



The Messenger

Christ Church

Barnstaple

Methodist / United Reformed Church

www.christ-church-barnstaple.org.uk

November 2020

**Peace I leave with you;
my peace I give you. I do not give
to you as the world gives. Do not
let your hearts be troubled and do
not be afraid.**

John 14:27

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.

Our family matters

Christ Church Family News

Sadly we report the death of Joyce Gammon since the last Messenger.

Although unable to attend church for some time, Joyce supported the church in many ways over many years, including eldership and work with children.

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

Good news about the Christ Church repairs!

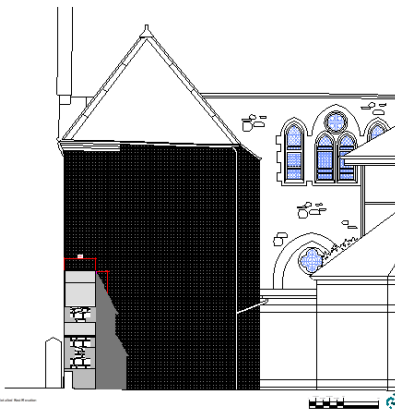
We have just heard that North Devon District Council have granted Planning approval for the construction of a buttress at the SE corner of the church in the corner of the car park. Hooray! If you recall the buttress was proposed by the Structural Engineer to resist the movement causing the settlement of the arch. The Methodist Church Conservation Officer has also now indicated that she will approve the buttress and repairs and issue Listed Building Consent, after we made some alterations to the design at her suggestion and changed to a stone buttress rather than brick.

Rev Don has also been wrestling with the formal Methodist Project approval system on-line, which is labyrinthine and obstinate but almost all the approvals are now in place.

We have tendered the works and have a stone mason in waiting- the next thing now is to make the applications to external trusts and funders armed with the planning approval and tenders.

Subject to favourable responses we are looking to make a start on site in Spring (stonemasons it seems talk in terms of seasons rather than months!). Some disruption no doubt during the works but once completed we can strip away the scaffolding at last, and the pedestrians will be able to walk safely down Bear Street once more!

David



Message

Dear friends,

Someone gave me some very wise advice today. We continue our journey through this strange time and it would be very easy for all its fluidity and uncertainty to wear us down and tire us out. That's certainly true for me because part of my nature is to see and analyse every possibility and every option before making a decision.

So what was the wise advice I was given? It was simple; it was "live in today". In other words don't get bogged down in being prepared for everything that might happen; just live as though today's situation will be the same tomorrow, but if tomorrow things turn out to be different, then live in it as you find it.

It reminds me of Jesus' words spoken immediately after he talked about not putting trust in money and possessions – "I tell you, do not worry about your life..." "do not worry about tomorrow, for tomorrow will worry about itself".

I know Jesus was right, he always is, but it's hard, especially when you are trying to make plans...but then I know how much better I feel when I am able to let go and trust and, to be honest, sometimes letting go and trusting is the only sensible option. It makes me so grateful for the gift of prayer and simply openly and honestly laying everything before God, trusting God to show us the way.

There have been several matters in my heart and on my mind for some time. The first, of course, is the possibility of reopening Christ Church for worship on Sunday mornings. As I write I must express my gratitude to those who are working so hard over risk assessments and action plans and to the Elders for their wisdom and prayers.

The second is that in these exceptional circumstance some decisions normally made at our Annual Church Meeting can be taken by the Elders as trustees of the church. However, there are one or two matters that I and the Elders feel should only be decided by the church meeting. It is an understanding fundamental to both our Methodist and Reformed traditions.

To this end I will very shortly be sending out details of matters for consideration as well as arrangements for a church meeting. This will either be held in person (if that is possible) or by using online options which include the possibility of joining the meeting using a standard home telephone, or smartphone, tablet, laptop or pc. The intention and hope is that it is possible for everyone to take part.

Please join with me in praying for Christ Church, for us all, that we may put our trust in God for today and tomorrow and that together we may always move forward, in faith.

With much love and many prayers,
your friend,



Prayers for November

1st November

Today, we pray for all who feel isolated.
In their uniqueness, they may also feel alone.
This is most of us, some of the time,
but it is some of us most of the time.
God of encounter, may we all turn with love and interest
towards those who have been isolated.
God of encounter: hear our prayer. Amen.

8th November

God, your wisdom draws us in.
It is the bright sun in the morning, and the soft moon of night.
Your wisdom is the dawn and the dusk,
the kind opening and gentle closing.
We praise you for all your wisdom gives: strength for continuation; hope for
consolation; courage for perseverance; joy for the journey,
and love for all time. Amen.

15th November

Jesus, you were always ready to hear the needs of those around you.
You turned to those who were used to being ignored.
I am sometimes ready and sometimes not.
And I am sometimes ignored and sometimes not.
In all these times, nurture my heart
so that I may seek you, and share you, all around.
Because you are all around. Amen.

22nd November

Lord, sometimes I am tired,
or I'm preoccupied with other demands.
Help me take time, help me make time, for kindness,
so that rush can take its lower place, and kindness can rise up.
Because you had much to do – but made time anyway. Amen.

29th November

God of light and night, you are to be found, whether at dusk or dawn.
Sometimes the light seems far, and the night seems long.
May I find comfort, whether in the soft night, or the kind dawn,
knowing that you created both, and you wait for me,
as I wait for you. Amen.

And sent in by Sue Macbeth to mark Remembrance Day:-

Season of remembrances.

I have many memories of Rev Bernard Thorogood who died In April 2020 aged 92. He had been General Secretary of the URC from 1980-1992 but I had also encountered him in his role as General Secretary of Council For World Mission (formerly London Missionary Society) from 1970-1980. He had served as a missionary in 1950s and 60s in the Pacific Islands but mainly Cook Islands. Once heard at a CWM event, never forgotten. He was General Secretary at a time when much in church life was changing and plans were made to move

forward. He was a great supporter of Local Ecumenical Projects and was helpful with guidance to encourage them. Ecumenism in the Pacific churches influenced ecumenism in UK.

In retirement Bernard returned to the southern hemisphere and became a member of Uniting Church of Australia.



Remembering. . .

Yes, I was in the war but I don't talk about it.
We were wading up to the beach and I looked around for my pal,
he was flat on the ground, the water bloody.
Yes. I remember every day.

There was a field behind our house
and there I watched the miracle of the seasons.
The field ploughed and furrowed, hedgerow trees bare,
the dazzle of spring green, tall wheat with poppies
and then the harvest, the burning stubble.
Yes. I remember.

Every summer, two weeks by the sea,
with a trunk strapped on the car
which struggled to get up a Devon hill.
Then sunburn, gritty sandwiches and a choc-ice from the stall
on the prom.

The day I was appointed a prefect
began the best years of my life.
My love of good order,
my care for the little ones,
my reading the scripture in Assembly.
It all began there.

I remember the scent of a bunch
of sweet peas in the big jug
and the sound of my mother singing
a little off-key.

I remember playing in the African village
while my mother pounded the cassava
in the hollowed-out tree trunk,
and the pigs snuffled in the mud,
and two of my uncles came back from the
forest with bright bird plumes.

Yes. I remember. So many pictures in
my mind - all are precious.

Old Grey Prayers by the Revd Bernard Thorogood, © URC,
used with permission. www.urcshop.co.uk

Alison is now nearing the completion of her Local Preacher's course. Covid-19 has made it rather a different experience from 'normal'. Thank you for sending this in to us Alison.

The Kingdom of God.

The Kingdom of God is one of the themes I have been studying during my Local Preacher course. Before looking at it I was asked to explain what I thought the Kingdom of God is in one sentence. This is what I wrote down. "The Kingdom of God is the people of God following him in obedience to try to put his kingdom in place in the world and prepare for entering his heavenly kingdom."

During my studies I felt the following ideas spoke to me. In the Old Testament God is shown as the supreme king of all. There are references to the Messiah who will be associated with the kingdom which will come on earth and in heaven. The Kingdom of God, (in Matthew the Kingdom of Heaven as he follows common Jewish practice in not mentioning the name of God as it is too holy) is a key theme in the New Testament. It is mentioned over 70 times in the gospels. John the Baptist and Jesus both declared "The Kingdom of God is at hand" when talking about Jesus' ministry. Luke 8:1 tells us that "Jesus travelled about from one town and village to another, proclaiming the good news of the Kingdom of God". The Kingdom of God was proclaimed after Jesus' death and resurrection. It is mentioned at the last supper and before Jesus' ascension.

The theme of the Kingdom of God is central to Jesus' teaching and ministry. Jesus had a key role in this kingdom. It is described in a number of parables as buried treasure, a pearl of great price, various seeds, yeast and a fishing net. Each parable shines a light on the subject. It is seen as the most valuable thing we can have; we need to focus on seeking it through God, Jesus and the Holy Spirit.

Jesus offered a vision of the kingdom in action. He showed us by his words and deeds, in how he lived what the Kingdom of God is. The Kingdom of God exists wherever God is acknowledged. We are God's kingdom people. His kingdom will last forever. We are part of God's kingdom when we do his will. Jesus calls on us to respond in faith and discipleship.

I then asked some other people from church how they might describe the Kingdom of God. Their responses are included below. Each response has something special to say, something important about this big subject. Thank you to everyone who responded to my challenge I appreciate your help and the thought you gave to your responses.

- ***The Kingdom of God, for me, is the Whole Universe in all its Splendour and Glory.***
- ***My Kingdom of God is 'right here, right now' with the smallest action taken by one Christian sowing seeds of hope for the future of all.***
- ***I believe that when we get to heaven our Heavenly Father will not disappoint us.***
- ***I think the Kingdom of God means "everywhere that God rules" - so this includes the hearts and lives of Christians (now) and also "heaven" or whatever we call the place where we have been promised we will go to be with Him after our earthly life ends.***
- ***For me the kingdom of God is in the hearts and minds of little children's innocence and eagerness to learn about the***

world. (Inspired by a grandchild coming to stay).

- ***The Kingdom of God, to me means the rule and reign of God in our lives, on earth not heaven, in which all are equal regardless of race colour or creed, and spreading the message given to us by Jesus until God's kingdom is worldwide.***

It was wonderful to see the way these comments link to Bible passages including.

John 14:1-4 *"Do not let your hearts be troubled. You believe in God; believe also in me. ² My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴ You know the way to the place where I am going."* NIV

Matthew 18:3 And he (Jesus) said: *"Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."* NIV

How might you describe the Kingdom of God? What is your favourite Bible passage about it? Jesus told us *"But seek first his kingdom and his righteousness, and all these things will be given to you as well"*. NIV Matthew 6:33 May God bless you as you seek.

Alison Cairns

From Sue Macbeth:-

Dear Friends,

We had URC Synod by Zoom this morning (not a whole day!!). I have been attending for the last few years as Christ Church representative.

I am not sure when or how I will be asked to report back on this meeting and so thought I would give a little summary.

Usually it is a pure business session but this morning the theme was Supporting one another in a time of pandemic and we looked at how we have been doing just that.

After an excellent opening worship session led by Rev Dr Susan Durber (which I will forward to you as soon as it is available on line) about embracing and hoping - we conducted said business. Then we split into small breakout groups to discuss 'How has life been for you and your church since March 2020?'. We listened to each other and then responded as to what had helped us and what else do we need. We heard of support groups, Facebook pages, Zooms, streaming worship, burning dvds and a whole host of other activities.

We then saw two short presentations highlighting how two ministers and their churches had coped during the last six months.

Rev Paul Stokes from Plymouth and Rev Gary Gotham from Wiltshire United Area - some of you may know his Methodist colleague Rev David Coppard.

Please find links to their videos here - Paul's is about five minutes and Gary's about 8 minutes.

Paul:

Download from here

https://1drv.ms/v/s!AkxX_ShVhY2PiIhB490M6eQDVGIfEA?e=8cxHc6

Or watch online here <https://vimeo.com/467519388>

Gary

<https://photos.app.goo.gl/uXRcxskCogawHCfCA>

I found both of these encouraging because of their honesty and diversity. Paul, who is profoundly deaf and now works part time has found a lot of his time taken up with the practicalities of producing worship and Gary with three united URC/ Methodist churches in Wiltshire keeps abreast of two different denominations.

As Don knows, this was my last Synod as Christ Church representative as I feel it is the right time to step down. Its not a difficult job to do particularly as zoom meetings seem here to stay for a while so no long journeys to Taunton or Bridgwater now. Reducing the length of the meeting to half a day has helped today too. Twice a year on Saturday, March and October.

When appointed by Church Meeting one attends as a representative rather than as a delegate but it helps to know how the Elders Meeting is thinking on certain issues and to consider what might be feasible in the eyes of the local church especially if there's a vote. It's a lot easier to sit in a meeting with the minister rather than act solo on zoom particularly when having to vote on something the local church may have to carry out. I'd be willing to talk to anyone about going along.

As a retired minister I may still attend but not have voting rights so I think I'll choose which aspects of church life it will be good to hear about. After forty years of attending synods, mainly here in the South Western Synod, it will be good to just sit and listen.

Its been good representing you and I thank you for that privilege.

Every blessing, Sue

News from Amigos

'The Lord your God will bless you as he has promised.' Deut 15:6

Spreading Good News

As we have previously heard, Joshua, who runs Kira Farm, accompanied by Yule, have been on their annual trip travelling through Uganda to visit the Kira Farm graduates of 2019 to find out how they are doing. They have also taken the opportunity to visit the trainees of 2020 to check on them and assure them that they will be able to return as soon as possible in the new year. It has been a joyous and emotional time as communities have welcomed them with open arms and smiling faces despite the uncertain times. As yet we have not had a further update of Scovia, the Kira Farm student sponsored by Christ Church and still back home due to the pandemic. But once Joshua returns to Kira Farm there will be more news – with hopefully a letter from Scovia herself. We very much look forward to it.

Meanwhile, Joshua has sent great news of a 2016 Kira Farm graduate called Nancy Lanyreo – an amazing story of hope and encouragement. Nancy comes from Kitgum way up in the north east of Uganda. In recent history Kitgum was one of the areas that were ravaged by the rebel group known as The Lord's Resistance Army. As a result and, as with many of the Kira Farm trainees, she had a difficult childhood. However, later, she gained a place at Kira Farm and now at the age of 24, four years on from her graduation, she is standing as a youth candidate in Uganda's general elections, in February 2021.

Joshua writes:

'While monitoring the 2019 Kira Farm graduates, we had the privilege of catching up with Nancy Lanyreo. We soon learnt how Nancy had not only turned her own life around after leaving Kira, but many other young people in the Kitgum area as well.

Nancy partnered with her sub-county leadership to open up a vocational training centre, which hundreds of young people have gone through. Nancy now feels that if elected, she could do even more, including lobbying the government for funds, giving hope and training to so many more disadvantaged young Ugandans'.



Amigos

TRAIN • WORK • THRIVE



Why not join in the weekly Ilfracombe and Barnstaple Circuit Zoom service?



A safe way to join together and worship in these strange and difficult times. Do join in and see some familiar faces, new and traditional music and thoughtful messages

Contact Sue Cresswell for access, e-mail:

suecresswell57@hotmail.com

The Blessing

**The Lord bless you
And keep you
Make His face shine upon you
And be gracious to you
The Lord turn His
Face toward you
And give you peace
The Lord bless you
And keep you
Make His face shine upon you
And be gracious to you
The Lord turn His
Face toward you
And give you peace**

**Amen, amen, amen
Amen, amen, amen**

Written by Chris Brown, Cody Carnes, Kari Jobe and Steven Furtick

Joshua knows there are other Kira graduates spread around the country just like Nancy and his **prayer request is:**

- Please can we pray for all Kira graduates, for God's guidance and boldness as they also consider standing for leadership roles in the 2021 elections.
- Please can we also pray for Uganda as they prepare for the 2021 general election. We pray (that this process will be without bloodshed and) that God's choice of leadership will prevail.

Joshua concludes, 'As an organisation we cannot be political or partisan, but with the growing gap between Uganda's rich and poor, we pray that any government, new or existing, will be sympathetic to the needs of the whole country.'

Then Joseph - who oversees Amigos' Child Sponsorship Programme - writes...

'As Uganda's lockdown eases, COVID-19 cases have risen to 8,965, with 5,078 recoveries and 82 deaths.

- Please pray for God's protection, that everybody practices the protective measures of washing hands, wearing masks and social distancing so the spread of the disease will be minimised.

October sees the experimental opening of Ugandan schools and universities for primary leaving exams, and 'O' and 'A' level exams. If this goes well it should give the green light for Kira Farm to open and our sponsored children to return to school in January.

- Please pray that God gives the government wisdom to ensure the safety of the children as they start to interact with each other, and that they are protected from the coronavirus.

Philippians 4:6 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'

We know that prayer works - lives are changed and hearts are healed. Thank you for standing with us to bring about God's Kingdom here on Earth.'

Anthea

STIR-UP SUNDAY

When deciding on 'Saint of the Month' I had originally considered St Cecilia, the patron saint of music. However, on further investigation, the myths and legends surrounding this were much too gory for such a sedate congregation as attend Christ Church!

I decided instead to write about Stir-up Sunday, which falls on the last Sunday before Advent, this year it is on 22nd November. It is an informal tradition in the Anglican church, and comes from the book of Common Prayer and the collect for the day, which begins with the words, 'Stir up, we beseech thee, O Lord, the wills of thy faithful people'.



It has become a tradition with home cooks that they 'stir up the pudding' on that day. It is thought to be Victorian but I hardly think that this can be correct, as any work that was not strictly necessary was not carried out on the Sabbath.

As Christmas pudding is considered best if allowed to mature for a while, Stir-up Sunday was considered a timely reminder to make the pudding. In many households the family gather in the kitchen and help to mix the pudding. Each family member and any guest in the house at the time, stir the pudding and make a wish for the year ahead. By tradition it is stirred East to West in honour of the three wise men who visited the baby Jesus. The pudding is considered to contain thirteen ingredients, representing Jesus and the twelve disciples, although I must admit to never counting the individual ingredients that find their way into my puddings and may vary them from year to year.

Many churches have now adopted the practice of the Roman Catholic Church, in observing this Sunday as Christ the King. Whatever tradition we choose to follow, or none at all, the collect for the Sunday before Advent is an inspiring one.

'Stir up we beseech thee, Oh Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen.'

Recipe Christmas Pudding

Ingredients

8 ounces (200gms) self raising flour
8 ounces (200gms) each of raisins, currants, sultanas
8 ounces (200gms) fresh breadcrumbs
4 ounces (100gms) mixed peel
8 ounces (200gms) butter or margarine
8 ounces (200gms) dried chopped dates
1 tspn mixed spice, grated fresh nutmeg
1 orange, 1 lemon (zested)
2 free-range eggs
1 tablespoon molasses or black treacle
Milk or fruit juice to mix

Method

- 1 Place dates in a saucepan, cover with water and gently cook until all water is absorbed.
- 2 Allow to cool and beat until fluffy with the margarine or butter.
- 3 Gradually add the beaten egg.
- 4 In a separate bowl place the rest of the ingredients. I choose to wash the fruit the night before and allow it to drain. At this stage brandy, rum or whisky can be added or fruit juice if preferred.
- 5 Mix everything well together and make a wish for the following year.

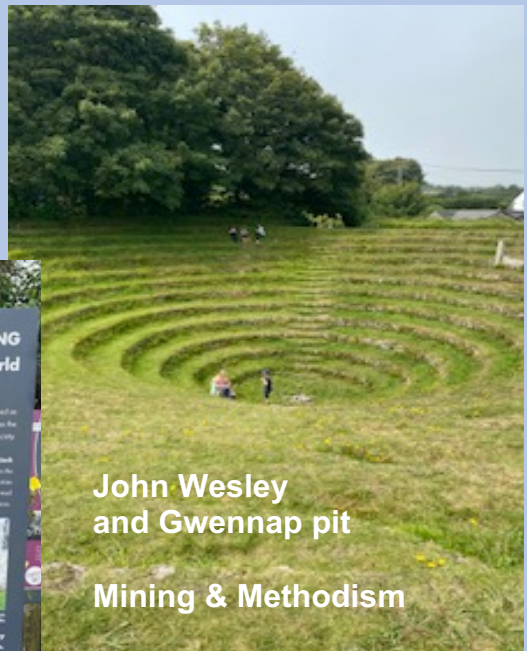


Devon Carers around the county are making panels for 'Quarantine Quilts' and I have been fortunate enough to be chosen to make two panels to be included in one of the Quilts.

One panel will be a cross stitch picture of wild flowers, depicting some of the wonderful flowers we saw on our country walks during lockdown.

The 2nd panel had to be a word, embroidered, appliqued, however one wishes to do it. My word will be 'PEACE' and I shall applique it in white material. Hopefully both panels will work out well!!

Elaine



John Wesley
and Gwennap pit

Mining & Methodism

- 6 Have ready a steamer or slow cooker, with boiling water. Place the mixture in a greased 2 pint pudding basin and cover with bakewell paper and tin foil. Steam for about 6 hours.
- 7 When cooked, allow to cool, cover again with fresh paper and foil and store until Christmas Day. It will need to be steamed again for about 2 hours. I always do this in the slow cooker so it does not matter if it is cooked for longer it and does not use a cooker top space.

Any remaining pud can be re-heated in a microwave oven or gently steamed again for a short while. Serve with the sauce of your choice or cream or ice cream.

This pudding works well as gluten-free, although you will have to add more liquid when using gluten-free flour and bread. I have also done a vegan pudding, replacing the eggs with two tablespoons of cider vinegar.

Many people have their own recipes, some containing carrot, apple potato, suet etc, over the years I have found this to be the most popular with my family. Try it if you fancy a change, or stick to your favourite if you prefer.

On 22nd November put on some Christmas carols and get stirring.

Music to listen to: Vaughan Williams Fantasia on Christmas Carols.
Book to Relax with: A Red Bird Christmas – Fannie Flag

Jennifer Allen

Adventures in Cornwall

We were lucky enough to have a few days away in our caravan in St Agnes earlier this month. On the way to Truro one day we saw the signs to Gwennap Pit. It wasn't the easiest place to find and we were getting more and more off the beaten track but found it eventually and were so glad we did.

The "pit" is actually a tiered, grassy amphitheatre (probably formed by the falling of old mine workings.) John Wesley called it "the most magnificent spectacle this side of heaven". It now stands as a memorial to the Methodist movement across the UK in the 18th century and is still in use as a place of worship.

John Wesley preached regularly in Cornwall and in 1762, when a high wind meant he could not preach where he usually did when in that locality, he was taken to Gwennap Pit instead. He wrote in his diary ***"About five in the evening I preached at Gwennap. I believe God enabled me to speak that even those who stood farthest off could hear distinctly... I shall scarce see a larger congregation til we meet in heaven."***

John went on to preach here 18 times from 1762 to 1789. The enthusiastic way he and Charles presented Christianity had a tremendous appeal to the Cornish miners. By the end of the 19th century Cornwall was a major centre for Methodism as evidenced by some of the huge "chapels" we encountered in small fishing villages and towns!!

These days concrete and mosaic panels at the entrance explain its history and its importance. Hopefully the photos will give you a flavour of our experience.

Janet Marshall

My **thanks** to everyone for all the kind wishes after the death of my Mum, Betty, in August. She used to love coming to Christ Church with me when she was able to and she always had a lovely welcome.
Best wishes and stay safe,
Sally



I would like to **thank** everyone for their kind messages, cards, gifts, flowers and prayers during my recent illness.
With the help of Norman, Angela and Bob I am recovering slowly.
Best wishes to you all.
Gill & Norman

Greetings cards

Anne has been busy producing Christmas Cards for the approaching Advent season. They would 'normally' be available at Hobnob but obviously that will not be possible this year. She is very happy to accept phone orders and make individual arrangements to get the cards to you - just get in touch.

If you don't have her contact details, get in touch with me please - see page 19.

Kathy



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

Can you guess who sent us this photo of themselves as a child? Answer next month. Do you have a photo of yourself at a young age that you would like to challenge our readers to recognise?

Eco Church

There has been a lot of interest in the environment just lately, particularly the urgency to act and the responsibility we all share to take action. This is a quote from A Rocha UK which runs the Eco Church scheme:

*"We hold a vision of churches across the country understanding the Biblical mandate to care for creation as a core part of our Christian mission and outworking this in practical ways across our communities, working with others to restore nature and our relationship with it. This is the ethos of Eco Church, a community which now consists of more than **3,000 churches**, many of which have or are working towards an Eco Church award."*

Toilet Twinning

One of the ways we can move towards our silver Eco Church award is to "twin" some or all of the toilets in our Church building. This is not a new scheme and I know some of us have already done this at home. It's part of Tearfund and is a simple but brilliant idea. For £60 you "twin" a toilet with an impoverished family's household latrine. This provides education about the link between sanitation and health which inspires the family to construct their own latrine and care for it. If necessary they also provide the materials and expertise to make it. You can choose which country you would like to twin a toilet with – Afghanistan, DRC, Ivory Coast, Malawi, Pakistan, Uganda or Zambia. They provide a certificate complete with a photo and GPS co-ordinates of the new latrine so that you can look up the location.

- 2 billion people don't have somewhere safe and hygienic to go to the toilet. (WHO/Unicef)
- The lack of a loo makes women and girls a target for sexual attack as they go to the toilet in the open, late at night.
- Almost 1,000 children die every day from preventable diseases linked to dirty water and unsafe toilets. (UN)
- 663 million people live without safe water. (Unicef)
- Children worldwide miss 443 million school days each year because of dirty water and poor sanitation. (UN)
- Every year, women and girls spend 97 billion hours finding a place to go. (World Bank)

This is one example:

Zargul and her family used to go to the toilet outside – and often fell sick. Zargul's son nearly died of diarrhoea. They used to ascribe to a widely-held Afghan belief that washing your hands before a meal would mean you 'lose the blessing of the mullah'. But a Tearfund partner has taught them about hygiene and handwashing. Now, the family enjoy good health. They've

built a toilet and take pride in cleaning the yard, scrubbing their pots and washing their hands. Zargul carries soap in her pocket wherever she goes.

I think we have a total of 8 toilets at Christ Church (it's so long since I've been in the building I'm not sure!). If anyone would like to do this, please contact Kathy Jeacock (see last page).

www.toilettwinning.org

Liz Seymour



(If you want to contribute but don't feel able to donate £60 I am happy to put together smaller donations for a team effort - KJ)

Christian Aid:



Christian Aid is celebrating their 75th year as a charity with its origins just after the Second World War. "Celebrating" may be considered the wrong word as the Charity saw and sees its role as helping refugees and, broadly put, to eradicate poverty which was and obviously is still very necessary.

However, it has moved with the times and currently its efforts are concerned with assisting farmers in developing countries with the effects of climate change and of course with the effects of Covid 19. The Charity has supplied food, provided sanitary kits, and helped in the unfortunate secondary problems of the virus, for example domestic violence - transport to safe houses in Guatemala - and on-line support. There are numerous other ways which Christian Aid has assisted people right across the world.

Almost £4 million was raised in Christian Aid week in Britain, which is tremendous.

To continue to help, there are three ways:-

GIVE: Give a gift to your neighbours at caid.org.uk/neighbours

ACT: Ask the Chancellor to champion debt cancellation for the world's poorest countries at caid.org.uk/debtpetition

PRAY: Download prayers for your global neighbours at caid.org.uk/autumnprayer

As far as donating, I am very sorry that we cannot arrange a local collection, but as far as I can see Carolyn and I are not allowed to do that and all fund raising appears to be on line. However, there is the power of prayer, for which no one needs a computer.

Many thanks, Carolyn and Ronnie.

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		2nd Saturday of each month - circuit event	
	8.30am	Men's Breakfast	contact Mike Smith tel 345019

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

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

Sunday Offertory for September 2020

		Cash	Envelopes
September	6th	£0.00	£0.00
	13th	£0.00	£0.00
	20th	£0.00	£0.00
	27th	£0.00	£0.00

An increasing number of people are donating money direct to the Church account by standing order. Currently this offertory is £2020.00 per month. While we are not meeting together for Sunday worship in Bear Street, some of you are also sending in donations by cheque. Over the last three months this has amounted to over £3000. Many thanks to all of you. If you have given me an envelope number your gift will be included in the offertory in the accounts, otherwise it has been recorded as a donation. *If you are a tax payer* and would like the church to claim back the tax on your giving or if you change your address or other details, please contact Judith Smith on 01271 345019 or speak to a serving elder - Thank you.



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

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

tel. 01271 345313
dasmacalister@icloud.com

Young families worker
Jo Grant

jogrant-christchurch@outlook.com
tel 07450 582414

Elders

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)

Church Secretary	
Church Treasurer	373555
Room Bookings	374085
Circuit Administrators	379116

Editors:

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Kathy Jeacock	373555	kjeacock@hotmail.com
Website		www.christ-church-barnstaple.org.uk



Daffodils to keep in touch with Sunday Club!



Natasha Trickey said: Thank You Sunday Club for our act of prayer and presents today! Best wishes Annabella, Amy-Lou, Archie & Reggie

If we decide to reopen it's going to seem very different !

On Saturday 17th a small group met to review a risk assessment that had been drawn up with a view to complying with Government pandemic guidelines.



With 2m apart spacing between us we think the chapel will accommodate around 30 safely with mask wearing & no singing which will make it seem very different. None of these things our choice but Gov't guidance.



There has been no shortage of information from Methodist and URC churches, but it seems as though (just like the supermarket or even walking down the High St) Christ Church will have a very different feel under the current restrictions. Plans are going to the Circuit, Elders and then there will be Church meeting to take a decision about reopening.