

The Messenger

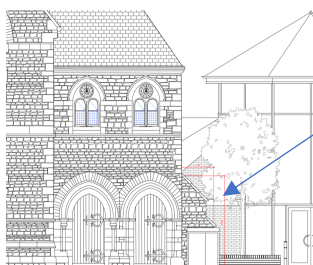
Christ Church

Barnstaple

Methodist / United Reformed Church

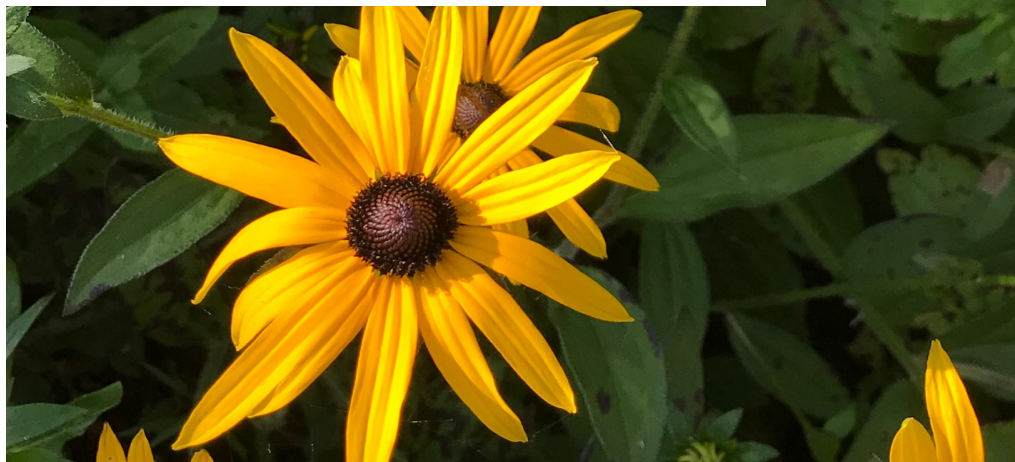
www.christ-church-barnstaple.org.uk

October 2020



Here is a view of the buttress that is proposed as part of the repairs to Christ Church.

Planning by North Devon District Council and Listed building consent by Methodist Conservation Officer should be received this month with fundraising bids going in shortly afterwards. A start on site in Spring?



October 2020

All activities are cancelled or postponed until further notice.

As the church magazine is printed once a month you may 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.

Please note that International Aid Trust are not able to distribute **'Shoe boxes'** this year because of Covid-19 so we will not be collecting them at church. Please keep them at home for next year, when we hope IAT will be able to give them out again.



Our family matters

Christ Church Family News

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

Many of you will have seen and heard Jim Ley in many different churches in the circuit. Sadly Jim Ley has died, aged 90 – our longest serving local preacher, his recognition service was in 1956, which means he's been preaching for at least 64 years! The last service he took was a harvest service at Ebberly last year (2019). He was also a lifelong member of the Devon Closewool Sheep Breeders' Society.

Jim was always encouraging of new preachers, and always ready to give a smile and welcome to anyone preaching at Goodleigh.

Thank you again to everyone who sent in pictures, written pieces, poems etc. We'd love to hear from you for the November Messenger.

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

Dates are difficult to fix so the earlier you send the better. If we can, we try to be ready to send out the Messenger with the fortnightly posting of 'worship at Home'.

Apples and Bananas

$$\text{Apple} + \text{Apple} + \text{Banana} \text{ cost } 33\text{p}$$

$$\text{Apple} + \text{Banana} \text{ cost } 19\text{p}$$

$$\text{Banana} + \text{Banana} + \text{Apple} \text{ cost } ? \text{ p}$$

Can you grow a pear from seed?

Change one letter only each row to make a new word.

SEED
E
E
E
E
PEAR

Answers page 13

Message

My dear friends,

As you may have gathered from my June letter one of the things I enjoy doing when I have some spare time is to mend things.

I don't think much of our modern throwaway culture that tells us that for the sake of a bit of time and an inexpensive replacement part we should throw away whatever is broken and buy something bright and shiny and new. So over the years I have taught myself how to replace parts in washing machines, ovens, PCs, cameras and iPhones.

There is something very satisfying in taking apart something which is broken, replacing a few bits, putting it back together and finding that it works as well as it ever did. In my teens I took it to the next stage of taking things apart that were working and making them work better by changing a few bits and putting them back together.

I began with mechanical things like cars and motorbikes but quickly moved on to simple electronics and computers. I am certainly no expert but enjoy tinkering and the satisfaction of taking something and either repairing or improving it.

It doesn't always work. I've certainly had my failures and frustrations. An electric guitar I rewired would only work intermittently and it took months of finding the odd hour here and there before I finally took it all apart, started again and got it working properly.

I wonder how we would feel if God simply threw us away when we aren't working properly, when we have become cracked by some heavy blow in our lives, or have a screw loose that needs tightening.

As a human being who is faulty in different ways at different times I am grateful for the love of God that seeks to make me whole, to make me better than I've ever been, from the inside out. Perhaps you are too. Perhaps that with me that means going back to basics, stripping our lives back to what is truly important and, with God's gentle guidance and encouragement, rediscovering the blueprint for our lives, the image of Christ within us.

In the end, with God's help, perhaps we will all make beautiful music, together, to the glory of God.

Thanks be to God

A handwritten signature in dark ink, appearing to be 'Don' with a stylized flourish at the end.

Prayers for October

4th October

Dear Lord, I am me and I know I get things wrong. I also know I get some things right. I am me and I know you love me. Help me to follow the way you would have me travel.

Lord, as I journey towards the goal you set before us, I see glimpses of who you are, often too deep and unimaginable to grasp fully the depth of your being. May what I see and feel spur me on in my journey to discover more of you. Amen.

11th October

I do not always know who I am or what I want, Lord. I am sometimes happy in my skin and sometimes I just want to leave it all behind.

Sometimes I want to be 'out there' and noticed and other times I want to be alone and obscure. Sometimes, Lord, my tears are of joy and sometimes of sorrow and anguish. But always, Lord, you know my innermost thoughts, even those I do not understand myself – help me to rest always in you. Amen.

18th October

I praise you, Lord, for witnesses through the ages who have told your story and made you real to the next generation. I thank you for people whose names are well known and prominent, and I thank you for those whose names are long lost in the annals of history – but who are known to you. I praise you for all whose good Christian lives have impacted on who I am, and what I am, and where I am. I praise you that in every generation there are witnesses who stand out, who stand up to be counted, who make a difference to the Christian path. I praise you, Lord God, Father, Son and Holy Spirit, that I have been brought by word, by deed, by action to follow you. Amen.

25th October

I give thanks, Lord God, for the gentle caring people in the world whose love of you radiates from their lives. For their gentleness of voice and touch, for their gentle smile, their listening ear, their quiet reassurance and understanding, their patience and perseverance with us. I thank you, Lord God, that you have touched the lives of these people and have enabled them to touch my life and the lives of others and bring us to our faith and enrich our knowledge of you. Amen.

B	E	E	T	R	O	O	T
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N	E	P	R	K	O	O	T
S	E	P	E	V	B	N	A
R	L	L	L	A	E	F	T
A	P	E	H	U	R	S	O
P	O	O	T	A	M	O	T

Although we had no Harvest
Festival this year we do thank
God for the harvest.

Autumn Fun

Can you find HARVEST
10 fruits & Vegetables
and a bonus word

Answers page 13

Prayer News from Amigos in Uganda

Last month we heard that Josh (co-ordinator of Kira Farm) and Yule were off on their marathon road trip around Uganda finding out what last year's Kira trainees are doing, and making sure all this year's Kira trainees are ready to come back to Kira in January 2021 (Covid permitting). Although communications are limited due to lack of power, Joshua has managed to send back the following letter from the far Northeast of Uganda. It is a window into some of their problems, many of which are similar to ours!

A Message from Joshua

'I would like to thank God for answered prayers and for being able to extend God's love to all the people we are meeting. To be honest, travelling a thousand miles and visiting hundreds of people during this pandemic had us a bit concerned about our health as well as the reception we might receive from the communities we were visiting. Would people be scared meeting us, thinking we were going to bring them coronavirus? But to our amazement the reception we are receiving is amazing and we're having the most wonderful time!

I want to thank God that in one of our Kaliro meetings, a 36 year old widow called Naiyiruba gave her life to Christ, and as I write she is in good hands with the local church.

When we bring trainees to Kira Farm, the first thing we focus on is making sure we help them have a personal relationship with God. We have seen time and time again how this brings healing to their minds, bodies and souls.

The last few months have been a massive lesson [to many of us] that church is not all about attending meetings or coming to a building. Many families have been able to have fellowship within their homes, and I believe this is helping to improve their relationship with God and with each other...

I have been able to interact with 13 pastors to date while travelling and it's been no surprise that their most common concern is people not being able to enter church buildings. My encouragement to them has been to thank God that people are developing their own relationship with Him so they won't have so many people troubling them with their problems - people can just communicate with their Heavenly Father directly! As you can imagine this has brought mixed emotions...'

Prayer requests

It's with huge appreciation that you are willing to pray. Here are a few pointers from Phil Pugsley (CEO) and the Amigos Team...

- Please pray for all the pastors and church leaders that we work with.
- To date Uganda has seen 3,288 case of Covid19, 1,532 recoveries and 33 deaths. As the Ugandan lockdown eases please pray everybody will continue to be vigilant with hand washing, wearing face masks and the practice

of social distancing.

- Due to coronavirus Ugandan schools and educational facilities have been closed since March. With no sight of them opening any time soon, the economic fallout is crippling all those involved in this sector.
- One of our sponsored children, Andrew, was due to have a minor operation in Gulu hospital on Tuesday September 8th. Please pray for a speedy recovery for Andrew, and that he will know Jesus with him throughout.

And please continue praying for Kira Farm – for all the trainees who had to return to their home villages unexpectedly due to the virus, for all the previous graduates and local farming groups supporting them, and for the permanent staff keeping Kira Farm flourishing. We think particularly of Scovia our sponsored trainee and also of Joshua and Yule as they journey. We pray for safe reopening of the farm in January 2021.

NB For those with access to internet facilities, here is a little message we thought you would love from Josh and Mary who run Kira Farm....

https://youtu.be/y6_SqRMSkdq

Thank you again for all your prayers and support, together with Jesus we can move mountains!

Blessings

Blessings even in a pandemic!

2 Chronicles 7:14 says - *If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.*

Fatima didn't have any savings at the time of the lockdown, no dried food and no crops in the field, as the rains had come and it was time to plant. 'With children now at home 24/7 and two pigs to feed, I was very worried' says Fatima.

Many families could only pray and fast, asking God for His provision and good health to get through this desperate situation.

Fatima says 'I have never seen the village mango trees with so much fruit on them. We have all been overwhelmed with mangoes just when we need food the most. We ended up depending on mangoes, week in week out, with the occasional cooked evening meal with whatever we could scavenge. I even managed to keep my pigs fed and to my surprise one gave birth to five bouncing piglets!'

Fatima recalls that 'the abundance of mangoes was like manna from heaven, seeing us through these dark days'.

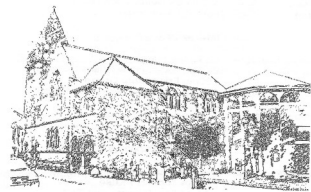
'In the end, coronavirus didn't affect us at all. In fact, we were more worried and praying for our UK sponsors to stay healthy and safe'.



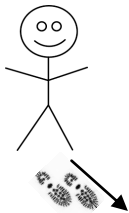
A Busy Time

This month has been super-busy for some of the people who regularly send in items for the Messenger but we hope to catch up next month.

The results of the questionnaire revealed many different points of view concerning opening up our building for public worship and will need more time to work through. Meanwhile the elders have set up a group to complete a risk assessment for when we do re-open Christ Church and to consider the practicalities that must be thought about. It was agreed that we would not open up until it was safe to do so for everyone. In a week that has seen the prime minister tell us that we are at the start of a second wave of Covid-19, we move forward with prayer and faith.

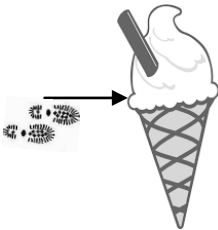


Kathy Jeacock



Can you follow the 3 times table to get to the '99' ?

3	6	9	30	27	30	33	36	39	42
6	33	12	27	24	33	48	51	54	45
9	30	15	18	21	63	45	87	57	48
12	15	18	33	24	66	42	84	60	51
27	24	21	30	27	60	39	81	63	54
30	75	24	57	30	33	36	78	66	57
33	72	27	54	39	42	45	48	69	90
36	69	30	33	36	81	78	75	72	93
39	66	63	60	57	84	93	90	93	96
42	45	48	51	54	87	90	93	96	99



SAINT TERESA OF AVILA

Let nothing disturb you.
Let nothing make you afraid.
All things are passing.
God alone never changes.
Patience gains all things.
If you have God you will want for nothing.
God alone suffices.
St Teresa, The bookmark of Teresa of Avila

When I found this profound and deeply moving poem by Teresa of Avila, I wanted to put it at the beginning of the article, rather than the more usual place at the end. If only we could accept that all things are passing and not let anything disturb us or make us afraid how different our day to day lives would be. If we accept that if we have God in our lives we will want for nothing, I think this state of being could be achieved. Although it was written over 400 years ago it has a very modern feel to it and the words are as applicable now as they were then.

Teresa was born of an aristocratic Castilian family in Avila, Spain. Although she was of noble descent this was no protection against the losses and ill health that she suffered.

As a young child she was extremely pious and together with her brother, played at Hermitage, even taking things as far as trying to run away to Morocco with him to die as martyrs. However, when Teresa was fourteen this changed as Teresa's mother died. For a while she was attracted to worldly matters, of beautifying herself and generally behaving like an emerging young woman.

As a result of this leaning towards worldliness her father sent her to be educated by Augustinian nuns in the town. A year and a half later she became seriously ill, during convalescence she read Jerome's letters and decided to devote herself to Christ and become a nun.

Teresa had several episodes of illness, thought possibly to be malignant malaria, during this time she had visions and gained much spiritual insight.

At that time behaviour in the convent was very lax with the nuns entertaining many from the town, very often the aristocracy. The nuns frequently left the enclosure. Solitude and poverty seemed to be lightly esteemed. Teresa won over many with her affectionate charm, pious nature, prudence and charity. Gradually she was deepened by the practice of prayer until she experienced an inner conversion. During this time she had visions and other religious experiences. Unfortunately, these visions became known and were ridiculed by the other nuns.

This behaviour from the other nuns did not deter Teresa in her devotion to the religious life. After twenty five years of unreformed Carmelite life she wished to found a house where the primitive rule would be strictly observed.

Although the project met with opposition, she eventually succeeded and her new house of St Joseph of Avila was founded in 1562 with thirteen nuns in conditions of poverty, hardship and solitude. This proved to be the prototype for sixteen others during her lifetime. Teresa wrote extensively, at all times stressing the importance of prayer. Fortunately for posterity she was commanded to write her

What is work like in a pandemic at the moment?

Here are a few incidents from last week at work in our small architectural practice. Three of us are working spaced out in the original office and the rest (including myself) are working from homes across North Devon.

Monday

We start the morning like every morning with a 'Teams' meeting to agree who is doing what- and to check up on how people are doing. The pandemic has affected people in very different ways depending on their personal situation- a 20-year-old is frustrated at being confined to base with his parents, not seeing his mates. A 60+ year old is worried about shielding and protecting their grandchildren. We are slowly getting used to standing that far apart and washing hands, cleaning surfaces but everything seems to take far longer and be more awkward. It is so tiring that this is laid over the top of all the work issues & is relentless, but I expect schoolteachers and shopkeepers feel the same!

Tuesday

Another morning meeting. One person is living in the country with rubbish broad band and so cannot connect to our server and the drawings and files. Even a booster in his loft has not solved the problem and he has come in to work in the office. Today he rings in and says his daughter has been sent home from school. He says he is sure that it is a cold, but he has to quarantine until she has a test. He gets one in Exeter, drives there and is told he is not on the system. The next day after hours of trying, he gets one in Taunton – he has to quarantine at home while awaiting the results, so we are a person down.

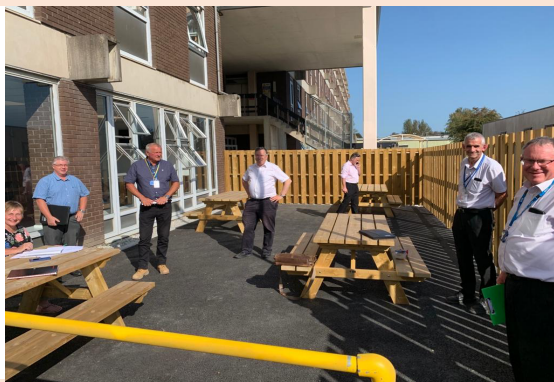
Wednesday

Another morning meeting. Our cat gets up onto my desk wanting to be fed (again), but he walks into the camera shot, to people's amusement. It's so much harder to communicate on-line even with video. I realise I used to catch people in little conversations as they walked to the kitchen past my desk – everything from have you sorted that problem, or dealt with this, to how is your kitten doing that you have just got. All those little informal chats have gone by the by and it is so much harder to keep everyone happy and working together, we are social beings, aren't we, not meant to be shut away on our own?

Thursday

Another morning meeting.

A Local Authority has been being really stressing about a deadline with some work, but they have paid their bill within four days – unheard of, they used to take two months, so we forgive them. They said they were trying to support local businesses. On the strength of this we decided to pay the last years Company Tax bill, which the Chancellor had given us a 'holiday' with, but it would have had to be paid eventually. We are worried and fearful about the future, but you have to keep trying to move forward, there are a lot of people's livelihoods at stake counting on everyone 'bouncing back'.



Friday

Another morning meeting, after which we have a pre-start meeting at the hospital with the client and builder. The project is to build an extension for some diagnostic equipment. The machines will cost more than the building, so it is great that the hospital have at last had the funds approved, it will be 65 weeks on site. We hold the meeting outside, socially distant which was lovely in the sunshine. Not sure how it will be in winter!

David Wilson

How was your week- write in and tell us for the next Messenger!

books, including her biography. In 1622 she was canonized. Teresa died on 4th October 1582, her feast day is 15th October that is because on the very day after she died the Gregorian reforms of the calendar were adopted and ten days were omitted from the month of October.

The writing "*Christ has no body now but yours*" is widely attributed to her but no sign of it was found amongst her writing. Whether she wrote it or not, it is a beautiful piece and the sort of thing she may well have written about.

Teresa is the patron saint of writers and headache sufferers, some say that this is because she suffered dreadful migraines when conducting her writing.

Music to Listen to: Concerto de Aranjuez - Joachim Rodrigo

TARTA de SANTIAGO

Ingredients

10 ounces (250 gm) ground almonds
10 ounces (250 gm) caster sugar
zest of 1 orange and 1 lemon
6 free range eggs, separated
½ tspn almond extract
½ tspn cinnamon
Icing sugar to dust when cooked and cooled



Method

- 1 Preheat the oven to 170 (fan 150) Gas mark 5
- 2 Butter and flour a 28cm (11") spring-form cake tin
- 3 Cream 6½ ounces (180 gm) sugar with zest and egg yolks, gradually add the almonds, cinnamon and essence.
- 4 In a separate bowl, beat egg whites with remaining sugar until stiff
- 5 add about ¼ of the whisked eggs to the almond mixture, gradually add the rest.
- 6 Turn into the prepared tin and bake for about 40 minutes.
- 7 Remove from oven allow to cool for 10 minutes, then turn out onto a wire rack.

Once the cake is cooled, dust with sieved icing sugar. By tradition this cake is decorated with the cross of St James. This can be obtained by going on the internet and downloading an image of the cross and cutting it out, laying it on the cake and dusting over it.

This cake is naturally gluten-free and low fat. This cake is rather large but ingredients can be halved and baked in an 8" tin.

Jennifer Allen

Seasons of Mists and Mellow Fruitfulness.

I am not sure when you think the seasons change. Is it the meteorological time on 1st September? Or perhaps it's the autumnal equinox which this year is on 22nd September when day and night are of equal length. Or maybe it's later and into October when all the harvest is safely gathered in. Maybe even when the clocks go back. What happens when this season changes and the beautiful leaves turn to a rich golden red or gold? Here's a poem about the seasons by Rev Donald Hilton once Moderator of Yorkshire Synod who died peacefully in the spring of his 80th year 2012.

Poem The season of growth

Not Spring,
when tender shoots
are quickly trampled down
and unsuspected frosts destroy;
when bursting life spawns myriads
to keep the few
and thus begets the tragedy of death
within the hope of birth.

Nor Summer months,
when all creation sates itself:
languid, replete and over-satisfied;
long hours when warmth invites unseemly ease
or, sun-denied, breed disappointment.

Not Autumn,
when ripened fruitfulness
reveals the hint of quick decay,
and sombre beauty of the leaves
(so long romanticised in poetry and song)
speaks out for death and death's decay.
The Autumn beauty of the trees
invites a requiem and not a feast.

No, Winter is the season of our growth:
creation held in quiet suspense,
pausing for fresh breath
and new endeavour;
when bulbs build up resources for their life
and searching roots reserve their strength,
looking to the rhythm of another year;
when stem and flower fall broken to the ground
and seeming loss is richer gain
as earth receives its food
to rise again next year.

Winter is neither death
Nor even slumber.
Winter is the season of our growth. *Donald Hilton.*

With thanks to Sue Macbeth for sending us this.

Next Steps Development.

Many will have heard of the above well established local charity based in St. George’s Road, (where the old Hospice shop was based some two years ago) and will be aware that it aims to provide training to teenagers who have a Learning Disability, Brain Injury, Autism etc. The training is in a number of areas, including: Travel Training, Health and Wellbeing, Domestic skills, which covers making meals, cleaning and laundry and a number of other abilities necessary to gain some skills helping towards independence in life. However the Charity also includes training in a variety of areas enabling the teenagers to earn, if not a completely independent living, then money towards it. Training can be given in various departments: Retail: (organising stock, customer service, and window dressing) Motor Mechanics, Woodworking, Farming, Media, Accountancy and Graphic Design (using design software, T-shirt printing, laser engraving).

You’ll be very pleased to know that their cafeteria has re-opened, as has their bric-a-brac shop, which is diagonally opposite Youings in the High Street. David and I did enjoy our lunch there last week, and from their shop in the High Street I bought a wooden truck, coasters and key rings. Can’t start Christmas shopping too early, I say.

Just as a reminder, the Cafeteria is open from 9 - 5, Monday - Friday.

Best wishes,
Ronnie

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P	N	C	E	L	M	H	P
T	O	R	E	T	E	B	

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57	66	78	36	33	30	57	24	75	30	30
54	63	81	60	39	27	30	21	24	27	27
51	60	42	66	42	33	18	15	12	15	12
48	57	87	45	21	18	30	15	9	30	9
45	54	48	51	48	33	24	27	33	6	6
42	39	36	33	30	27	30	9	6	3	3

Page 8

PEAR
PEER
PEEL
FEEL
FEED
SEED

cost 24p



Page 2

Answers

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 August 2020

August		Cash	Envelopes
	2nd	£0.00	£0.00
	9th	£0.00	£0.00
	16th	£0.00	£0.00
	23rd	£0.00	£0.00
	30th	£0.00	£0.00

An increasing number of people are donating money direct to the Church account by standing order. Currently this offertory is £1965.00 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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Rev Don Macalister
8 Kestrel Way,
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Barnstaple EX32 8QN

tel. 01271 345313
dasmacalister@icloud.com

Young families worker
Jo Grant

jogrant-christchurch@outlook.com
tel 07450 582414

Elders

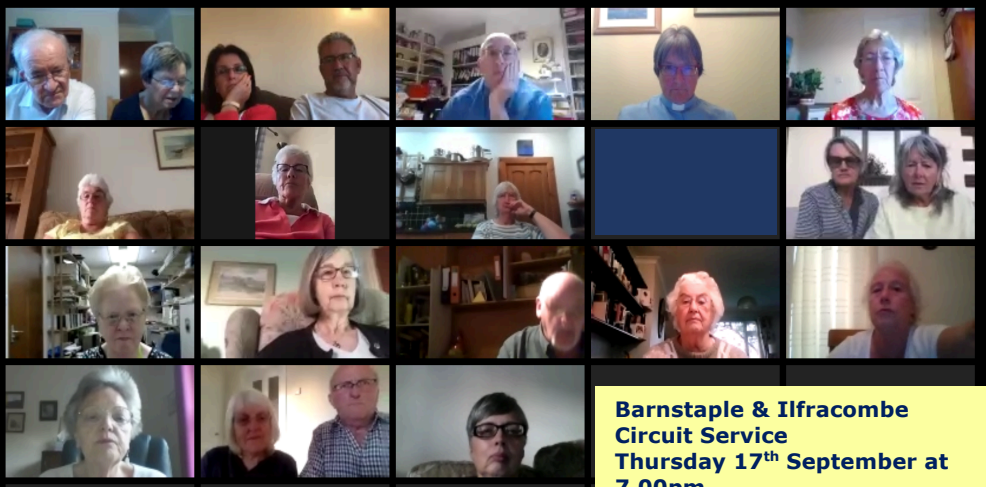
Shirley Baxter	Kathy Jeacock (treas)	Jenny Newman
Alison Cairns	Chris Marshall	Eff Poole
Anthea Coates	Janet Marshall	Liz Seymour
Staveley Dawson	Jack Neville (sec)	Elaine Stevens

Telephone Directory (01271)

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Church Treasurer	373555
Room Bookings	374085
Circuit Administrators	379116

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If you haven't yet, please do take part in this weekly act of worship online utilising Zoom – Rev Don has the joining details.

***It is good to see familiar faces and make new friends in the breakout room after the service
- do give it a try!***

**Barnstaple & Ilfracombe
Circuit Service
Thursday 17th September at
7.00pm**

This service included the Commissioning of Jonathan, Marilyn, Sue, Peter, Martin and Brenda to the Ministries they will be exercising within the Circuit.

It was a real pleasure to welcome Rev Graham Thompson, our District Chair, who was with us for this special act of worship.



Thank you to Jonathan, Don, Sue and all the others involved in putting together these Zoom services. Technical glitches come as part of the package and are navigated with good humour by the operators, but they are a wonderful (risk free) way of keeping in touch during the pandemic. Hopefully too either via an email, or the website or by being posted a paper copy, you will be receiving a weekly act of worship so that people can still keep in touch – thank you for this Rev Don. We started thinking the pandemic was going to be a sprint and it has turned out to be a marathon, so we are all grateful for the efforts to keep us in touch.