly realise the truth of everything Jesus had told them, they had to wait, and I am sure they had to wrestle with their own doubts and fears too.

The disciples' empowering would happen, God's sending of them back out into the world would come, but first they must wait, and I am sure in the waiting they too would have learnt. Shut away they too would have relied on others to provide for them, to care for them. A humbling experience but a powerful one too.

My hope and prayer is that God will bless this time to open the way to new life for the world that will mean a clearer understanding of what it means to be community. As neighbour cares for neighbour and as we stand and applaud those who work in the NHS, in Care Homes as well as all key workers, we are reminded not only that we need one another but that we are not alone.



At Easter new life and hope is symbolised by eggs, and flowers bursting into bloom.

But more powerfully for us new life and hope is embodied by both a lamb and the good shepherd, by Jesus who both gave himself for us and cares for us.

Grace and peace,

Don



***I agreed to write the minister's letter for the May Messenger, anticipating that Don would now be about to start his sabbatical. Like so much else, those plans have been put on hold – but here are some thoughts from me anyway!***

When Freddie, our shih-tzu, was little, taking him walkies meant scouring the ground inches ahead for anything – stones, sticks, leaves, berries – which he might pick up! Now he is bigger we can look up and enjoy the view – though in these strange days we must also look ahead to keep a safe distance from other people approaching!

You may have come across these words, by Dale Carnegie, an American writer and lecturer (1888-1955):

“Two men looked out through prison bars,  
One saw mud, the other saw stars.”

In times of lockdown, we do have a choice. We can allow our minds to be dragged down by the headlines of gloom and doom; but we can allow other news to lift our spirits with stories of commitment and selfless dedication – encouraging us to count our blessings, and to do our bit to encourage others. And of course, we can, and must, continue to pray.

In John's gospel Thomas seems to have lost hope; he had been dragged down into the depths of despair, and with Jesus' death his world has been turned upside down. Yet Jesus comes into that locked upper room with words of peace – for all, but perhaps especially for Thomas. Jesus tells him to look up ... to reach out ... to believe, to trust, to find new hope. So Jesus invites us to trust in God's continuing presence, within the clouds and storms of life.

May God's blessing be with us and with all those for whom we pray.

Marilyn

Here are words of a hymn, written by Andrew Brown, a local preacher from Yorkshire, that reflect our present situation.

When life is shaken to its core,  
when clouds and storms arrive,  
we find it difficult to know

God present in our lives.  
Yet there's no misery or grief,  
pain, doubt, or emptiness,  
that is not known by the divine  
and filled with tenderness.

When we are tempted to give up,  
and purpose drains away,  
where is the God of hope and joy?  
Can peace replace dismay?  
God, in the centre of our pain,  
makes of our dark a tent,  
a holy place of tearfulness  
as life splits and fragments.

We need to learn to trust and know  
God in our lives, God here  
hidden within the clouds and storms,  
one with our doubts and fears.  
This is our peace: that in the depths  
of our adversities  
we find a God who shares our pain  
and life's cruel miseries.

Words: © Andrew Brown (November 2019, revised March 2020)  
singingthefaihtplus.org.uk

Suggested tune: [Vox Dilecti](#) (StF 248 I heard the voice of Jesus say)

## Prayers for May

*May 3<sup>rd</sup> This week sees the 75<sup>th</sup> anniversary of VE Day.*

Lord, we give thanks for all who have sacrificed their lives for others. We pray for all who work for peace and justice, and for those still affected by war and conflict in our world today. Amen

*May 10<sup>th</sup> The beginning of Christian Aid Week*

Lord of love, we pray for medical workers around the world. In this time of pandemic may your perfect love bring comfort and strength, and enable skills and resources to be generously shared. Amen

*May 17<sup>th</sup> Rogation Sunday (farmers and the countryside)*

Lord, we give thanks for our food and pray for all who work to produce it. In these uncertain times we pray for all who work in supermarkets or local stores, and for all delivering food to people isolated at home. Amen

*May 24<sup>th</sup> (In 1738 John Wesley's heart was 'strangely warmed')*

Lord, in these days when we cannot meet together, warm our hearts, renew our faith, and bind us together in love as we pray for one another. "Grant us wisdom, grant us courage, for the living of these days." Amen

*May 31<sup>st</sup> Pentecost*

Spirit of God, present with us, living in us, revealed through us: in you are the wisdom, guidance, power and peace our world needs. Fill us afresh each day, that our lives may overflow with joy in your service. Amen

## Young Families Work

I have been keeping in touch with all of our Sunday Club families and many of the families from our toddler groups and Cafe Church. It seems the best way of doing that these days is by Facebook messenger. I also email and text, but there is always a slower response! To help celebrate Easter, the Sunday Club Team were very happy to be able to send greetings to each of our Sunday Club families by way of an animated Easter card thanks to Facebook Messenger and email.

There have been many good news stories, for instance Devlin has been kindly walking his Nanny's dog each day. Donna, one of our mums from 'Tuesday Stay and Play' painted amazing rainbow pictures in support of the NHS on her own front door, her neighbour's door and on their fences!

It has been a privilege to help neighbours in Yelland and Fremington with shopping and deliveries. I thought that my use would be at the Bideford or Barnstaple Foodbanks, but they currently have sufficient volunteers so I am on their reserve list. No-one from church has yet contacted me with a shopping list, although I have been making deliveries to George Hopkins.

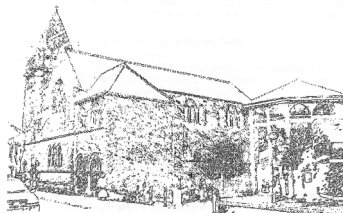
Tomorrow I return to work at Pathfield School, but wearing PPE! We will all have a temperature check when we arrive at school. There will be just one student per classroom in most cases, a teacher and a teaching assistant. We will also have our own segregated outdoor areas. I'm hoping we will achieve great things with the much reduced class-size!

I have been home-schooling Aidan, but Maisie's A'level study is way over my head! We had a fun 'jam' on the ukelele the other day and this made me think, "Wouldn't it be good to start a ukelele club at church?" I already know an adult and a child who are interested!

If things are back to normal by half-term (and the summer holidays), maybe we can have half-day Holiday Clubs on all the days that the church is available. If there is a shortage of volunteer helpers, we can simplify what we do. Maybe we could have adult and toddler 'Stay and Play' in the church and run music and crafts with the older siblings in rooms 1 and 4 at the same time as the 'Stay and Play'. A new style of Holiday Club. We could work towards an intergenerational concert and sing-song at the end of each Holiday Club week (inviting residents from Norah Bellot, etc). Just a thought! What do you think?

Every blessing to you all and please stay safe and well. I am praying for you all.

Love Jo





Every 3 months I receive a delivery of several copies of **Word for Today** daily readings which I leave in the Christ Church's vestibule for anyone to pick up.

Until we return to worshipping once again I would like to post one to anyone who would like one, (free of charge of course) if they would give me a ring.

Many thanks

Gill Greenland 860768



### Greetings from Norah Bellot Court (April 2020)

For all of us it seems a long time since we saw each other. Like you, we miss coming to Christ Church or having some of you drop in on us. We are all trying to behave ourselves and we are social distancing or self-isolating. Meals are brought to the flats, rather than us eating in the dining room and all activities are on hold for the moment.

To keep spirits up, there are lots of phone calls to friends and family, the weekly Norah Bellot Court Bulletin carries on and we also have a Chaplaincy Weekly Sheet too. We are very fortunate to have a lovely garden to walk in and sit in.

If anyone from Christ Church would like to send general greetings, prayers and/or a favourite Bible or Hymn verse to the residents here, please send them c/o Sally Blackmore, Norah Bellot Court, Vicarage St, Barnstaple EX32 7ES or email [sally.blackmore@mha.org.uk](mailto:sally.blackmore@mha.org.uk)

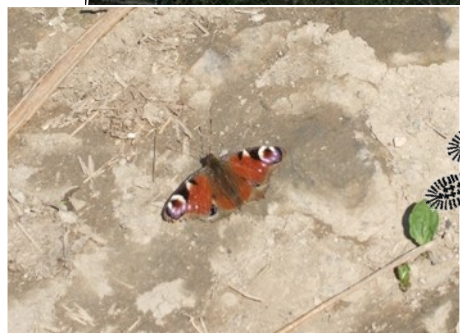
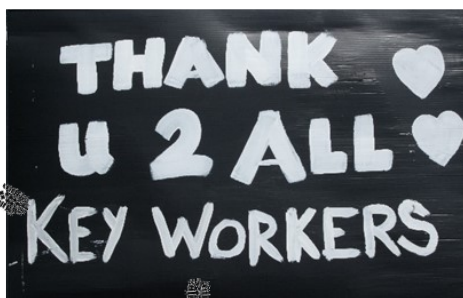
Take care everyone and keep safe,

Thinking of you and praying for us all, Sally

## **Christ Church Finances**

With the church closed we will be able to cut back on heating, lighting and cleaning costs but many of our other overheads will remain much the same. However, like many other organisations and many individuals, the church's income will be slashed for many weeks/months. Not only will we lose the offertory given on a Sunday, but also income from people using the church premises, coffee mornings, stalls, greetings cards, special events etc.

Currently 32 people give to the church by standing order. I hope they will be able to continue with this and I encourage anyone else, who is able to, to do the same. There will be difficult times ahead for many people, who may not be able to give to the church at all over the next few months. If you are not in that unfortunate situation please take this opportunity to think if you are able to increase your giving, even if only temporarily. If you do not wish to set up a standing order, but are able to set aside money for the church each week, please do.





## My Daily Walk

I really enjoy my daily walk. I have found footpaths I never knew were so close to home.

As I walk along, I see 'things' that prompt me to pray and ponder. Let me share a few pictures and thoughts with you.

They are a very patriotic lot where I walk! But when I see the Union Jack it reminds me to pray for our country and government: **Lord, grant wisdom, integrity and courage to our government as they announce and enact difficult measures that will seriously disrupt people's lives. Amen**

This is the spot where I lean on the gate and spend time looking out over Barnstaple, and in the distance, I can see the hospital.

Psalms 91 comes to mind: **'He will cover you with his feathers, and under his wings you will find refuge.'** v.4 It is worth reading all of this Psalm. It has given me much comfort and strength in these difficult times. I also ask God to post His angels around the hospital and protect all the staff and patients.

Now I'm in the fields with the sheep and their lambs. Wonderful!

**'The Lord is my Shepherd I shall not be in want. He makes me lie down in green pastures . . .**

**Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.'**

I had to include this picture as well.

Time for a feed!!

How we need to pray for our children and young people during this time. I think especially of those families in high-rise flats – no garden, nowhere to play, tensions, cross words and sadly much worse – we have so much to be grateful for don't we.

Time to be thankful for – the bin men, the superstore and local shop workers, the postal workers, the council workers, the clergy, funeral directors, the NHS staff, pharmacist, the factory workers, bus drivers, railway staff, taxi drivers, farmers, local radio . . . and so many other people I am sure you can think of.

Mary on holiday in her caravan (in the garden!!) Reminds me of our churches.

We are certainly church in the community now.

**To all who are fearful give Your peace.**

**To all who are lonely give Your presence.**

**To all who are seeking God's face, give Your Spirit. Amen**

New Life!

**"We will succeed - and that success will belong to every one of us.**

**"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again." HM The Queen**

WE WILL MEET AGAIN!

Joan Cole

### ***A message from Don & Eddy's daughter Heather:-***

A huge thank you to all those of you who prayed for Devin and me on our flight home from New Zealand. It was the smoothest and easiest journey we've ever had, so thank you! While we're a bit sad that everything didn't go as planned, we're really happy to be back closer to friends and family - even if we can't see them yet!

We're looking forward to finding our feet again in Bristol, and seeing what the future holds!

Heather & Devin

The picture is of me with youngest grandson taken on 15th March just before self isolation and lockdown. It's a reminder of what used to be. It was my first long babysitting session for Freddie. At 7 months (then) he was able to be entertained. His brother Jacob was on a treat with mummy and daddy for being a great older brother.

I miss seeing them both and Jacob really hasn't understood what all this being at home is about.

Sue Macbeth



*'As long as poverty, injustice and gross inequality persist in our world, none of us can truly rest' – Nelson Mandela*

### **News concerning Kira Farm**

#### ***Updates taken from a note written to all sponsors by Phil Pugsley in March...***

In mid-March Uganda had its first confirmed case of COVID-19. Following this, the president immediately closed all schools, universities and training establishments for 30 days. Unfortunately, Kira Farm Development Centre falls under the title of a training establishment, so its doors also had to be closed. As more coronavirus cases came to light in Uganda all borders were closed including Entebbe airport with restricted travel within Uganda.

All Kira trainees then travelled back home to their families, as requested by the government. As much as it is thought that Kira is probably the safest and most self-sufficient environment for anyone, as a registered Ugandan charity it could not be seen to flout the law.

Wherever possible, each trainee was then linked with a Kira graduate to help them continue with their practicals. In fact, many former trainees met this year's trainees as they arrived home on buses as a way of reassuring them that



What have you been up to in lockdown? Some of you have sent us some pictures

Mary sent us this picture of what John got up to during the lockdown



Are any of you not able to see your grandchildren or family at the moment?

It has been a painful separation for many - let us hope & pray it will be over soon.



Meet Hetty on the left and Tess on the right, Shirley and John's hens



everything will be fine. This is how close the whole Amigos family is in Uganda.

It was then the task of Joshua, who runs Kira Farm, to link up all trainees to the community rural Farming Groups wherever possible. This was done so that trainees would not lose out on developing their newly acquired conservation farming skills.

The assurance is that the training will still continue once the pandemic is over. Until then the Ugandan staff continue to work extremely hard as they try and get the whole of Kira Farm planted while the rains have come, but with a greatly reduced workforce.

*And then after hearing this news I was surprised to receive this letter from Scovia, obviously written just before she left to go home. Even experiencing such disappointment at this stage of her training she is remaining very positive about the situation as a whole. She also expresses pleasure at both having completed her planned planting before the rains – Farming God’s Way - and also about the opportunity to share her newly acquired knowledge to great advantage in her village.*

## **Scovia writes...**

### **The First Rains**

How are doing my dear friends? It has been a while since I last heard from you. I hope all is well with you. It is a cold morning and a perfect time to communicate with you.

I am happy to let you know that the rains have started coming so we have all had a busy week planting sweet potatoes and beans in our Gardens. It is the first time I am using the Farming God’s Way method of farming so I am looking forward to seeing how it is going to work out in my garden and so far, it looks amazing.

On the side of vocational training, I am happy that I am becoming very good at plaiting hair. It is a good skill to have because so many ladies in my community love their hair done.

At this moment we have been receiving news about what is happening all around the world and the President of Uganda is about to have the second national address. I am told there has been a sickness that has affected most of the world and it’s headed our way and so we have been asked to pack our bags and be ready to go back home. I am sad but very sure it is for the best of us all.

All schools were closed as the government has asked people to stay indoors without walking around in big numbers. This is going to be hard because my training will be put on hold. However, I am keen to go home and encourage people to stop cutting down trees as it does not only affect the rain cycles but a risk to life when strong winds come, and as well put into practice the skills I have acquired in the short time I’ve spent at Kira.

I am happy to have finished planting so I will not miss out on the rain and I am sure my crops are going to grow well regardless of how little care they might receive from me.

I will keep praying for you and the world at large during this season. Please

keep safe, we will message when I am back after 32 days.

Thank you so much for loving me. I will hear from you next month when I return.

Yours, Scovia Caro

*I am sure that we will all be remembering the staff and students of Kira Farm in our prayers.*

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## **WE'LL MAKE YOU FEEL OUR LOVE**

Adapted from the original in tribute to the NHS, all volunteers and other heroes by Carolyn Provan – 04/04/2020

### Verse 1

When you're home alone and feeling low  
There is always someone you can phone  
We'll reach out to you and help you cope  
We'll make you feel our love

### Verse 2

We'll work all night until the dawn appears  
We'll be beside you and dry your tears  
We will try and help you calm your fears  
We'll make you feel our love

### Bridge

We know you haven't given up just yet  
And we will beat this in the end  
We know we're strangers and we haven't met  
We will help you 'til you heal and mend

### Verse 3

When you're all alone and feeling blue  
There is one thing we would say to you  
We can help each other see this through  
We'll make you feel our love

### Bridge

This plague is raging round the world right now  
But we will beat it in the end  
We'll stick together – pray with heads bowed down  
Pray that God will soon His healing send

### Verse 4

When will this be over? – Tell us when  
When can we begin to live again?  
We'll carry on with courage until then  
And show the world our love  
We'll show the world our love



You have been telling us about what you have been doing in lockdown



So many different activities!



**Many thanks** to everyone for your very kind wishes and prayers. We are busy but not overwhelmed, we have all the PPE we need and are staying fit and well. No surprise where we go to relax and get away from it all - see photo!  
Hope to see you all again soon, Bruce and Liz

## **OUR PARK**

Our park seems silent now,  
The joyful cries of children seem to be a dream,  
The swings are still, the roundabout rocks gently in the breeze  
But there is life abundant in the trees.

Since lockdown, the trees have come to life,  
From big fat buds to full open leaf  
And now the flowers are popping open  
A sure sign that God is in the midst of life.

The ducks on the river have brought their young  
For one and all to see  
Another sign that life continues  
and brings pleasure to you and me.

The people take their exercise,  
Their one and only daily hour,  
Round and round the park they go  
Speaking from a distance to others that they know.

The celandines and daisies are shining  
like stars amongst the grass so green,  
their beautiful bright faces  
showing the love of our God above.

In our time of fear and panic  
Of coronavirus pandemic  
God's hand is still at work  
And peace and tranquillity abounds.

Our trust in God will see us through  
This war against mankind  
And hopefully when it's all over  
A deeper sense of peace we'll find.

Elaine Stevens

Rodney talks to his tomato seedlings every day. Some are growing in response but not all! He is busy on his veg patch, digging and planting every day

This is me at my work station for Citizens Advice. Reached a problem today as I have used all my phone allowance for calling clients so am now trying to negotiate a better contract. It has been a nightmare getting anyone at Vodafone to engage with me and I cannot bear to shop around. The price of Covid19! But I know the clients appreciate the support. Rod hopes to start advising on Monday. He has been drafted in as our numbers of advisers at home are dwindling.

## Our Church, caring for God's Earth

The science is clear. Our Planet is in trouble. Climate change threatens the delicate equilibrium that sustains life and biodiversity is collapsing around the globe. We must act now if we are to leave our children a planet worth inheriting.

There is still a glimmer of hope. God chooses to use His people in His redemption story. We have a part to play.

Here are a few ideas for those who are blessed with a garden:

Well-structured old hedges and more mature trees and shrubs are likely to be used by a variety of nesting birds and are also likely to provide an important food source for birds, including berries, seeds, insects and other invertebrates, and small mammals. Bird boxes come in all shapes and sizes for a variety of species. See the RSPB website for good info and suppliers of boxes.

Trees are likely to be one of the oldest and most distinctive features in a garden. They can provide a food source (fruit and seeds) and nesting and roosting sites for birds. Bats can be found in the hollows and cracks of trees. Trees also provide refuge for mammals and insects.

Toads will hunt after dusk for slugs, snails and earthworms. They sleep during the day and hibernate in the winter under rocks and stones or in a hole in the ground. Reptiles and amphibians benefit from areas with a variety of habitats. Compost heaps are a good home for slow worms who need to keep their body temperature warm to digest their food. Avoid using sharp pointed tools in compost heaps and disturb the heaps as little as possible especially in winter and spring. Compost heaps are easy to set up, use uncooked food only and garden waste – eg grass cuttings – as cooked food can attract rats. It's good to layer up fresh kitchen waste/grass cuttings with drier woody material. It's also good to turn compost, if possible, and have more than one pile/heap, so one can be in use while the other is maturing.

Hedgerows are important, and the more flowering species in them, the better. Ivy flowers in late autumn are a beneficial source of nectar for insects such as hoverflies. Leave dead wood on the ground, or standing if appropriate. Nettles are really valuable for many insects including peacock, comma, and painted lady butterflies so leave some areas for them. Bee and bug hotels can be made or bought to provide extra spaces for insects to live

Small ponds or marshy areas can be created to provide perfect habitat for frogs, toads and dragonflies. Pond edges can be planted with native aquatic plants to provide food for wildlife and to help oxygenate the pond.

Good news – we now have our Bronze Award Certificate. As soon as we can get back into the church I'll put it on display.

Liz Seymour

### **LORD WOOLTON PIE**

There has been so much talk of conditions being in some way similar to those during World War 2, that a couple of weeks ago I thought I would make a Lord Woolton Pie. Lord Woolton was Minister for Food and Farming during WWII. He introduced rationing and encouraged the nation to 'Dig for Victory'. By careful use of resources and making the most of every scrap of spare land to grow food, it is thought that he helped to win the war. Families were



**ECO CHURCH**  
FOR THE ECOLOGICALLY CONCIOUS

**Bronze Eco Church  
 Award Certificate**

*Widdowbury*

**Best Church Envelope**

For the church which has the best envelope and letter  
 format for the use of the church for the year 2019

with the following  
 Message: The church is a  
 community for the year 2019

For *Widdowbury* on *21st March*  
 2019



Widdowbury  
 Widdowbury

Mary Bale, pictured here on her  
 97<sup>th</sup> birthday



At Easter our church had to be empty- but look at this Easter Garden



Keep Calm and carry on cooking!  
 Lord Woolton's Pie



encouraged to dig up their lawns and plant vegetables and fruit bushes and trees instead. There were usually enough British vegetables but most other foodstuffs were in short supply. Many people were engaged in heavy work, there was very little fuel to keep people warm in the winter and many people had to run a household on a low budget so something a little more calorific than vegetables was required. The Home Economists of the time, always busy inventing ways to make a little go a long way, came up with the idea of a vegetable pie. Although it was served in cafes and restaurants it did not go down too well with the public. It is said that Lord Woolton, whilst visiting the Ritz requested a serving of said pie and let it be known that he thoroughly enjoyed it. Thereafter it was known as Lord Woolton Pie and its popularity increased.

I have not included metric measurements as there was none of that nonsense in WWII.

## **LORD WOOLTON PIE**

### **Ingredients**

About 2lb vegetables, whatever you have, root vegetables, cauliflower, cabbage, chopped in similar sized chunks.

1 teaspoon Marmite

1 large tablespoon oatmeal or rolled oats. Any herbs or a bay leaf from the garden.

8 ounces flour

1.5 ounces margarine

1.5 ounces lard

2 ounces grated potato

Cold water to mix

### **Method**

Place vegetables into a saucepan and cover with water, add the Marmite and oatmeal and cook until just less than tender. You will need to stir from time to time to prevent oatmeal sticking. Allow to cool. Place in a pie dish.

To make the pastry, rub the fat into the flour adding a pinch of salt. Grate the potato and mix into the crumbed mixture. Add enough cold water to bind. Roll out to fit the top of the pie dish. Brush with a little milk if you have any and cook at Gas 6 Electric 200 for about 45 minutes, turning the heat down a little once the top has browned. I found it took longer because of the relatively low amount of fat. However it was crispy and tasted good. According to my father who was around in the war, it was sometimes made with fat from cooked meat if no lard or margarine was around. This produced a pie with 4 good-sized helpings.

Jennifer Allen

*(Jennifer thought that two recipes might be rather a lot for one magazine but we thought it was interesting and timely - and Ian said it tastes good too!!)*

## **Help! Plea for Photographs for next Messenger - again!**

Thank you for your enthusiastic response last month. Lockdown is still with us so what have you been doing since being confined to home for another three weeks? Send us a picture - it can be of anything: your favourite part of your garden, the drawers you have tidied, the books you have read, the baking you have done or knitting, something to cheer us up or intrigue us - just include yourself in the picture. Just give us a flavour of what it's like where you are, we would love you to share that! We've had some very inspiring ideas so far.

Email photos from your phone to david.devon@mac.com  
(By the weekend of 24th/25th May would be helpful)





## **Christian Aid week : 10-16/05/20**

Most unfortunately the charity has had to cancel the traditional May week which usually receives large donations from the public. Doubly unfortunate as Christian Aid has already sent out its publicity posters and envelopes to its local reps. That said, we will of course have a

fund raising coffee morning later this year, though admittedly it may not include a table top sale as originally planned because this might be too close to the Church WinterFair. Date to be arranged !

I have copied a short piece from the Christian Aid website about the cancellation. I am sorry to say that it isn't simply a matter of rescheduling Christian Aid week as these fund raising weeks are organised nationally and may coincide with other national appeals.

### **A reminder about cancelled activities**

Many of you will have been planning house-to-house collections and events. Under the current circumstances, sadly, house-to-house collections and delivery only collections should not go ahead. In particular, along with many churches, events such as Big Brekkies or Lent Lunches cannot go ahead. For more guidance, please see the statement on our website .

Carolyn and I do thank you all very much for your past support, and trust it may continue in the future in these challenging times.

### **Digital resources ►**

### **Your virtual Christian Aid Week sorted**

<https://www.christianaid.org.uk/about-us/christian-aid-week/coronavirus-guidance>

If you prefer to simply join something already happening we have you covered. Register now and tell your friends about Christian Aid's daily quizzes running from 10th May. We will also have a schedule of daily worship with special guest speakers to mark our special week, we can't wait to see you there!

#### ***From Mary Ruhleman:-***

I listened to the service from Marlow Methodist on Good Friday and emailed them to say how much I enjoyed it.

#### ***Mary wrote:***

Thank you for an enjoyable Good Friday service I listened to it from Barnstaple in Devon.

We belong to Christ Church URC / Methodist Church in Barnstaple

May God bless you all and keep you safe.

Best Wishes Mary

#### ***This was the answer back from them.***

God Bless you too, Mary, and all at Christchurch. Glad you could join us and all who have been worshipping with us through these times.

Thanks, Nick Thompson.

## MOTHER JULIAN OF NORWICH

Mother Julian was an anchoress in the city of Norwich during the late 14<sup>th</sup> century. It is not known whether Julian was her true name, a girl's name popular at that time, or whether she was named Julian after the church to which her anchorage was attached.

Little is known of her life, only what can be gleaned through reading her 'revelations' and from some information contained in four wills in which she was left a small amount of money. Julian spent most of her life in the city of Norwich, a city which witnessed much suffering during her lifetime. The Black Death was around from 1348 - 50, as was the Peasants' Revolt and the suppression of the Lollards. Julian was not a nun, but this was not unusual for many who chose anchorage. Julian herself was victim to the Black Death on 8<sup>th</sup> May and was extremely ill. The priest was summoned to perform the Last Rites and whilst he was holding the crucifix above her and reciting prayers for the dying, Julian experienced visions, or 'shewings' as she later named them of Jesus's extreme suffering on the cross. Julian recovered on May 13<sup>th</sup>. Her mother was with her when she had these visions. It is thought that Julian was about thirty at the time and may have had children and a husband who had died of the plague.

When Julian recovered she wrote an account of her visions, first in a short descriptive version, then a longer version giving her interpretation of the visions. So far as we know she was the first woman to write a book which survived in English, although some may have been written earlier and published under a male pseudonym.

Julian was the first to talk of the maternal nature of God, describing him both as father and mother. Julian said that God loved us all unconditionally, as only a mother could, further evidence that she may have had children.

Julian would have played an important part in the life of the community. When her anchorage began, a church ceremony would have been held for her in St Julian's during which psalms and offices for the dead would have been said for her as if she had died, she would then be led into her cell beyond and the door sealed, she would remain in her cell for the rest of her life, although food would be brought to her and she had a maid to attend to her personal needs. Julian would not have lived an entirely secluded life she would make clothes for the poor and could enjoy the financial contributions from more prosperous members of the community, in return she would offer prayers and advice.



Although Julian lived in a time of turmoil her theology was optimistic and spoke of God's *omnibenevolence* and love in terms of *compassion*. Perhaps her greatest offering to theology was her daring likening of divine love to motherly love, a theme found in biblical texts such as Isaiah 49 v15. Julian said that the bond between mother and child is the only earthly relationship that can come close to the relationship a person can have with Jesus. In

one of her visions Jesus came close to her and said '*All shall be well, and all shall be well, and all manner of things shall be well*'. This apparently, was said tenderly, without blame to her or anyone else.

At this very difficult time for all people that we are experiencing at the moment, I feel that it would be well to dwell on these words given to Mother Julian in the 14<sup>th</sup> century and take heart that God loves us as a mother as well as a father and in time all will be well.

Julian has never been proclaimed a saint, but she is commemorated on 8<sup>th</sup> May the day that her visions began.

## **NORFOLK APPLE DUMPLINGS**

Until I started a little research I had not realised that a Norfolk Dumpling is actually an apple. However, I was not deterred by this so adapted a recipe that my dad used to make with apples and shortcrust pastry.

### **Ingredients**

2 largish apples, can be cooking apples or tart eating apples.  
1 tablespoon soft brown sugar, or honey if you prefer  
1 teaspoon mixed spice  
½ teaspoon grated nutmeg  
A few raisins

### **Pastry**

8 ounces *200 grms plain flour*  
4 ounces *100 grms butter*  
1 egg  
A little cold water if necessary.

Make the pastry, leave to rest for a while.  
Roll pastry into four rounds (you may have some pastry over).

Then prepare the filling. Peel and cut up apple into chunks, put in a basin, add the rest of the ingredients and mix well. Work quickly or apple will brown. Divide mixture into four and place on pastry rounds. Draw up the pastry and turn over so scrunched up part is underneath, model into a dumpling shape, decorate top with pastry leaves making sure you make a hole for the steam to escape, brush with beaten egg. Place in a pre-heated oven Gas 6 Fan 190 until pastry has browned, then turn down oven to Gas 4 Fan 170 for about 15 minutes longer to make sure apple is fully cooked. Deliciously naughty with vanilla custard, ice cream or cream.



Music to listen to *Vaughan Williams 5 Norfolk Rhapsodies* or  
*Hildegard of Bingen Feather on the Breath of God*

*Jennifer Allen*

## Weekly Meetings

<b>Monday</b>	7.30pm	<b>Friendship group</b>	(2nd & 4th Mondays of each month) contact Rose de la Cour tel 830824
<b>Tuesday</b>	9.30am - 12.00 noon	<b>Coffee morning</b>	
	9.30am	<b>Prayer meeting ...</b>	(except the last Tuesday of each month)
	10.30am	<b>Holy Communion ...</b>	(last Tuesday of each month)
	5.30pm - 7.00pm	<b>Brownies ...</b>	contact Heather Collins 07803841000
	5.30pm - 6.30pm	<b>Rainbows ...</b>	contact Nicola Wilkins
	7.00pm - 8.30pm	<b>Guides</b>	tel 07813620615 or 01271377154
<b>Wednesday</b>	1.30pm - 3.00pm	<b>Parents &amp; Toddlers</b>	contact Jo Grant 07450582414
<b>Thursday</b>	2.30pm	<b>Ladies Fellowship ...</b>	
	7.30pm	<b>Bible Study...</b>	contact Shirley Baxter tel 375560
<b>Friday</b>	10.00am - 12.00 noon	<b>Hobnob coffee morning</b>	
	10.30am	<b>Bible Study...</b>	contact Shirley Baxter tel 375560
<b>Saturday</b>		<b>2nd Saturday of each month - circuit event</b>	
	8.30am	<b>Men's Breakfast</b>	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](http://www.methodist.org.uk))

### Sunday Offertory for March 2020

		<b>Cash</b>	<b>Envelopes</b>
<b>March</b>	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 £ 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.*

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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

Telephone Directory (01271)

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Alison Cairns	Chris Marshall	Eff Poole
Anthea Coates	Janet Marshall	Liz Seymour
Staveley Dawson	Jack Neville (sec)	Elaine Stevens

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### Christ Church Young Families

Jo Grant is in social media contact with many of our Christ Church families. Donna (one of the mums from Tuesday Stay and Play) painted her front door with rainbows. Many more of you sent in pictures of you making the most of lockdown.



### Christ Church Elders Meeting



We just had our first Elders meeting on Zoom. It was so lovely to see each other and be united again even though only on screen. We were very good at taking turns to speak, but it was slightly chaotic at times. Such a blessing to be able to pray together too. Don had charge of the "mute" button but didn't have to use it!  
Liz.