

Christ Church

Methodist United Reformed Church
Barnstaple
www.christ-church-barnstaple.org.uk



The Messenger June 2020

◆ Everything changes but
God changes not- see p 5

◆ St Boniface of Devon
-see p 6

◆ Devon Hedgerows
-see poem p 9



◆ Young Families work and
news of a fun new craft project
-see p 9

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.

Thank you again to everyone who sent in pictures, written pieces, poems etc. If you can't see something you sent in this month, we will try to include it next month.

Email photos from your phone to david.devon@mac.com

(By the weekend of 20th/21st June would be helpful)



Greetings from Norah Bellot Court

Advance Notice

Sunday June 14th 2020 MHA SUNDAY at 3PM

There is to be a national on-line live streamed service for MHA Sunday. We are all being asked to set aside time to watch the service. At the time of writing this, details are fairly sketchy, except for the time and date. More to follow...

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

Take care everyone and keep safe,
Thinking of you and praying for us all, Sally

Our family matters

Christ Church Family News

Since last month we have been made aware that sadly a further member of our congregation has died and also close relatives of two others. Please remember in your prayers the families and friends of Tom Smith, Michael, husband of Pam Phillips, and Margery, mother of Carolyn Ousley. It is a particularly difficult time to lose a loved one.

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 has been great in the last few weeks to hear about how so many of you have been using your gifts and talents in new ways.

The continuing shortage of flour in the shops is one indicator of an increase in the number of people baking a whole variety of foods, from breads and scones to fancy cakes. Thankfully Eddy is still working full-time so I haven't been tempted or tortured by the smell of her freshly baked bread!

I know others have rediscovered interests, hobbies and skills long dormant but which, like riding a bike, have come back and are being enjoyed afresh. So musical instruments have been picked up and played for the first time in years (or not picked up in the case of pianos!); pencils, paints and brushes have been dug out of the backs of drawers and cupboards and new works of art produced; pens have been filled with ink (I really am "old school") and stories and poems written; knitting needles and needles and threads, saws and hammers have been used once more.

And some have discovered and developed new talents, maybe learning a new language or a new musical instrument or whatever...

I've not had a great deal of time but when I have been able to find some I have tried to increase my knowledge in putting together, setting up and rewiring electric guitars, including some quite complicated circuitry.

It would be wonderful, when everything settles down to share with one another some of the ways in which we've used our talents and skill in these months. Perhaps we could have an arts and crafts exhibition with a concert and, of course, all with the promising smell of fresh baking.

Perhaps that is an over-long introduction to the joy and excitement of Pentecost and the coming of the gift of the Holy Spirit to disciples waiting for something, but not really sure what.

At the end of all their waiting and the wondering was the birth of a universal church of the followers of Jesus. But these were not just followers who remembered all he'd done and the words he'd spoken, they were followers filled with the power of the Holy Spirit and empowered to use the gifts they'd been given without fear and with all their heart. So much so that they inspired others through their lives and to change the world.

We are in a time of waiting at the moment, but through the power of the Holy Spirit in us I pray it will also be a time of preparation as we discover and develop the God given gifts and talents we have within us. And when the waiting is over and the time comes, when we can, may we continue to use them freely, for the good of others and as a witness to the God of creation in whose image we are made.

Come, Holy Spirit, come.

With love,



Prayers for June

7th June

O God, you are at the heart of creation.
Your word brings life into being;
your peace gives living its fulfilment;
your Spirit unites us into your Son.
We draw near to you in prayer, seeking your love in our hearts;
your wisdom in our minds; your power in our lives.
Receive us with grace, in the name of your Son. Amen.

14th June

We unite with the whole world in praising you, creator God.
We come before you with gladness and thanksgiving.
We praise your goodness; we praise your faithfulness;
we praise your tenderness.
We are yours and we worship you.
We bless your name for ever. Amen.

21st June

We are sorry for the times we get our priorities wrong –
when we do not put you first;
when we fail to see the needs of our neighbours;
when we lack the courage and faithfulness of true disciples.
Grant us forgiveness; grant us perseverance; grant us vision;
that we may serve you as you desire,
and play our part in establishing your kingdom. Amen.

28th June

O God, your Spirit draws us into your presence,
and so we come – drawn by love, upheld by grace –
to encounter Jesus, our Saviour.
We know him as our master.
We know him as our friend.
In him we see the Father, whose love sent Jesus to us.
Spirit, Son and Father, we come to you in prayer
to offer our praise and worship. Amen.


Coronavirus (COVID-19)
Stay in touch with loved ones

Do you have a relative or friend at NDDH? During this time of restricted visiting, you can send us emails, drawings or e-cards to stay in touch with them.

Please email ndht.patientexperience@nhs.net

Subject line: PATIENT COMMUNICATION
Include: name of the patient, the ward they are on, and your message

The patient experience team will print and hand deliver your message to the ward.



Northern Devon Healthcare NHS Trust

***Thank you to
Sue McMenemy,
for pointing this
out.***

Everything changes but God changes not

Our church doors may look closed to you
But our church is still wide open,
The chords that bind us all in one
Are ties that can't be broken.

We keep in touch in many ways,
By 'phone, facebook and email
And while we're home there's even time
To send a card by snail mail!

We may not understand the way
That keeps the high tech going
But, never mind, until it breaks,
Our friendships we are growing.

Our website tells us what goes on,
With worship we can join in.
The Messenger still spreads good news
As long as we send news in.

Don sends us worship services
High tech, or words on paper,
So we can join with other folk
And worship God together.

And further doors have opened up
To join with other churches
With worship streamed around the world
From many different sources.

I've visited a few of these
Whilst seated at my pc
I think I concentrate much more
With less things to distract me.

Three lovely ladies shop for me
And bring the things I've asked for,
And every thing that I request
Delivered safely to me.

My garden's getting lots of care
The trees came in to blossom,
And while I'm busy moving weeds
The housework gets forgotten.

I'm teaching maths to help the twins
Maintain their education.
These happy times I Skype with them
Rewards my dedication.

Our Elders' meeting was on Zoom,
For some a new experience.
We thought and prayed of all our friends,
Now kept apart by distance.

We take our exercise each day
And keep our social distance,
But Jesus walks with each of us
Let's thank Him for His presence.

In saddened times it's good to know
That Jesus is beside us.
And when things get too hard to bear
It's then He gently lifts us.

When Carolyn read out those words
In Sylvia's funeral service,
It brought a tear to many eyes
That Jesus will not leave us.

On Easter Sunday, it was hard
To praise in isolation,
That Christ is risen, still is true
Let's shout in exultation!

Christ is risen!
He is risen indeed!
Hallelujah!

Eff Poole

Serena and myself walked 2.6 miles in one day to
raise money for the over and above hospital charity.

We managed to raise £82.60

Sue



ST BONIFACE OF DEVON

We in Devon now have our own saint. In 2019 Devon County Council, with the support and encouragement of the Anglican and Roman Catholic churches in Exeter and Plymouth, officially recognised Saint Boniface as the Patron Saint of Devon.

Saint Boniface who was given the name Winfrid at birth, was born in Crediton in 675 and died on 5th June 754.

Winfrid was from a respected and prosperous family believed to be from Crediton. He devoted himself from an early age to the monastic life, much against his father's wishes. He was educated first at Exeter and then at Nursling in Hampshire.

Winfrid was given the opportunity by Ina the king of Wessex, to be a special assistant to the Archbishop of Canterbury.

Instead he chose not to follow a fruitful career in England and became a missionary in Europe, mainly Germany.

At that time much of Germany was largely Pagan and Winfrid had a mindset to convert the inhabitants to Christianity.

According to legend (and some facts) Winfrid felled a mighty and ancient oak, known as the Donar oak. Apparently, Winfrid started to fell the oak and as if by magic, a mighty wind blew up and the oak fell of its own accord. The Pagan god did not strike Winfrid down and the pagans were so impressed that many converted to Christianity. He built a chapel, dedicated to St Peter from the wood of the oak on the site where the tree had stood.

Pope Gregory the second much admired his work and re-named him Boniface after the fourth century martyr Boniface of Tarsus.

During his time in Europe, Boniface carried out much diplomatic work between the Bishops and Emperors and carried out reforms in the churches some of which are still in place today.

Boniface enjoyed a long life baptizing many. In 754 he set out with a retinue for Frisia. After baptizing many he summoned a meeting for the converts. However, a group of armed robbers appeared and slew the aged archbishop. He tried to protect himself by holding aloft a copy of the gospel and persuaded his men to lay down their arms as they had been told in scripture. They were all killed. Veneration of Boniface begun immediately after his death.

In recent years there has been a revival of interest in St Boniface and it has been said that he had a deeper influence on European history than any other Englishman. This was due to the diplomacy between the Popes and Emperors and the influence on education and literature by the monasteries that he established. His character, which was reflected in his correspondence, was that of affection, loyalty, foresight and determination. Qualities which are valued as much today as they ever were. We in Devon should be proud that we have such a saint for our Patron.



His feast day is 5th June and although we are not able to get together to celebrate this year, I have it in my diary for next year that we should at least all get together for a cream tea, to honour our Patron.

Music to Listen to -

Nigel Brookes (born in Ilfracombe) English music for strings

DEVON HONEY CAKE

Although St Boniface lived mainly in the 8th century there would have been occasional sweet treats for the better off. Honey was the only available sweetener and was highly prized. Eighth century monks would have had access to honey, eggs, butter and a coarse kind of flour or oatmeal so may have made a rough type of biscuit.

They would not have access to ovens as we know them today so would probably have cooked on a skillet over heat from wood. This is the modern day equivalent and much lighter.

INGREDIENTS

8 ounces (*250 gms*) clear Devon honey
7 ounces (*225 gms*) unsalted Devon butter
4 ounces (*100gms*) dark brown sugar
3 large free-range eggs
10 ounces (*300 gms self-raising flour*)

METHOD

- 1 Butter and line an 8 inch (*20cm*) cake tin, or use a liner.
Put the diced butter, honey and sugar into a saucepan and gently melt. Allow to boil for 1 minute, then cool for about 20 minutes.
- 2 Sift the flour into a large bowl. Beat the eggs into the cooled honey mixture. Add to the sifted flour and mix well, making sure there are no lumps and you have a smooth runny batter.
- 3 Pour the mixture into the prepared tin and place in a pre-heated oven Gas 3, Fan 140 for 50 – 60 minutes.
- 4 It is cooked when a skewer can be inserted into the cake and removed clean. Place on a wire rack to cool and brush the top with 2 – 3 table spoons melted honey.

This cake keeps very well for a few days if wrapped in greaseproof paper and kept in a tin.





Devon Hedgerows

The sun is out and so are we
The glorious hedgerows we've come to see
A riot of colour and delicate flowers
We'll be in heaven for a couple of hours.

The Hedge Parsley, so dainty and white
Sits amid others so beautifully bright,
The Red Campion and Borage blue
And Speedwell and Honeysuckle too.

Foxgloves standing straight and tall
Celandines and Bluebells too
All in abundance, nor just a few
Then out from the hedge the Blackbirds call.

The Blackthorn stands so thick and bright
Oh, such a glorious sight
And down below the ground is thick
With buttercups and daisies

And in amongst the leaves I see
A scarlet Ladybird with spots of black
A Shield Bug and a Spider too
And other creepy-crawlies – there are a few.

A Butterfly alights upon a leaf
And then flies off again
Big fluffy Bumble Bees are gathering the nectar
Gently going in and out of each one tiny flower.

We walked beneath a canopy of trees
The leaves were rustling in the breeze
Whispering to us that all will be well
God's Peace on Earth shall surely dwell.

Elaine Stevens

Young Families Work

We are busy making rabbits using felt and embroidery thread for children in our Sunday Club, Toddler Groups, Cafe Church and Holiday Club. There is no end to how many we could make, as any surplus will go into Shoe Boxes for Christmas. A plea for help! Is there anyone who could help with making bunnies, please? The pattern I can send you is simple and takes around two hours to complete one bunny. I can also send you felt and thread if needed. They can either be made on a sewing machine or by hand. Please contact me on jogrant-christchurch@outlook.com or 07450 582414 if you are kindly interested in doing this.

The idea is that children connected to our church will take photos of their rabbit 'having adventures'! A bit of fun, to put smiles on faces! The photos will either be shared on our church website or go into the Messenger. If you can take a photo of yourself with the bunny/bunnies that you make (and send to me or David Wilson), that would be wonderful!

God bless you, Jo

Eco Church

This graph produced by NASA shows how CO₂ levels in the atmosphere have changed in the last 800,000 years. The resulting climate change has caused a global temperature rise, warmer oceans, shrinking ice sheets, glacial retreat, decreased snow cover, rising sea levels, declining arctic sea ice, more extreme weather events and an increase in the acidity of surface ocean waters.

Becoming an environmentally aware church is not just about recycling, or running the building in an efficient way. It needs to be part of our holistic mission – we have a responsibility to safeguard God's creation.

Staff from the United Reformed Church joined the mass lobby *The Time Is Now* last June. Before the walk took place, the Most Revd Rowan Williams, former Archbishop of Canterbury, addressed the gathered crowd saying: 'As we walk this morning let me urge you to keep in mind some individual faces; the individual faces of those in parts of the world who face the most immediate threat from climate change. People who have seen their habitat and livelihood wrecked by global warming. Those who are driven off their land in the Amazon by extractive industries and other companies, those who find it harder to see hope. We stand with them and keep their faces and their lives in mind. Because our faith is nothing if it's not about particular people and particular faces, our brothers and sisters, our children and grandchildren.'

The Methodist Church and the URC are amongst several denominations in the Joint Public Issues Team (JPIT) who work to: equip Christians to act and pray on issues of injustice, resource churches to reflect and campaign effectively and help our Churches to speak out with a distinctively Christian voice on injustice. They are encouraging Christians to think about how we can live out our calling to act as stewards of God's creation to protect and nurture the earth which we have previously misused.

<http://www.jointpublicissues.org.uk/about-us/>

Find out more about climate change:

UK Government's policy on climate change adaptation <https://www.gov.uk/environment/climate-change-adaptation>

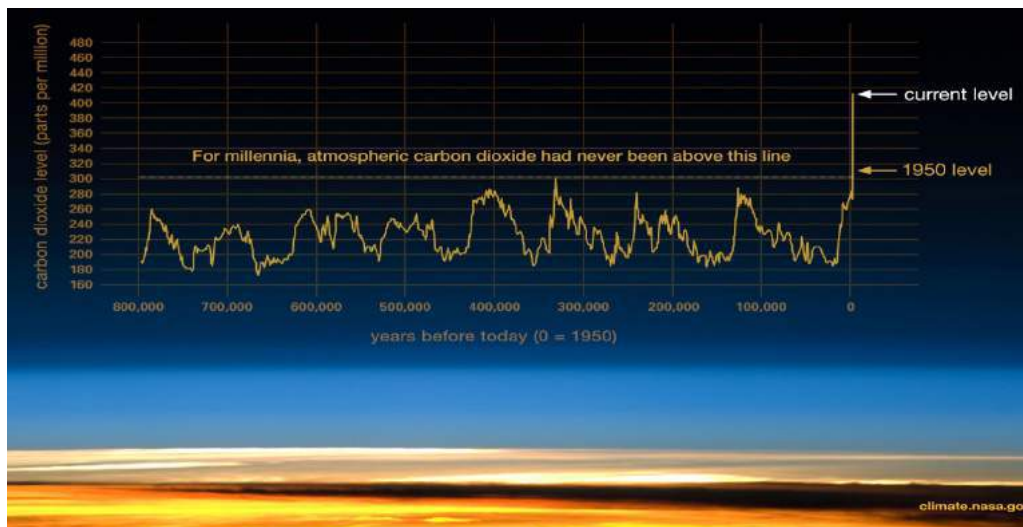
Met Office's climate guide <https://www.metoffice.gov.uk/weather/climate-change/what-is-climate-change>

NASA and the consequences of climate change <https://climate.nasa.gov/effects/>

UK's climate projections for 2080 <https://www.metoffice.gov.uk/research/approach/collaboration/ukcp/index>

Next month I'll be looking at how we can look at our own personal carbon footprint.

Liz Seymour



The New Normal- how will be using our premises in the future?

A question in the Pandemic we have all been asking is 'When will everything get back to 'normal' as it was in February?'. There has been a mountain of information from Government on topics such as how our town centres will change, how shops will open up and how workers returning can be kept safe- and it is clear that there will be no easing of 'social distancing' at any time in the foreseeable future. This will have a huge impact on how we use our building even after (and this has not even been hinted at yet) the Government allows Churches to be open again.

We have many advantages with our premises- we have plenty of space, we could establish routes around the building that avoid crossing in doorways, we could use the outside spaces. There will be much to think about when the time comes, and it will all need to be planned in detail, just as shops and factory owners have found when they have opened up. One thing is sure is that it will be a new 'Normal'. It will be a way of using the building that at first will seem very strange, but that we will all have to adhere to, to protect each other.



With our town centre location and with all the contacts we have in the community, our Church is well placed to serve the undoubted needs that will be thrown up for many in our post lockdown recession. When government support eases, many will be struggling with loss of work, loss of income and even feeding their families. When we return to our building let's make sure we look out towards the needs of the town as well as inside to our precious place of worship.

DW

Eyam and the Plague

Eyam (pronounced e-em) is a small village of around a thousand people in Derbyshire. The area around it, Hope Valley, was in the news in November last year and again in March when flooding by the River Derwent threatened the village. But in August 1665 it became connected to London when a few hundred people living in the village became affected by the plague.

At this time London was suffering the worst outbreak of the plague in England since the black death of 1348. The city authorities rose to the height of their organisational skills at trying to contain the epidemic and prayers were offered in public and days of 'confession' were made available. Public places like theatres and dancing houses were closed and attempts were made to purify the air. Houses where someone got the plague were shut up and marked with a red cross. 'God have mercy upon us' was written on the door.

The attempt to stop people leaving didn't work and it did not prevent around 100,000 Londoners from dying of the plague during that long hot summer of 1665. A strain was placed on the economy and society. Catastrophe. Samuel Pepys and Daniel Defoe wrote about it in their diaries. But there was no great sense of unity and collective pulling together, people being suspicious of their neighbours and keeping themselves to themselves.

Meanwhile 160 miles northwards or so in Derbyshire catastrophe was about to strike this small community. A London merchant sent flea-infested fabrics to the village tailor Alexander Hadfield. His assistant George Viccars was the first to receive the fabrics. The cloth appeared damp and it was spread out in front of the fire to dry it. He didn't notice that fleas had built a nest in the folds of the fabric and along with them came the bacteria of the bubonic plague. Viccars became infected and was the first in the village to be struck down and die.

This infection quickly spread to the rest of the village and there was a great panic. Although most people who could, wanted to escape they were persuaded not to by two local pastors William Mompesson and Thomas Stanley. They convinced the villagers that the best thing to do was stay put. It was their duty as Christians to do so. The cost did not matter as God would reward them for their sacrifice. So they locked down the entire village. They cut off all communication with the neighbouring villages and no one could leave or enter. Stones were placed around the outskirts of the village to show people that they could go no further. All the residents of Eyam, even those not showing any symptoms, said they would not leave until the disease had run its course.

Of the 350 original inhabitants only 90 survived. The villagers received food and help in the way of parcels of meat, grains and other items left at the stone circle edge. The residents left money in a bowl filled with vinegar which acted like a disinfectant.

As well as being quarantined the villagers took steps to minimise the risk of infection. The church was moved away from the cemetery and families were responsible for burying their own dead. William Mompesson's family was also affected as his wife died.

This regime for plague management was not adopted by any other town or village and it is held up as an example of a great sacrifice by a small



PTO

community. Eyam's goals were achieved for after fourteen months the plague suddenly disappeared.

If you visit Eyam today you will see signs and memorials all over and on the last Sunday in August a memorial service is held there.

When I was young it was thought that the nursery rhyme referred to the plague in Derbyshire.

Ring, a ring o' roses
A pocket full of posies,
A-tishoo, a-tishoo.
We all fall down.

The 'roses' are the red blotches on the skin.

The 'posies' are the sweet-smelling flowers people carried to try to ward off the plague.

'A-tishoo' refers to the sneezing fits of people with pneumonic plague.

'We all fall down' refers to people dying.

But others believe that it's just a nonsense rhyme. The fact that people are willing to believe that the nursery rhyme is about the plague shows how much importance it is still given today.

Sue Macbeth May 2020

Update from Kira Farm in Uganda

At the time of sending this to the Messenger in the middle of May, Kira Farm was still not open although, as Phil Pugsley of Amigos reported, they had been very much hoping that it would reopen to its students at the end of May. Amazingly Uganda hadn't recorded any deaths up to that date due to COVID19 so they were hopefully waiting on the President's decision.

However, although not able to hear from Scovia herself as she is still in her village where she returned when the lockdown started, we have recently received a news update in a letter from Joshua who runs Kira Farm. He has been keeping in touch with all the 2020 trainees, has made sure with his staff that the crops planted by them have continued to flourish and has even managed to send us a photo of Scovia in her 'garden' in Guru!



Amigos

Joshua's letter:

Greetings from Uganda. We hope you are all doing well given what is going on around our beautiful planet earth. In Uganda, we are being blessed with daily waters from the sky, which is really a crucial element for plant growth hence producing better crops and food, which are key elements to our stomachs during a time when there isn't a lot of options.

Generally, the leadership to this country are doing marvellously well at keeping the virus cases low while treating the infected to full recovery. Every now and then we hear of a new case, there is a higher fraction of recoveries – which is a very promising statistic and a view into what the future might look like.



Lockdown
activities- what
have you been
up to? Send
us your story



Living with Mr Bean

On the back of that, this is a little note to explain what is happening in the lives of the lovely trainees as they get on with life during lockdown, in different parts of the country. As a directive, they all had to travel back home to their families over the end of March but, wherever possible each trainee was linked with a Kira graduate or farming group to help with the continuity of learning in a way, but as well not lose out on developing the newly acquired conservation farming skills and, we are 100% sure they are doing well.

We're very conscious about the generous funding you have afforded for the training of these young people, which we guarantee will continue whenever we are permitted to make the farm open again. At Kira, the staff are still working. In fact, we have taken on trainees roles with taking care of the gardens while the rains last.

As we go on, we will keep updating you about how they are doing and what the future looks like. For now, here is a photograph of Scovia attached, who is putting her farming skills to good use during lockdown back in Gulu.

Please feel free to email us back as we all fight to pave a way back into normality.

Blessings

Joshua

Let us continue to pray for Uganda and Kira Farm and all the staff and trainees – that they stay clear of a further outbreak and that by the grace of God they get through this crisis with as little pain as possible.

Living with Mr Bean

In younger years I enjoyed the daft exploits of Mr Bean, played brilliantly by Rowan Atkinson. He appealed greatly to my childlike sense of humour and was an antidote to the grey suited formality of the courtroom. I imitated him for my daughter and her friends. But they all grew up!

Time passed and I met Shirley. Somehow the subject of Bean came up. She enthused about him, surprising me, but that encouraged me in reprising my performance. When in mischievous mode I would play Mr Bean, even in the face of wifely protestation. The high point was on holiday in Sri Lanka where I could not resist giving locals a taste of the mad Englishman abroad, possibly shedding insight on why the British lost an empire.

What I've left out so far is that Shirley told me, belatedly, that by Bean she had meant Sean Bean, gritty Northerner and the swashbuckling hero of Sharpe and other film productions. I could not emulate his macho presentation so had countered with questioning his ability in sweet pea horticulture, and honour was restored.

And so to this year's gardening experiences. There has been a Bean revival.

First came self- driving rotovator. I selected forward gear, but instead of waiting for me to pull in the clutch it set off up the plot unaided. Running after it in boots one size too big was not the easiest. Then an hour spent dismantling to free the seized pulley wheel and reflecting on how silly I had looked.

Next was the greenhouse gremlin. The greenhouse has two sections, with a door separating the smaller far end. To keep the cucumbers warm overnight I pulled that door shut. Two misfortunes befell. The door handle fell off my side, with the operating bar tumbling down the other side. Unable to open the door – not that I wanted to, as there was another problem. In pulling the door shut I had dislodged on the other side from above a section of stout bamboo cane in the roof. It had been cut to fit the length available to hold strings for the pendant fruits. It fell exactly square onto the window ledges in both door and the other end, secure against the glass both sides. Impossible to repeat, but I have photographic evidence! So to open the door, I would have to break the glass. It was solved by inserting a hoe through the side window and hooking the stick free, then using a screwdriver in place of the handle.

Finally came the al fresco shower. Wearing shorts in the heat I was watering broad beans with the hosepipe and became aware of wetness on my legs. Looking down gave the answer. The pipe beneath me had sprung a leak and was putting up an impressive jet – a sort of outdoor bidet. A drastic way of cooling off!

Perhaps it's as well that I'm not presently using firewood, so the chainsaw is safely silent.....!

Chris Punt

Listening to people.

In the depth of silence
no words are needed,
no language required.
In the depth of silence
I am called to listen.....

And listen to the cry of the voiceless.
Listen to the groaning of the hungry.
Listen to the pain of the landless.
Listen to the sigh of the oppressed
and to the laughter of children.

Listen to the beating of your heart.
Listen to the blowing of the wind,
the movement of the Spirit.
Be silent — said the Lord
and know that I am God.

For that is authentic communication;
listening to people
living with people
dying for people.

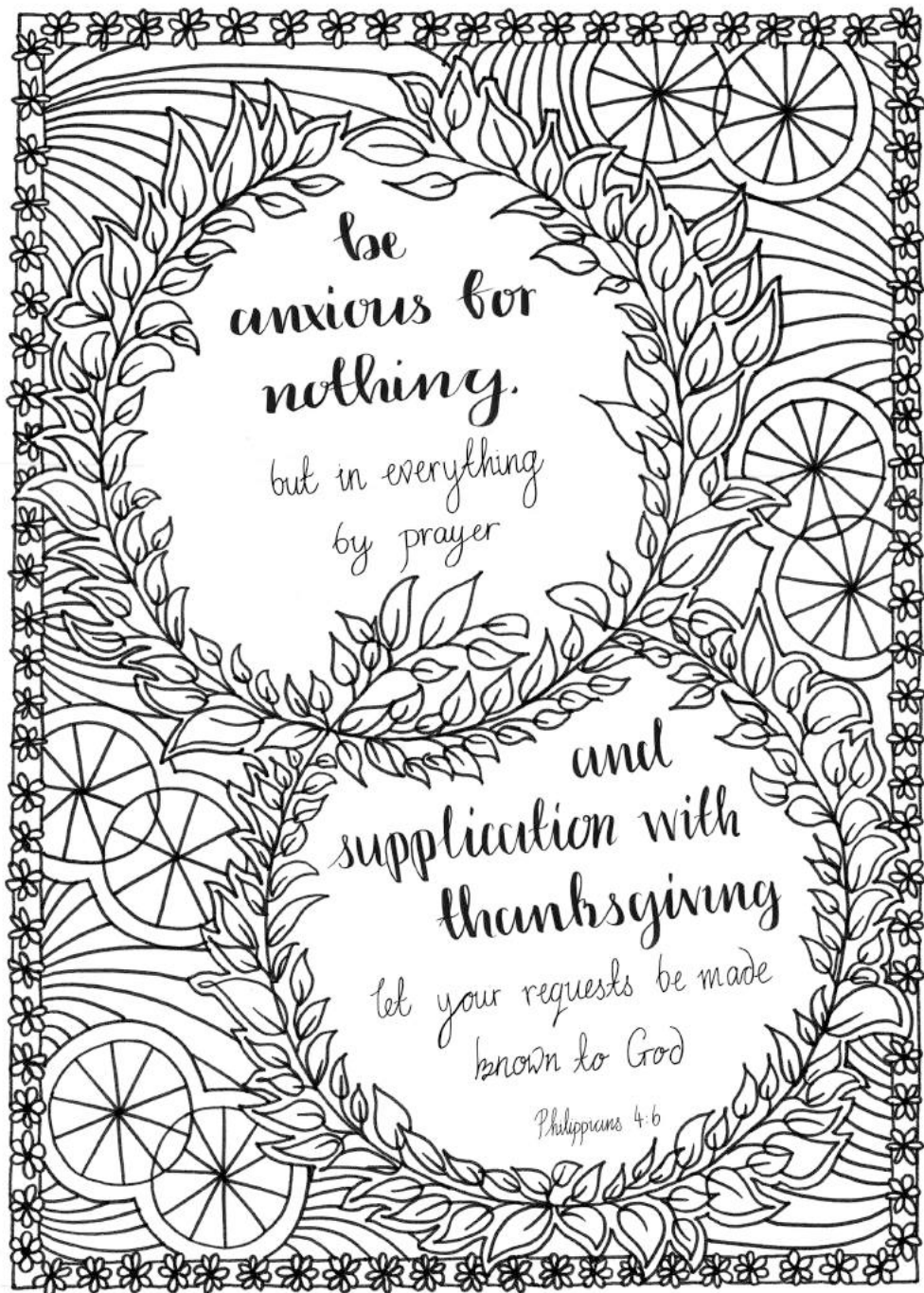
Sue Macbeth



Source: International Association for
Mission Studies
December 1983
Christian Aid Resources.

Thank you for your love and prayers re my mother Mrs Margery Ousley. It has been such a boon to us knowing that you have prayed for us. I haven't been to church for a service for quite a time but will endeavour to do so when the church opens again. Thank you also for cards of sympathy re my mother's death. You have all been very kind and I do appreciate it.

Kind regards from Carolyn Ousley



Do cut out and colour in!

courtesy of Samara Andrews, Designer and URC staff member

D	E	R	W	T	T	E	A
R	U	B	Y	E	R	G	E
M	L	W	L	I	P	N	G
A	W	O	B	N	I	A	R
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V	U	L	O	I	K	O	E
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Which way for the big carrot?

PUZZLE PAGE

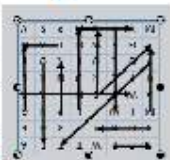
Can you find the rainbow in the word search?
And more colours too!



Can you follow the 9 times table across the rainbow to the crock of gold?



A picture Sudoku. Fill in the symbols so there's one of each in each row, column and corner.



Answers
Rainbow, red, orange, yellow, green, blue, indigo, violet, pink, grey, brown, mauve, tan, ruby, onyx, 36, 54, 27, 18, 81, 63, 45
Across the top of the page first for the big carrot.

Lord Woolton

I read the recipe for Woolton pie and suddenly I was back into war time.

My brother, Mike, was a 'picky' eater and Mother despaired when he wouldn't eat this and wouldn't eat that. So, she said one day 'I don't know what Lord Woolton will say when he finally hears you picking and choosing'.

To which Mike said 'How will he know?

'Well' said my Mother, 'if we can hear him, it's pretty obvious that he can hear us'.



So Mike started eating all of his food. You could tell on his face what he did, and didn't like. So I stopped getting his 'leftovers' and he ate the lot.

Pity, I looked forward to his 'leftovers' But not to worry.

She began to tell people that Lord Woolton was a friend of hers. I know exactly what she meant.

In the meantime, Mike put on weight, and I lost a little.

Still, I learnt at a very early age, that you can't win 'em all. Life is like that.

Pat Penney

I wonder if anyone will send us some VE Day celebration pictures to go in the Messenger.

How do we show God's love during the Covid-19 pandemic?

I was very moved a few weeks ago when I heard how a senior nurse on an intensive care ward with Covid-19 patients became aware that one of the patients did not have long to live.

The nurse consulted with the other medical staff and a decision was made to turn off the noisy ventilator and other instruments. The nurse then 'phoned the patient's wife and explained what was happening.

The husband and wife spent some time talking to each other and praying.

The nurse gently told the man's wife when her husband had passed and then before leaving the bedside made a sign of the cross over the body.

Here we see God at work in the most desperate of situations.

God is also at work in each one of us as we reach out to those who are finding life difficult at the moment.

Many at Christ Church are going out of their way to help and support the more vulnerable members of our congregation, not just the Church Friends but everyone who is able to help, is giving time to telephone, send letters and cards of encouragement and to do shopping where that is needed for those who are alone and are isolated.

We are also encouraging each other by keeping in touch and updating everyone through messaging and emails.

It is through those prayers and support that we give that all in our congregation feel that we all are loved and valued members of our Church. - Shirley B.

Prayers – for June

Please pray for - all those who are working on the frontline – the doctors and nurses, the cleaners, the postmen and women, the supermarket staff, care home and hospice staff and for those who care for relatives and neighbours at home.

- for those who are in residential care but are unable to be visited by their immediate family.

- for all who have lost loved ones during this crisis that they will be comforted by God's loving and healing presence.

- for the volunteers at the Barnstaple Foodbank at Rose Lane, where the demand for food parcels for those who are in crisis is almost overwhelming.

Please give thanks for the volunteers who have stepped forward to take on the volunteer roles usually carried out by the volunteers over 70 years old.

- for Robert Hurley, Don Macalister and Jonathan Froggatt that they will be given wisdom and guidance for the Circuit and at Muddiford URC through the pandemic.

- for the UK government that God will be in the decisions that are made to keep people safe through the pandemic.

- for the scientists as they look for a vaccine to combat Covid-19 or find ways to alleviate the symptoms, enabling more people to return to full health.

- for ourselves that we will be open to God's leading as we support and care for all those in our congregation and community, showing God's love to all who we are in contact with.

Tuesday Prayer Group – As many of you are aware there is a prayer group which meets every Tuesday morning at 9:30am with a Communion on the last Tuesday of the month at 10:30am.

Due to the present pandemic we have been unable to meet, however those of us with computers are still praying on Tuesday mornings.

Those on the rota who are able to, send out a day or so before the meeting a reading or hymn with a reflection and a list of prayer needs.

Due to General Data Protection Regulations we are unable to pray for individuals by name, but these prayer times have become very special to us and we think it would be really wonderful if others from our congregation would like to take part, if you do please let me know.

I will be drawing up a new six month prayer rota at the end of June, so if anyone would like to lead a prayer group between July and December, please let me know so that I can add you onto the rota.

Love & blessings – Shirley B.

News of Rachel Leather

In this strange world in which we live, worshipping at home, possibly joining with streamed worship services away from our normal "home church", strange things happen. I happened to come across the name of Rachel Leather of Worcester and thought, "that could be the Rachel who was brought up in our church and junior church". Well, no services or meetings to attend in Christ Church, so time to be inquisitive on the computer. Yes, the Rachel Leather I knew. I remember hearing from her father some time ago that she was candidating for the ministry and he commented how pleased her mother, Helen, would have been. Well, Rachel is a probationer minister in the Gloucestershire circuit – one of these large circuits and she replied to my letter. She sends her greetings to the people at Christ Church and is interested to know what's going on here. I shall refer her to The Messenger as well as writing back to her. It was lovely to hear from Rachel and to know the path she is following.

The late Rev Bernard Thorogood

Recently at the end of April the death was announced of Rev Bernard Thorogood at the age of 92 in Australia.

From the URC website: Bernard was General Secretary of the URC from 1980 to 1992, and, prior to that, served as General Secretary of Council World Mission (CWM) from 1970 to 1980 (bringing CWM into being in its current form), and through most of the 1950s and 1960s was a missionary in the Pacific islands – mainly in the Cook Islands.

He served as General Secretary of the URC at a time of immense change in Church life worldwide.

He was responsible for the 1981 union with the Re-formed Association of the Churches of Christ for drawing them into the general life of the enlarged Church and much of his work was to do with ecumenical affairs. He gave encouragement and support to the rapidly increasing number of Local Ecumenical Projects (LEPs), a partnership of churches of different denominations e.g. Trinity Church, Lower Earley, Reading, which is a URC, Methodist and Church of England church. He also served with the British Council of Churches (now Churches Together in Britain and Ireland) and the World Council of Churches.

If you ever met Bernard you would be enthused and enthralled by his quiet wisdom shared around a table, across a meeting, in an Assembly. He retired in 1992 and moved to Pymble Uniting Church in Sydney.

Bernard wrote several (! 13) books and one of the last in 2016 was 'Old Grey Prayers'. Prayers and poems on growing older. Although he was an artist it contains illustrations by his son Neil (whom some of us met at Christ Church last year).

This poem is most apt for where we are in these uncertain times.

Sue Macbeth

A thanksgiving for our carers

What patience they need, the staff of this home;
there's the grumbler - 'You can't get anything right'
there's the wanderer - never settled, always on the go;
there's the caller — 'I want another biscuit.'
There's the fussy eater — we can't provide the specials every day;
there's the childlike - needing a cuddle,
And the fearful one, trembling, backing away.
All are part of the community.
All are cared for with personal attention.

Thank you, God, for those who,
with compassion and good humour,
serve the elderly at home or in residential care.
May they know how valued they are;
as they lighten the way up the hill.



Some feedback from the book review in April.

The Long Call by Ann Cleeves

I also read this book at the end of last year, a very good read, with local interest. Are you aware that she lived in North Devon and went to school here? I was loaned the book by an ex school friend of her's and have read some of her earlier work before her success with Vera etc. Hope she writes another book about our area.

Joy Morley

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 ...	(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	contact Jo Grant 07450582414
Thursday	2.30pm	Ladies Fellowship ...	
	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	8.30am	2nd Saturday of each month - circuit event	
		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)

Sunday Offertory for April 2020

		Cash	Envelopes
April	5th	£0.00	£0.00
	12th	£0.00	£0.00
	19th	£0.00	£0.00
	26th	£0.00	£0.00

An increasing number of people are donating money direct to the Church account by standing order. Currently this offertory is £1880.00 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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Jo Grant

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Elders

Telephone Directory (01271)

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Alison Cairns	Chris Marshall	Eff Poole
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Staveley Dawson	Jack Neville (sec)	Elaine Stevens

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The View from my Garden

Sent to us by Anthea,
Showing her garden in
Westward Ho!

Send us a picture of your
outside space!