

The Messenger

"We have this hope as an anchor for the soul, firm and secure."

Hebrews 6:19

Christ Church Barnstaple
Methodist & United Reformed Church

February 2021

Looking forward to a
happier and brighter year



Toilet Twinning Update—page 15



Irish Tea Bread Recipe—page 17



St. Brigid of Ireland—page 16

February 2021

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 deaths of Margaret Knight and Margaret Crocker since the last Messenger. Both ladies supported Christ Church for many years though may not be known to some of you as, for both of them, in recent times deteriorating health prevented them from attending services and other events as often as they might have liked.

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

A lot of work still continues behind the scenes.

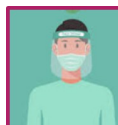
Many thanks to Don and other members of the team for massive efforts - and a vast amount of time - given towards thinking of ways to keep us all connected as much as possible. As you can see on page 13, two people have already joined the Sunday services by phone - it helps if you have a hymn book (or know the words) as you won't see the words provided on the screen, but you can still sing along with the sound track. There's time at the end of the service for a chat but provide your own coffee and biscuit!

Fundraising for our Community Links Project continues to make progress. We have now received a grant of £6000 from the Allchurches Trust. It is likely to be some months before we hear more but it's good to have our first encouraging result. Many thanks to Ian and Janet and the rest of the team.

Greetings from Norah Bellot Court (January 2021)



Once again we are all in lockdown. Because of fear of the new variant of Covid 19 the staff here at Norah Bellot Court are now wearing visors as well as masks to protect the residents. It's really hard to tell us all apart!



Since March last year I have been composing a "Chaplaincy Weekly" news sheet, primarily to keep in touch with residents at Norah Bellot, but I do email it to relatives, volunteers and friends of Norah Bellot Court. If any of you would like a copy emailed to you (or to a friend who can print it for you), please get in touch with me.

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

I can pass on individual messages or I can put them in the "Chaplaincy Weekly" for everyone.

Take care everyone and keep safe,

Message

Dear friends,

I'd like to write to you about two important opportunities for worship and prayer this month.

Firstly, following the wonderful example of Muddiford United Reformed Church, Joan Cole has started a time of prayer on Zoom every Sunday evening at 6:30pm for around half an hour when we can pray about the current situation. It will be hosted by Eff Poole so if you would like to take part please let Eff, Joan or me know and we will make sure you are sent the details.

The second is an opportunity to take part in a Covenant Service. I am sure I say this every year but as a United Reformed Church minister of a united church I consider the Methodist Covenant Service to be one of the jewels in the crown of Methodism. It is so powerful to be encouraged to recommit ourselves to following Christ and putting God's will before our own.

One of the many things that has been different at the start of 2021 is that normally on the first Sunday of the year we would have held our Covenant Service but have been unable to do so, yet. So I am very grateful to Jonathan, our Circuit Superintendent, who has agreed to my request that on the first Sunday in February our Zoom service will be a Covenant Service not only for Christ Church Barnstaple but for others in the Circuit who have not had an opportunity to make such a powerful statement of recommitment.

Anyone who has a normal phone, mobile phone, tablet, laptop or pc can take part in worship on Zoom but if you would like any help or advice on how to do it please just let me know and I will do all I can to help. Invitations will be posted and emailed to all who receive the weekly act of worship at home as well as those who come to the Thursday evening Circuit Service on Zoom. Please join us if you can.

With every blessing,



Prayers for February

7th Feb

Loving Lord, help us to know you more deeply,
to understand your love for us.

We know that you knew and did what God wanted.

Speak to us about what God wants from us, and lead us in your ways.
Amen.

14th Feb

Almighty God, we ask you to show us something more of who you are and how awesome your presence is.

Overcome our fear of the unknown, and lead us into a new experience of you.
May our time of prayer be a transforming encounter that empowers our lives.
Amen.

21st Feb

Loving, faithful God, your love is absolute, your promises unchanging. We look up after a shower of rain, marvelling at the colourful beauty of your rainbow – a reminder of your promise and faithfulness to all generations. Wherever we happen to be in our lives – wilderness, mountain or valley bottom – your Holy Spirit is with us. We adore you, loving, faithful God. Amen.

28th Feb

Through the psalmist, God says, 'Be still, and know that I am God!' I come into God's presence and still my heart.
Let me be still, and know that God is indeed God.
Lord, I come to you often forgetting that you walk with me.
In this moment help me to be more aware of who you are.
Give me the courage to admit when I don't understand,
so that I might grow more like you in all I do. Amen.

Circuit News

I am pleased to be able to announce that, subject to approval by the Methodist Conference, Revd Stephen Caddick will be coming from St Austell to join our Circuit Ministry Team in September 2021. Stephen will have pastoral care of the Fremington, Loxhore, Newport, Goodleigh, High Bickington and Ebberly Lodge Churches. Revd Jonathan Froggatt will continue to lead the Circuit as Superintendent Minister.

The Zoom Circuit Services continue to take place at 7pm on Thursday evenings. If anyone would like to join these and needs contact details, please let me have your email address so that you can be put on the Invitation to Zoom link.

In place of Hobnob on Fridays, I am running Zoom Coffee Mornings on alternate Fridays at 10.30am. If you would like to drop in for a chat, I'm afraid you have to provide your own coffee, please let me have your email address so that I can invite you.

Eff Poole - Tel. 373543 – email epoole543@gmail.com

World Day of Prayer

– Friday 5th March 2021 at 2.30pm

Due to current restrictions, this year's service will be by Zoom. It has been planned by the ladies of Vanuatu, and the Barnstaple Service is being organised by the Salvation Army. The theme is "Building on a Strong Foundation". All are welcome at this service but will need the Zoom link. Please let me have your email address so that I can invite you.

Eff Poole - Tel. 373543 – email epoole543@gmail.com



On behalf of all of us – some very big Thank yous.

Thank you to David for over 13 years of producing the church magazine. We didn't initially start out as a partnership but each responded to Rev Terry's appeal when two of the three previous editors moved away from the area. We both felt we would miss the Messenger if it wasn't there and that we could do something about it. The answer, obviously, was to get together and so we evolved into a team. We have produced 131 editions of the Messenger but lockdown did not make it any easier! On December 23rd David and Ronnie moved to Bristol (see page 12) and David is no longer able to continue working on the Messenger. Thank you again David, I have enjoyed working with you - though we've not seen much of each other in the last year! Best wishes to you and Ronnie as you move up a gear as grand-parents.

Thank you to Bruce and Will, who responded to the appeal in the last Messenger. They have made an offer to have a go at taking over editing the pictures for the Messenger. Congratulations on an excellent start. For the benefit of those who are not sure who they are – they feature in the picture of a covid-safe Christmas Dinner in the garden, on the back cover: father and son in the family picture along with Hannah and Liz.

Bruce is happy for any pictures for next month's Messenger to be sent to him by email, (see page 19). I'd love to see pictures of some of the flowers that the Sunday Club are growing from bulbs or pictures drawn for the 'Noah and God's promise challenge'. Poems and stories too of course.

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Currently a lot of copies of the Messenger go out by email but we still print around eighty each month. Without David enabling us to print colour pages at cost we may not be able to continue to produce a paper version including colour pages. This month is by way of an experiment with possibility and cost. If you've got to this page you will know the answer to *possible?* - *cost?* will take longer to work out.

Any thoughts?

Kathy



Events Committee

Being really optimistic, we are thinking ahead to better times and hoping we will be able to have an Autumn or Winter Fair to raise some much needed Church funds.

So, if you are having a lockdown clear-out, please save any good quality items or unwanted gifts for us.

If you are a crafter of any kind and you need to fill the long days of lockdown, could you make some small items? Christmas cards and decorations always sell well but any contributions would be greatly appreciated.

Thank you very much.

'Choose the World You Want'

Fairtrade Fortnight - 22 February to 7 March 2021



Unbelievably, it is nearly Fairtrade Fortnight again. I will have a forever memory of March 2020, leaving an elders' meeting and then the church, thinking sadly that I would not be able to return for three months. Yes, the first lockdown. On the table in the vestibule was the

Fairtrade display which we always set up at that time every year. I managed to clear some of it and some kind elders bought a few items. However, the table with the cloth on it and the posters were left as they were. Little did I think that it would be months before I returned to finally tidy it up...

But here we nearly are again – Fairtrade Fortnight 2021 - with a theme that we are all concerned about and hearing more and more about, bringing the issue of Fairtrade into it – Climate Change. On the theme of 'Fairtrade, Climate and You', it highlights the growing challenges that climate change brings to farmers and workers in the communities with whom Fairtrade works – not of course forgetting those here. Although it is not easy at the moment to be thinking so much about other countries and Fairtrade – there is also much to be sorting out in our own country - we do need to remember that we rely on many countries in the rest of the world for much of our everyday food and drink and clothes (think about that steaming cup of tea and coffee, and your delicious fruit cake).

The COVID-19 pandemic has shown us more than ever how interconnected we are globally. We are all members of this planet together, having a common bond and responsibility for one another. This interconnection is at the very heart of the Fairtrade message.

In Fairtrade Fortnight 2021, the growing challenges that climate change brings to farmers and workers in the communities will be highlighted...

Farmers and workers in the global south, who have done the least to contribute to climate change, are being disproportionately affected (it is interesting to read that 21 people from Cote d'Ivoire have the same carbon footprint as one person in the UK). Not surprisingly, climate change is one of their greatest challenges right now. It is an immediate and ever-increasing threat as farmers are already seeing its impact from droughts and crop disease to floods, heatwaves and shrinking harvests. Constant low prices too always mean they are struggling to fight back. The global COVID pandemic has made it even harder with falling commodity prices and widespread shocks reverberating along our global supply chains. Ongoing poverty in farming communities makes it increasingly hard to cope, as, amongst other problems they often have lower resilience to face the impacts of climate breakdown. With more money through Fairtrade they feel more equipped to meet their everyday needs and deal with the challenges posed by climate change. Climate Justice and Trade Justice go together.

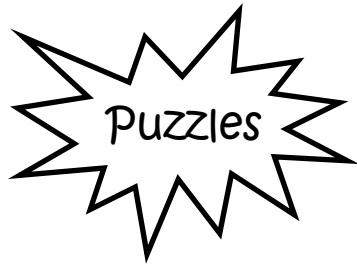
Fairtrade works to raise the voices of producers and prioritise what they need to

respond to the environmental crises unfolding in already vulnerable communities. This Fortnight, we are asking you to 'Choose the World You Want'. More and more farmers are daring to speak out so please join them and use your voice to tell others about the challenges that farmers face from climate change.

Please help to spread the message, and do please buy Fairtrade goods whenever you have the opportunity and are able to do so. It helps to remember that:

"Before you've finished your breakfast this morning, you'll have relied on half the world" - Martin Luther King.

Anthea



Can you fill in the numbers 1 to 8 in the 8 empty squares so that the 3 squares on each side add up to 12?

	12	

W	A	L	L	F	L	O	W	E	R
P	L	I	D	O	F	F	A	D	C
U	S	N	P	O	P	P	Y	E	R
C	R	E	D	N	E	V	A	L	O
R	D	A	I	S	Y	M	I	W	C
E	T	U	L	I	P	L	R	E	U
T	A	M	A	R	Y	L	L	I	S
T	T	P	R	I	M	R	O	S	E
U	B	K	L	U	P	I	N	S	P
B	L	U	E	B	E	L	L	D	R

Or find the 15 flowers hidden in the word search?

If you didn't find them all the solutions to both puzzles is on page 15.





The Kira Farm Trainees



An Amigos borehole

Scovia back at Kira Farm after the lockdown

Happy New Year news from Amigos and Kira Farm

"See I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Isaiah 43:19

Kira Farm is Open!

We are very happy to tell you that Scovia Caro Auma – our sponsored trainee - is back at Kira Farm. Josh and Mary (who run the farm) and the team are taking every precaution to keep everyone on the Farm safe and healthy over these difficult times. Wonderful news!

As Phil Pugsley (founder of Amigos) has written in his prayer letter:

'What an encouraging answer to prayer to see a full programme of trainees welcomed onto Kira Farm for 2021! Thank you for all your prayers, despite the various challenges that this pandemic has brought we are at full capacity and that's a reason to praise God! After many months of lockdown, we are so happy to see this programme in full swing again as 48 eager trainees enter the gates, ready to gain the skills needed to lift themselves out of poverty and transform their communities.'

Scovia, like many of the other trainees took her newfound skills back home earlier than expected when the lockdown intervened. As she wrote in her last letter back in the Spring, she was farming and also hairdressing near her village. It also gave her joy to be able to meet some of her new friends from Kira Farm. With Scovia's welfare along with other trainees remaining a priority, she was supported by Kira Graduates and able to join their local Amigos Farming groups. Joshua also maintained contact with them via telephone and through extension workers.

Other brilliant news from Amigos is that the life-changing Amigos Christmas appeal smashed its target. Thanks to the match-funding of the £20,000 Appeal Target, they raised £40,000. Filled with gratitude and 'blown away' by the love, kindness and generosity of so many people, they are *'celebrating with thankful hearts and huge smiles'*.

So, *'we are still here, in very good shape and raring to go in 2021!'* All the money raised is going towards kick-starting Kira Farm Development Centre and the Sustainable Farming Group programme, helping thousands of Ugandans to work their way out of poverty with dignity as the Ugandan lockdown eases.

Our prayers are asked:

- *For protection against COVID-19 for trainers, trainees and those entering and leaving the farm.*
- *For a positive start to the year, that the trainees would adjust well to their new surroundings and settle in quickly.*

- *That God would work mightily in the lives of these young people, that they would receive healing, know their worth and gain the knowledge they need to be catalysts for change in their communities.*

What else has Amigos been doing to help fulfil their sustainable, environmentally friendly programme ...?

Water means everything!

The need for clean water worldwide has been a great concern as the Covid virus has escalated. There is an extreme lack of it in so many countries.

Amigos, however, has been helping to meet this need and change lives... In Uganda 67% of people live without access to clean drinking water. Women and children spend hours carrying heavy jerry cans from boreholes; children often miss school as they are collecting water, and they are at risk of assault when collecting water after dark. Clean water improves health, learning, income, harmony and sustainability, and Amigos in fact **endeavours to install a borehole in every community in which they work.**

Over the past six years, thanks to people's generosity Amigos has helped install 50 boreholes across the country, impacting thousands of lives – 100,000 Ugandans in all. Even over the past difficult year the work has continued. Seven new boreholes were installed providing clean drinking water for 12,000 Ugandans.

More information about water and hygiene training can be found at:

<https://www.amigos.org.uk/water-hygiene-and-sustainable-practices>

Please continue to pray for the work of Amigos and also for Uganda. The country has just held its 2021 General Election and has been facing developing dangerous unrest and violence in the run up to it. *We are asked to pray for peace for the country at large, wisdom for those in power and those with influence, and comfort for those who are fearful.*

To finish with words from Phil Pugsley and Team Amigos...

Happy New Year! It has certainly been quite a different start to 2021 than many of us anticipated, but in the midst of all the changes and uncertainties, we can be comforted by the nature of God. He is steadfast, His promises are reliable and His word stands true for eternity. He has been moving powerfully and prayers have been answered. We look out onto this new year with expectant hearts, excited to see many lives transformed and God's hand at work!'

With huge appreciation

"There are tomorrows on their way, worth the struggles of today."

- Richelle E. Goodrich



Your last chance!

We now have 3 photos of members of the congregation, taken when they were a little younger than they are now. So far no correct guesses as to who they might be. I'm sure some of you are curious, or



maybe think you know but don't want to get it wrong, or maybe just don't know where to send your answers. This month you can find the answers on page 15. I wonder if anyone got all three correct. I did – because I know who gave me the pictures!!

Kathy



Moving To Barnstaple: It started with beans on toast

I first crossed the threshold at Christ Church (well, of the old hall now demolished) with Nick in a buggy tentatively first exploring Barnstaple having moved down 26 years ago. I had lost my job, and Ronnie had found one and so we took the chance and moved to a beautiful part of the country. We were offered beans on toast and a real welcome by Phyl Shillabeer on that first encounter. The Church has not stopped welcoming us and our family since, as the children grew up in North Devon.

We are so grateful to have known you all and to have shared many moments together in Christ Church, happy and sad. You have made us feel a loved and cherished family, as you showed when so many of you came to Clare's wedding here four years ago. I am sorry because of this horrible virus we cannot meet you all in person and say goodbye but it has been so good to have been part of Christ Church family and we will take away many happy memories of our friendships and the time we have spent at Christ Church.

David

Moving from Barnstaple: we missed a cream tea with you to say goodbye.

We moved to Bristol just before Christmas, and because it was rather a rush and because of Covid we were very sorry not to say a personal good-bye to you all at Christ Church. We owe a thank-you to so many individuals, I would have to take a church directory, start with "A" and work my way through the congregation.

Christ Church has been a very fortunate place for us to have found, and I will miss dear Barnstaple too of course. We have moved as our daughter and son-in-law live in Bristol and as she is eight months pregnant we hope to be able to help out with our two year old grand-son and baby, God willing. It has been good to know you all and we will be certain to keep you in touch with progress with how things turn out!

We look forward to slipping back one weekend when the doors to Christ Church are open again - and masks are a thing of the past!

Ronnie



Christian Aid:

Carolyn has very kindly agreed to be the church rep for this charity. I know that Carolyn has a number of other commitments, and therefore I'm very appreciative. Personally, I hope to join a local Christian Aid team in our new adopted home town.

With love,
Ronnie Wilson

*(Thank you to Carolyn Provan and I understand Janet Marshall,
who has agreed to act as Christian Aid Week Treasurer)*

Sunday 'Zoom' Service

17th January

Singing along to hymns

It was good to see all who joined our virtual Zoom service—most by video link, and two by phone



There was time to chat together in groups after the service

Three more toilets in Uganda have been twinned, bringing the total to five

THIS TOILET HAS BEEN
TWINNED
FOR CHRIST CHURCH BARNSTAPLE BY ALISON



WITH A LATRINE IN
UGANDA

Latitude: 4.38728 Longitude: 30.10227
Nyamabare Village, Mpigi, Kabale District, Latrine No. 31377

THIS TOILET HAS BEEN
TWINNED
FOR CHRIST CHURCH BARNSTAPLE
BY MIKE AND JUDITH



WITH A LATRINE IN
UGANDA

Latitude: 1.19556 Longitude: 29.98097
Kabale District, Latrine No. 31284

THIS TOILET HAS BEEN
TWINNED
FOR CHRIST CHURCH BARNSTAPLE BY BRIAN & ELAINE



WITH A LATRINE IN
UGANDA

Latitude: 1.19556 Longitude: 29.98097
Kabale District, Latrine No. 31280

Eco Church

What in the world are we doing?

The Impact of Climate Change on Communities around the world

We are now all aware of the effects of climate change on our weather in the UK, but here are just a few stories from Christian Aid and Tearfund about how our neighbours are suffering due to the effects of climate change:

Philippines – more intense storms bring prolonged monsoon rains and fierce winds making it difficult to gather the rice harvest. Now that the rainy season starts later there is little time at the end of the season to reap, if the storms delay the harvest the rice grains get soaked and start to germinate leading to a loss of 60 -70% of income. Last year's storm caused damage estimated at £15 million.

Ethiopia – a few years ago, farmers could rely on two rainy seasons every year but due to climate change the rains don't last as long and are less predictable. Droughts are killing the livestock which means less income, less food and poor health. Having to walk for 10 hours a day to find water is hard enough, but there is also an increased danger of attack by wild animals.

Mozambique, Malawi and Zimbabwe – In 2019 strong winds and flooding caused by Cyclone Idai killed hundreds of people and left half a million homeless. Now they are experiencing droughts, making the efforts to rebuild their lives almost impossible.

Nicaragua – coffee farms are threatened by climate change because of the increase in pests and diseases, and because the sun now scorches the coffee beans which makes them unsellable.

These communities are paying the price for carbon emissions which have largely been generated by nations like ours: the carbon dioxide produced by our cars and planes, and our production of power and food.

The poorest 3.5 billion people are responsible for only 10% of these emissions.

But they are the most vulnerable to the physical effects of climate change because their homes are less secure, they rely so heavily on agriculture for their income, and they lack the protection which we take for granted. As Christians we believe we have a duty and responsibility to care for others. People around the world are suffering the effects of climate change; we must do whatever we can to help.

But how?

Take steps to reduce our personal contribution to climate change: find out how big your carbon footprint is and how you can reduce it. It is pointless to support charities helping the victims of climate change if we don't change the way we live.

<https://footprint.wwf.org.uk>

Campaign

Join Tearfund’s *Reboot Campaign*: standing together in prayer and action to see a breakthrough in the climate crisis. Sign The Climate Coalition’s declaration calling on the UK government to lead the world in delivering a greener, fairer recovery which limits warming to 1.5°C.

<https://www.tearfund.org/campaigns/reboot-campaign>

Join Christian Aid’s *Building Back with Justice Campaign*: how might the love of God guide us as we seek to recover from the pandemic, to build a world with justice at its heart? How do we embody the values of Christ’s kingdom?

<https://www.christianaid.org.uk/get-involved/campaigns/building-back-justice-campaign-resource>

Be part of Operation Noah: a Christian charity working with the church to inspire action on the climate crisis

<https://operationnoah.org/articles/at-the-crossroads-of-climate-change>

Pray for urgent change to our abuse of the earth and an end to global poverty.

Liz Seymour

‘Toilet Twinning’

Five of the churches toilets have now been twinned with a toilet in Uganda - pictures of the latest three can be seen on page 13. Three more to go! Each one costs £60 but I’m happy to collect and put together smaller amounts for a team effort. If anyone would like to do this, please contact Kathy Jeacock (see inside back cover).

For more information see www.toilettwinning.org

2	4	6
7	12	5
3	8	1

Answers
Page 11 Your last chance - Shirley Baxter, Chris Thomas & Pat Penney
Page 7 Word search -
Daffodil Bluebell Tulip
Edelweiss Primrose Daisy
Crocus Lavender Lily
Amaryllis Buttercup Lupin
Wallflower Poppy Iris

SAINT BRIGID OF IRELAND

St Brigid of Ireland is one of the Celtic saints. The Celts were a community or clan-based society, they were rural and lived close to nature and the rhythms of the land.

When we refer to Celtic Christianity, we speak of a distinct style and expression of the Christian faith which reflected the life and community of the Celtic people. Being close to nature, they were also close to the Spirit of God within the surroundings.

The feast day of St Brigid of Kildare is celebrated on 1st February, a day before the celebration of Candlemas, the day that Jesus was presented to the Temple and the light of the world returned.

Brigid was born in Kildare and it is believed baptized by St Patrick. Many think that they worked together as they are so closely connected. Patrick died shortly after Brigid was born. It is said that Patrick gave birth to Christianity in Ireland and Brigid was the midwife (or mother) who nurtured it and 'brought it up'.

Brigid came from humble origins. Her mother was a slave and her father a chieftain of Leinster. Her father was not married to her mother and it is said that his wife forced him to sell her to a druid when she became pregnant.

Brigid carried out many acts of generosity and charity and performed miracles including healing and feeding the poor. Legend has it that she once gave away all her mother's store of butter, in answer to prayer this was immediately replenished.

At about the age of ten she was returned to her father's house where her habit of charitable giving led her to giving away many of his possessions.

These acts of charity so enraged her father that he feared he would be left with nothing. He therefore took her in his chariot to the King of Leinster to sell her. Out of respect for the king and as a sign of peace, he left his sword and scabbard in the chariot. A beggar came along looking for alms, Brigid had nothing to give him but her eye alighted on the bejewelled sword and she gave it to him to barter for food. The king refused to buy her, fearing she would soon give away all his possessions, but he did recognise her charitable nature and suggested she be sent to a nunnery. This was all she had ever wanted so at an early age she became a nun.

Brigid eventually founded a monastery at Kildare on the site of a pagan shrine to the Celtic goddess Brigid. The site was under a large oak tree. It is said that a fire was burning for centuries tended by a community of nuns, there was a circle of bushes surrounding her eternal flame through which no man might enter.

As well as founding two monasteries, one for men and one for women, she is credited with founding a school of art, including metalwork and illumination.

Brigid was known for her great generosity of heart and spirit, and treated the druids the same as Christians. Legend has it that she nursed a pagan chief back to health and whilst caring for him wove a cross from reeds. Brigid is often depicted with a beautiful woven reed cross.

Although many of the legends cannot be proved, I believe it is the spirit of Brigid that is as important today as it was all those centuries ago. She appeared not

to show any discrimination and was equally generous to all who were in need of charity.

Brigid is the patron saint of babies and children whose parents are not married, blacksmiths, dairy workers, midwives, healers, scholars and poets. As you can see she is kept fairly busy.

IRISH TEA BREAD

(Pictured on the front cover.)

INGREDIENTS

10 ounces (300gm) mixed dried fruit
1 cupful (150 ml) hot tea, any kind, I used Earl Grey
2 ounces (50gm) nuts, any kind
1 large egg
8 ounces (225gm) SR flour
2 tablespoons marmalade
2 tablespoons milk, or as needed

This is a very easy and delicious tea bread to make and keeps fairly well if you wrap it in greaseproof paper and store in a tin.

First make a pot of tea, allow to brew then pour yourself a large mug and enjoy whilst you prepare. Place the dried fruit and the marmalade in a large basin and pour on the tea. Any combination of fruit can be used, but I like to make sure that I include mixed peel.

Cover and leave overnight. Next day prepare a 2lb loaf tin, I used liners as it is the easiest option.

Turn the oven to electric 170°C or Gas 3. Put the nuts on a baking sheet and place in oven for a few minutes when oven is heated. If you forget to do this or are short of time just chop them and add to the flour straight away.

Chop the cooled nuts and add to the sieved flour and mix round. Add the soaked fruit, beaten egg and milk and mix well. You may need a little more milk especially if you use wholemeal flour.

Put into the prepared tin and cook for about 1 hour, it may need a little longer, but test after one hour. When ready cool on a wire tray, serve buttered as a delicious tea-time treat.

This works well as a vegan treat, just add 1 tablespoon of cider vinegar instead of egg and mix with plant milk. For gluten free, use appropriate SR flour plus ½ tsp xanthan gum, but soak in a mugful or 200ml tea. You will probably need extra milk as well.

Music to listen to whilst enjoying your fruit bread:

Anything by Enya

John Field Nocturnes

Jennifer

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 2020

		Cash	Envelopes
December	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 £1945.00 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 four months this has amounted to over £3500. 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:

Bruce & Will Seymour
Kathy Jeacock
Website

seymoub@gmail.com
kjeacock@hotmail.com
www.christ-church-barnstaple.org.uk

Lockdown Christmas Celebrations



Nativity display at Fremington Parish Church.
The strong winds blew over a wise man!



Watching 'Carols from Kings.'



The Seymour's Christmas Dinner—outside!



Christmas Day Sunrise



Don & Eddy's grand-daughter Riley, with Mum Laura, opening presents on Christmas morning



Wreath making



Winter tree with 'mask' decorations



Eddy's 'Inspirational Women' jigsaw present