

The Messenger

"Jesus Christ, the same
yesterday and today and
forever."

Hebrews 13:8

Christ Church Barnstaple
Methodist & United Reformed Church

July-August 2021



The 'Wave of Hope'



July-August 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

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

Thursday Sept. 2nd 7.30pm at Christ Church Braunton

Welcome Service for Rev. Stephen Caddick, his wife Sharon and family
This service will also be available on Zoom.

Further details nearer the time, but please note the date now!

(See page 14 for an introduction to Rev Stephen Caddick)

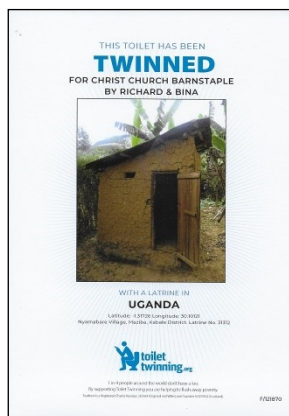
Visit of Rev. Colin Lake to Fremington on July 11th.

Colin will be making a long-promised visit and will be leading an evening service at 6.30pm.

He would be delighted to see friends from the circuit, but even if Covid restrictions have been relaxed we need to plan seating arrangements carefully.

Please do not attend unless you have booked

Brenda Prentice, tel. 01271 377323 or email: brenda.prentice14@gmail.com



Many thanks to Richard and Bina for providing another twinned toilet, which brings our total to twelve.

You will already have received information of the urgent Christian Aid appeal. The following web page has been set up for us by Christian Aid, for online donations.



<https://giving.give-star.com/online/christian-aid/christ-church-global-hunger-appeal>

Message

Dear friends,

As this long year arrives in the summer months of July and August I am reminded of the summer holidays of my childhood growing up in Southend-on-Sea. Of walks along the seafront on hot pavements past kiosks selling Rossi ice creams, candy floss, buckets and spades and "Kiss me quick" hats. Of days with family on the beach waiting for the tide to come in over the mudflats, a swim in the sea followed by a picnic lunch of warm orange squash and sandwiches which earned their name more from their gritty content than any Earl.

Then, when my father's holiday finally arrived, was the long drive to the West Country, or the Lake District or Scotland. Journeys with more A roads than motorways, passing through pretty little villages and wondering about the lives of people I would see for a brief moment as we passed. What were their lives like, did they do the same things I did, have similar excitements and fears I did?

And on we'd go, mile after mile. Sometimes everything going smoothly, sometimes travelling at crawling pace as we went through the middle of a town, this was long before by-passes or ring-roads became common. It was exciting looking forward to arriving but it took so long!

My sister Fiona and I learnt very quickly not to ask "Are we there yet?" or even "Are we nearly there yet?". To ask would have risked an angry response from our highly impatient father. But still, the question was there, unspoken, mile after mile and hour after hour.

Some years later when I was climbing hills with my father in Scotland the same question came to my mind, and to his too. The difference being that on this occasion, where I wouldn't have dared ask it, he did. If you've ever climbed a reasonably big hill or a mountain you will almost certainly have had the experience of thinking you were getting near the top only to find your hope had come from seeing a false summit after which came another, and another.

On this particular occasion we'd been climbing quite a tough route, slowly zig-zagging up the face of a sizeable and steep hill and for the first time in my life my father was tiring faster than I. As yet another summit came into view he asked me "Are we there yet? We must be nearly there!" We weren't. We had almost another hour to go before we finally got there and the view of the world opened up and amazing scenery was all around us. I must admit, it was worth all the effort.

As a child the best thing about a long car journey to go on holiday was that I knew the destination would be worth it, that and the fact that we were all in it together. This year has been such a long journey for us all and I know some are struggling hugely and many of us are asking God "Lord, are we nearly there yet?" We must be nearly there.

As I write this it is only two days since we were told that the longed for Freedom Day of the 21st June was actually the latest of many false summits we have reached, only to find there is further to go before we at last "get there", to the place where the world, our life, or view and possibilities open up in all directions.

I pray for us all that the summit which is the 19th July will be no false summit but the destination where life opens up again. And I give thanks that we are travelling together and pray that, summit reached, we will continue to travel in faith with God building a better world full of hope and grace.

Yours in Christ,



Prayers for July

July 4th

Lord God, we give you thanks and praise that you are all we need. You are enough. Thank you that you love us so much and provide everything we need for the journey of life.

You didn't promise that following you would be easy, but we thank you that you care about us, you know our every need.

Thank you that your thoughts are higher than our thoughts, your ways higher than our ways. Thank you that when we come to you empty, your arms reach out to embrace us. Amen.

July 11th

Lord, we praise you that you show us how to use power wisely.

Help us to learn more of your ways, to understand that our actions have consequences, and to seek your wisdom in making decisions that may impact on others. This we ask in Jesus' name. Amen.

July 18th

O God, you are our shepherd.

Your care and compassion were shown in the life of Jesus.

We ask that, this very day, we may experience the rest you offer, the peace that can restore and revive us and enable us to live the promised abundant life. In Jesus' name, we pray. Amen.

July 25th

Thank you, Lord, that you go ahead of us into our communities; you are there pouring out your generosity and your hospitality in our neighbourhood.

Thank you that as you are transforming our homes, our streets, our schools, our places of work, you are transforming us so we can play our part.

Thank you that we can share all that you have given us.

Thank you, Lord. Amen.

Prayers for August

August 1st

Lord God, giver of life, you bless us with all we need – and with so much more.

Keep us from being so focused on physical needs that we neglect our spiritual food. Feed us with your word, satisfy us with your presence, and strengthen us by your Spirit – that we may share your eternal life. Amen.

August 8th

Loving Lord, we live among those who are hungry and thirsty for bread and water and who also seek you. Help us to live in response to your promises, and to show your love more clearly, that you may be found in us. Amen.

August 15th

Lord Jesus, we thank you for interweaving your life with ours, being an unseen guest at every meal. Help us to be grateful for the nutrition we receive to give us strength for life. As we eat, may we also be reminded that you are part of us, life giving, always within us. May we share your word of life with others. Amen.

August 22nd

Eternal God, source of all life, today we choose to follow you.

Be present in all we think, say and do.

Powerful redeemer, speak to our hearts.

Holy God, we draw close to you. Amen.

August 29th

Thank you, Lord, that you have set us where you want us to be.
Thank you for those who support us and that you give us strength to help each other.

Thank you for the strength to be doers and hearers of the word.
Thank you that every perfect gift is from you. Amen.



CHRISTIAN AID CORNER

Christian Aid Week 2021: Double Threat of Climate Chaos and Covid.

A huge thank you to everyone who supported Christian Aid week this year.

As a Church we raised £741, and the Christian Aid quiz raised £177. Congratulations to Elaine Dockings who won the quiz – they were not easy questions!! Thanks too to Eff Poole for hosting on Zoom. It was great fun.

300,000 steps in May for Christian Aid

Chris and I achieved a total of 568,331 steps between us in May and raised £125 through JustGiving and Facebook donations. Thank you again for your support.

I hope you can find a moment to read the Christian Aid Tea Time Prayer when you are next making yourself a cup of tea. (I am sure it applies just as much to coffee). It is a timely reminder of the urgent need for change in our world (and the ease with which we in the UK can sustain ourselves at any given moment with a delicious hot or cold drink).

Janet & Carolyn

Tea-time prayer

God of all of life,
waiting for the water to boil
we confess and lament
the rise of temperature
that has led to a climate crisis
across this beautiful planet.
We wait, impatient for change.

Pouring out hot water
on loose-leaf or tea bag,
into teapot or favourite mug,
we pour out our intercessions
for a change of heart by politicians
to put planet and people first.

Stirring teabag, leaves or sugar
we ask that you would stir in us
a passion to take action,
to do all we can at this critical hour
to take care of our common home
and amplify the call for climate justice.

Drinking that first satisfying sip
we give thanks for the day when
'they will hunger no more,
and thirst no more'*
Infuse us with a strongly brewed vision
of your creation healed and restored.

Amen

#AmenToClimateJustice
**Revelation 7:16*

What's happening?

Notes from Elders Meeting - held on Zoom - 18th June 2021

Rev Don opened the meeting with prayer

- Although the sound system in church was not used at the Church Meeting, it has been checked and is in full working order. Technical advice is that the signal in church is not strong enough to stream services live on Zoom. William Seymour is looking into the possibilities of recording services for us. Thanks also to Will for running many of the updates on the laptop, accumulated over lockdown – a long job.
- Prayers were said for many pastoral concerns.
- Some elders have been catching up on safeguarding courses.
- Various property matters.
- The group meeting to discuss 'Community Links Project Phase 2' (future possibilities for work with Young Families, Youth and Community, including the less young) will confirm a date for meeting very soon.
- The grant from the Circuit Model Trust Fund, towards our building maintenance, has been received.
- Thanks to John Ruhleman for a very useful set of floor plans for the church, showing the position of the fuse boxes, stop cocks etc etc.
- Thanks to those who decorated the front of the church with items made by our young families, from kits distributed to them, for the 'Wave of Hope' at the G7 Summit.
- There was a *very lengthy* discussion about reopening the church for Sunday Worship.
- The Church Meeting agreed to open up the building if the government met their date for Step 4, and if not, the elders to move the date for opening up to follow government guidelines on the easing of restrictions. Currently this means we will be aiming at a first service on July 25th. This is provisional and could be later or earlier, depending on circumstances, and might necessitate a further church meeting if the government is unable to meet its suggested date of July 19th.
- At the moment the feeling of the meeting was that we should open just for worship for a few weeks before considering other events such as coffee mornings etc etc...
- We hope to celebrate Creation Sunday on July 18th with a family Zoom service. The elders plan to get together for 'litter picking' and a picnic the day before.

Summary of progress and revised dates – *These are provisional dates, dependent on things over which we have no control.*

Start of Community Links Project building work:-

If you've walked down Bear St. lately you will know that the full height scaffolding is now in place, the car park closed off and the work begun. The 'pigeon', actually a collared dove, was found to be sitting on an empty nest so did not cause a delay. The stonework has been inspected

up close but no report so far on whether the work may take more or less than 3 months.

Re-opening the building for Sunday worship.

First Service – provisional date Sunday 27th June has regrettably been put back to July 25th as the government was unable to move to step 4 on June 21st but hopes to do so on July 19th. As we follow the government guideline this could move later or earlier.

A degree in “Knowing What To Do”?

A problem in Mary’s garden -
a jackdaw in distress.
She’s worried the cat will get it.
“What shall I do for the best?”



She sees John talking to someone –
he might know what to do.
He’s taken the bird away with him,
but what’s he going to do?

He’s going to look after the jackdaw
until it seems well again.
And then he’ll take it into the woods
when he thinks it’s ready to go.

Mary was pleased that John had found
someone who knew what to do.
Why don’t universities offer degrees
in “knowing what to do”?!

A thought that came out of one of our Friday “Zoom tea parties”. But it leaves me wondering about how so many of us know that life will not go back to how it “used to be” but we don’t know what the “new normal” will be. Perhaps we’re all thinking about “knowing what to do” (for the best).

Eff

Young Families News including The Wave of Hope and Huge Thanks

What an eye-catching and colourful display has been seen at the entrance to the church since the middle of June. And hopefully it is still there! Adding a note of cheer to the boarding and the scaffolding around the church, it has also been sending out a very important message – that the young families have taken part in the national Wave of Hope initiative in order to send a message to the G7 Summit. Thanks to them and their amazingly prompt response we were able - in a very short time - to produce the display that can be seen in the lovely photos.

We heard about the Wave of Hope in the Circuit Service during Christian Aid Week (see the report on the Christian Aid themed circuit service on page 14). Being both interested and challenged we thought that the young families would love to contribute and be a part of it. A special package was delivered to them with a letter inviting them to join thousands of other people in the UK, including schools and churches, to send a very important message to our World Leaders – and also to our MPs – to ask them to work together during the G7 summit ‘to make the



Colourful, creative and highly decorative, the Wave of Hope decorations in the vestibule



Marlie-Rae on her epic bike ride and the medal she was awarded

world a better and safer place and to give us all a brighter future'... Please would they join hands to crack the crises of today – Covid, Climate, Injustice and Nature...This message was to be shared in as many places as possible by way of displays of waving hands in windows, in churches, in schools, in offices and in shops, and even flying from trees and church spires...

The Young Families Team had felt that the best way for us to take part was to make a display in our vestibule window at Christ Church, accompanied with bunting outside.

So the special packages were delivered to the young people and their families. In each were pieces of material on which to draw round their hand, the shape to be later sewn on bunting, and also card and paper hands for them to decorate or write a Message of Hope on.

Our families responded magnificently. At very short notice we had hands galore. Material hand shapes were sewn on bunting - for which we were particularly grateful to Celia and Sue - and then the display was put together with Staveley's help to reach the high places. After a frenzy of cutting, delivering, shaping, writing, decorating, collecting, sewing and displaying, we did it – with so many people's help - and on time too for the G7 summit!

THANK YOU SO MUCH everyone who contributed in any way.

We will 'Keep the Wave of Hope Going'!

And it is really quite exciting to see our photos from Christ Church on the Devon Live website, alongside others from churches and schools in North Devon.

Other News

We are continuing with our Sunday Afternoon Zoom Get-Togethers once a month, giving the opportunity for the families to meet up and chat. The time we meet has been extended to a couple of hours (between 4.00 and 6.00pm) so people can feel free to drop in and out as is convenient to them and as suits their timetable. There is plenty of time for chat, as well as a more themed half hour with songs, videos and games. Our last Get-Together continued the theme of being kind to one another and looking after the world (including a short video of young people planting trees for the Woodland Trust) – and of course we talked about the children's contributions to the Wave of Hope Display! We were able to share the lovely photos!

And an inspiring story!

Back in February, Marlie-Rae who has enjoyed coming to Tuesday Stay and Play with her mum, and to Café Church with her family, set out on a very special cycle ride. Her story can be found on page 15 - 'An incredible achievement'. When you have read it, you will I know, join with us in sending her our belated congratulations.

It's really lovely to hear such good news stories, so please do let us know if you would like to share some news about your family, or some photos – particularly with the summer holidays coming up. Bruce (seymoub@gmail.com) and Kathy (kjeacock@hotmail.com) are always happy to receive them.

Hopefully, it won't now be too long before we all meet again in person. We will be in touch. Meanwhile we send you every good wish for happy and enjoyable times in the summer holidays.

With love, prayers and blessings from Sunday Club, Café Church and Parents and Toddlers.

Eco Church

“It’ll all come out in the wash” – some thoughts on the eco-aspects of laundry. The way most of us do our laundry is not only causing damage to our clothes, it’s also harming the environment. So, how can we be more eco-friendly?

What detergent? Try to use a plant-based detergent with as few chemical additives as possible. There are kinder alternatives such as: soap nuts, *ecoegg*, or powder in a box rather than liquid in a plastic bottle (liquid detergent uses more water and the plastic is harder to recycle). If you use liquid, go for a larger bottle and get it refilled (e.g. at St John’s Garden Centre farm shops or Pura Vida in Gammon Walk)

How much to use? If you use too much, it won’t get rinsed out which makes clothes brittle and causes the fibres to break down much quicker. Most loads in a washing machine only need a tablespoon (15ml).

How long? 30 – 50 minutes is usually long enough. The abrasion caused by tumbling around in the machine is causing damage to the fabric and wearing it out. A longer wash is also using more electricity. The Eco-wash cycle uses less water and less energy.

How hot? Unless heavily soiled with bodily fluids, 30°C is ideal – this is hot enough to activate the detergent. Hotter temperatures are a waste of energy and will cause items with polyester threads (which are in almost everything) to buckle, and curl at the edges. If everyone in the UK switched from 40°C to 30°C it could save 858,000 tonnes of CO₂ being emitted every year – the equivalent of taking 400,000 cars off the road.

Fabric softener works by coating the fabric with petroleum to create an artificial feeling of softness. Any stains will get trapped between the softener and the fabric, making them harder to remove. It also takes away the fabric’s breathability. Try using less detergent to avoid crunchy towels. Distilled white vinegar is a natural alternative to fabric softener.

White whites? The bright white in fabrics is the effect of a chemical known as an optical whitener. Chlorine bleach actually removes this, making whites duller, and is really damaging to the environment. Try using a little detergent and some oxygen bleach, also called sodium percarbonate. It is much less damaging and is a great stain remover. It also leaves sheets and towels sterile. It works by attacking protein, which is what most stains consist of.

Sports gear is usually made of polyester which is hydrophobic (hates water) and oleophilic (loves oil). Sweat is oily, and gets trapped in sports gear. Oxygen bleach breaks down the oil and leaves clothes smelling fresher.

Dry cleaning isn’t ‘dry’ at all. Items are washed in a tank of petroleum-based chemicals, which is bad for your clothes and terrible for the environment. Almost all items can be hand washed with care.

Microfibres are tiny synthetic pieces of plastic yarn which are shed from textiles when they are rubbed or washed. Every time you wash a man-made fabric it releases thousands of plastic fibres into the water. Across the UK this amounts to 250,000kg of microplastics each year – the equivalent of 49 million plastic bags. They are one of the biggest sources of plastic pollution in our rivers and oceans, and end up in animals, fish – and in our food. Some ways you can reduce microfibre shedding are:

- Avoid buying man-made fabrics e.g. polyester, acrylic, nylon – they are all 100% plastic
- Use cooler, shorter cycles and full loads
- Wash your clothes less
- Avoid the ‘delicates’ cycle – the extra water used forces more fibres to be shed
- Shop second-hand

- Don't wash fabrics and solid items (such as trainers) together – the abrasion causes more fibres to be shed

How can you prevent microfibrils leaving your washing machine and entering the ocean? There are campaigns underway to get manufacturers of washing machines to make filters integral – but until then we can try to reduce the pollution from microfibrils ourselves:

- Use a micro-filter washing bag e.g. *Guppyfriend* or *Sea Saver* – using the bag reduces shedding of microfibrils, and traps most of them in the bag.
- Fit a filter to your washing machine waste pipe which uses recyclable cartridges to trap the fibres.

Liz Seymour

News from Kira farm and Amigos

I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the Lord and most worthy of praise; His greatness no one can fathom." Psalm 145:1

Gift of a Family

Another heart-warming and joyful letter from Scovia... It is encouraging to know the difference that a letter can make. It is also very special to hear that she and her new found family pray for us here at Christ Church. The letter speaks for itself...

Dear Anthea and Tony and Friends at Christ Church,

What a joy to be replying to your last letter. I still read it and enjoy it very much. I am happy to be receiving communicating with you too, as you are.

It has been another wonderful month with learning lots of new things. We were blessed on Sunday to go to church outside Kira farm and it was amazing. I really missed seeing many people in one place worshipping God. During my leisure time, I watch movies or sometimes plait hair. We also have families so we play games, especially football.

I would like to tell you something special about my family. I am so blessed to be in a family called the Gods gracious family. Through this group, I have learnt a lot. I am learning prayer but also, I am learning how to be open to other people, and being accountable. In this group we share a lot about our struggles but also our strengths, we encourage one another through prayer and sharing of what God has done in our personal lives.

I am learning how to work with people, how to communicate but most importantly how to be a good listener. I have sent you a photo of all of us. The boys are better at computer so they help me sometimes with typing, I write my letter on paper first and then type it.

Please don't apologize [*for a belated answer*], I am very happy and I know you're busy doing God's work on that side. I cannot wait when your children's group opens again. That will be very good. I will talk to my discipleship group to pray into the situation of lockdown and church to be open. I believe through prayer all things are possible.

Do you have a discipleship family too?

Thanks a lot for this blessing that is not only giving me skills but given me so many sisters and brothers.

With love and blessings, Scovia

Other news and updates from Kira Farm and Amigos

Difficult news...

'Amid a worrisome increase in COVID-19 cases, Uganda's president reimposed a nation-wide lockdown on 7th June for 6 weeks in an effort to prevent overwhelming the healthcare system. Unfortunately, this has meant that the Kira trainees have been unable to travel home for their 2-week break to be with their families. This two week break happens every year to give the trainees time to reflect on the skills they have received at Kira so far and realise the opportunities they have in their communities after putting some of these skills to practice. However, they are thankful that Kira can remain open but, understandably, this news has caused great upset and frustration amongst the trainees as well as practical challenges for the trainers and staff on the farm.'

Good news - Trees for the future update

In the last Messenger we learnt about Trees for the future - how Amigos has partnered with the organisation to plant more trees to capture carbon and restore biodiversity. Vincent has been busy visiting the rural farming groups in Kaliro where nine groups have been formed and the establishment of tree nurseries has begun. With the country director of 'Trees for the Future', he has been checking in on the tree planting projects. 'Thumbs up all round as they have been working hard and have made some great progress so far! '

And life-giving clean water...

Good news also comes with hearing that 12,000 lives are in the process of being changed by the provision of clean water. Construction has begun on six out of the ten planned new boreholes in communities across rural Uganda thanks to generous donations! Clean water changes lives and Amigos plan to build a borehole in every community in which they work. Imagine the relief and joy for those who have been walking miles for years in order to collect their water. And such a necessity to increase access to safe and clean water with the overwhelming concern of the spread of Covid-19.

And this month we pray not only for Scovia and her continuing joy and enthusiasm, but also for the many others in her wider Kira Farm family. Using the words taken from the Amigos June Prayer Letter we pray...

for the safety of all who remain at Kira and for the rest of the population in Uganda who are dealing with increased deaths due to COVID-19. Pray for the physical and mental well-being of the trainees as they deal with not being able to return home, pray for understanding and patience.

for wisdom and discernment for the Amigos staff and for peace and harmony on the farm. Outbreaks and deaths are occurring close to Kira so we pray for God's hedge of protection to surround the perimeter.

And we thank God for the good and joyful news that we continue to hear from Amigos of all that is being achieved by them, despite many difficulties.

Amen

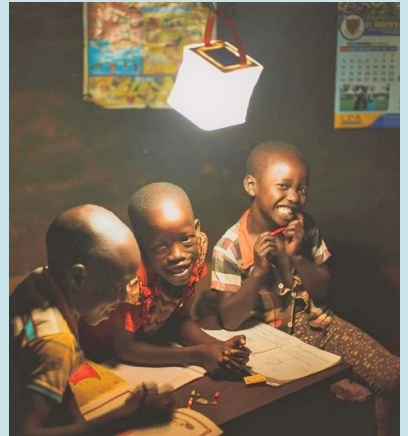


Scovia, (6th from the left),
with other members of the
Gods Gracious Family group

The 'Trees for the Future'
project continues to make
great progress



New boreholes will provide life-giving water



The solar powered 'LuminAID' lights
allow homework to be done in the
evenings . They can be bought or
sponsored from the Amigos web-
site [https://www.amigos.org.uk/
pages/shop/departement/all](https://www.amigos.org.uk/pages/shop/departement/all)

Introducing Rev Stephen Caddick

From September Stephen will be part of the Circuit Ministry Team with responsibility for Ebberly Lodge, Fremington, Goodleigh, High Bickington, Loxhore and Newport.

We share in the letter he wrote in response to a request from Braunton, where his welcome service will be held on Thursday 2nd September.

Dear friends,

I have been asked to write a short introduction about myself and my family. It won't be long now and we are very excited about joining you in North Devon. When Sharon and I were first married we lived in Mid-Devon where I was a lay pastor in the Hatherleigh Circuit. Later, with two young daughters, we returned to Devon and lived in Hartland and served in the Bude circuit for 8 years. Over the years we have moved North to Lancashire, East to Nottingham, and even over the border into Cornwall but Devon always feels like home. We now have 3 daughters, 2 of them are married and we have 3 young grandchildren. Our youngest daughter will be moving with us as she is studying to be a teacher and will be home for the holidays. My wife Sharon is a registered nurse who has specialised in orthopaedics and later practice nursing. We love walking and look forward to exploring some of the beautiful coastal path and Exmoor and no doubt some of you will be able to recommend some local beauty spots. I have always loved sport and have been involved with local football teams in the past, but now it tends to be more of kick-about with the grandchildren. We both enjoy a "friendly" game of tennis rather than competitive these days!!

These last few months have been difficult for all of us, and my heart goes out especially to those who have been living alone, however so many people have told me how they have felt closer to God, their prayer lives have deepened, and they have fallen in love with reading their Bibles again. What an exciting time for our churches as we begin to re-open. We look forward to getting to know you all as we work together for God's Kingdom.

God Bless You All

Stephen Caddick

OUR SPECIAL VISTOR TO THE CIRCUIT ZOOM SERVICE DURING CHRISTIAN AID WEEK

The Christian Aid appeal this year was focussed on water: 'Every last drop', and on one particular country: Kenya...

This theme was explored on Thursday 13 May, when the service was led by Katrine Musgrave, the Christian Aid Church Engagement and Fundraising Officer for Devon and Cornwall, who led the service from her home in Lostwithiel. After being welcomed by Don, she said how delighted she was to be with so many of us. (There were 43 individuals/couples present.) This year was the 75th anniversary of the founding of Christian Aid. In the beginning Christian Aid was founded to support the many refugees in Europe after the Second World War. The work was later expanded geographically, to Nigeria, for example, and then economically to issues like Third World Debt Cancellation, Trade Justice, and, now, globally to combatting Climate Change. 'Now is the time to restore creation.'

Katrine then read the familiar passage from Micah ending, 'What does the Lord require of you? To act justly, and to love mercy, and to walk humbly with your God.' She then gave a short illustrated talk on the situation in Kenya. The weather has become extreme and chaotic with droughts and floods, leading to crop failures and people not having enough to eat. People had to walk miles and hours to get enough water to survive. There is a solution, however...

The short video that followed introduced us to an amazing woman called Florence. Left a widow, she had had to walk for hours to fetch water for her family and to water her crops. But now, with the guidance of a local Christian Aid supported Anglican agency she and her community had built an earth dam to capture water and create a pool storing water when the rain fell to be used in times of drought. She is proud of the dam: 'My face is shining. I have strength and power.' She now grows vegetables to sell in the local market and she has even expanded into producing honey from her 'bee farm', also for sale. Florence's faith was to be seen in her radiant face. She was always smiling – and always singing!

During Katrine's time with us she invited us to take part in the Wave of Hope venture being supported by Christian Aid in a coalition with 70 other organisations: a part of the Crack the Crises campaign <http://crackthecrises.org/>. This was being planned for the upcoming G7 summit as a way of attracting the attention of world leaders. The aim was to call on them to work together to take action to address the biggest crises of our time. Some of our young families took on the challenge and produced an eye-catching display at the entrance to Christ Church (see the Young Families Report and the pictures).

Katrine's visit was truly inspiring and encouraging.

But it was only part of our Christian Aid Week activities, like Chris and Janet Marshall's sponsored walk and the Christian Aid quiz...

An incredible achievement...what a cycle ride...

Back in February Marlie-Rae who was then six years old, set out to do a sponsored cycle ride in order to raise money for Falcons Gymnastic Academy to buy much needed equipment. Her original aim was to do just over 100 miles. But with the words "I would love to try and raise as much as I can before our gymnastics club opens again", she went on to do more with great determination and courage ...

Her mother, Sonya , takes up the story:

'So Marlie-Rae set out to do 12 miles one day a week, so was looking at around 108 miles in total, we did 2 rides then on the 21st February we decided we could do a couple of extra days, so aimed for 200 miles, this turned into 57 days of riding (55 days in a row) and 1001 miles. She cycled in rain, wind, sun and hailstones and not once did she give up, she rode up to 51 miles in a single day.

She has raised an amazing £1350, so she would have loved to have raised £1400 or even £1500 but no amount of posting on social media was going to achieve this.

For a 6 year old she is amazing.'

You are indeed amazing Marlie-Rae. Congratulations! (pictures page 8)

SAINT LAURENCE

Saint Laurence, also known as Lawrence, was one of the seven Deacons of Rome who were martyred in the persecution of Christians, ordered by the Emperor Valerian.

Laurence was believed to have been born on 31st December AD 225. At a very early age he was ordained a deacon. He was the first amongst the seven deacons to be appointed and he served in the cathedral of Rome. He was therefore known as the archdeacon of Rome. This was a position of great trust that included the care of the treasury and riches of the Church and the distribution of alms. His

Feast day is 10th August. He is one of the most venerated of Roman martyrs, celebrated for his Christian valour. He is the patron saint of the poor, cooks, comedians, deacons and barbecues.



Legend has it that he was burned alive, famously saying 'I am done on this side, turn me over and eat'. It is highly unlikely that this is the case as the contemporary method of execution was by the

sword. In art he is usually depicted carrying a long cross and gridiron.



A few days before his death he was advised by the Emperor, Valerian, that the church would be stripped of its art and treasures. Laurence negotiated a three day period in which to gather the wealth. During this time he distributed the church's riches to the poor and sick. When asked to deliver the wealth, instead of the riches, he presented the crippled, the blind and the suffering and declared that these were the true riches of the church.

Most of the accounts of miracles associated with Laurence have been lost but writings of Gregory of Tours mentions that:

A priest named Father Sanctulus was rebuilding a church of St Laurence which had been attacked and burnt, and hired many workman to complete the task. At one point he had nothing to feed them with. He prayed to St Laurence for help and a basket of fresh bread appeared. It appeared to him much too small an amount to feed all those workmen, but in faith he began to serve it to them. While he was breaking the bread, it so multiplied that he could feed his men for ten days.

Because the Perseid Meteor Shower typically occurs annually in mid-August on or around his Feast Day of August 10th it is known as the 'Tears of St Laurence'.

He is the patron saint of Ampleforth Abbey in North Yorkshire, whose Benedictine monks founded one of the world's leading public schools.

On his second voyage, French explorer, Jacques Cartier, arriving in the river estuary of the North American Great Lakes on the Feast of St Lawrence in 1535, named it the Gulf of St Lawrence. The river emptying into the gulf was named the St Lawrence River.

YORKSHIRE FAT RASCALS

INGREDIENTS

10 ounces (250gms) plain flour, any kind works, so mix together any bits you have left, such as spelt, wholemeal, coconut flour, banana flour.
1 rounded tsp baking powder.
¼ tsp bicarbonate of soda.
Scant tsp cinnamon.
A few grates of nutmeg.
2 ounces (50gms) caster sugar.
4 ounces (100gms) butter.
2 ounces (50gms) currants.
2 ounces (50gms) dried apricots.
1 ounce (25gms) chopped candied peel.
2 medium eggs.
2 heaped tablespoons creme fraiche or plain yogurt.
2 tablespoons water.
8 glace cherries halved.
8 blanched almonds.

METHOD

- 1 In a large bowl sift the dry ingredients. Rub in the butter until it resembles breadcrumbs.
- 2 Stir in fruit and peel.
- 3 Make a well in the centre and break in one of the eggs. In a small basin beat the remaining egg and add half to the mixture. Reserving the second half to brush on the rascals later.
- 4 Add the crème fraiche and water and mix to a soft dough, more liquid may be required.
- 5 Bring the dough together and divide into 8 pieces. Roll each piece into a ball and space well apart on a lined baking sheet.
- 6 Flatten each ball slightly, brush with beaten egg and place two cherry halves and a blanched almond on each bun.
- 7 Bake in a pre-heated oven 200°C or Gas 6 for about 15 minutes or until the rascals are well risen and golden.

This recipe produces a bun that is somewhere between a rock cake and a scone. Delicious plain but you could add butter or cream for additional naughtiness.

Music to Listen to: The Grimethorpe Colliery Band: 34 Brass Favourites
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 - 6.30pm	Rainbows ...	
	5.30pm - 7.00pm	Brownies...	contact Nicola Wilkins
	7.00pm - 8.30pm	Guides	tel 07813620615 or 01271377154
Wednesday	1.30pm - 3.00pm	Parents & Toddlers	
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 Chris Punt tel 343716 or Staveley Dawson tel 373213

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 2021

		Cash	Envelopes
May	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. While we are not meeting together for Sunday worship in Bear Street, some of you are also sending in donations by cheque. Over the twelve months to the end of February 2021 this has amounted to about £11000. 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 Janet Marshall 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

tel. 01271 345313
dasmacalister@icloud.com

Young families worker

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

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Kathy Jeacock

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	www.christ-church-barnstaple.org.uk

Your Pictures



Making 'hands' and bunting for the vestibule



Look what happens when you give
Sunday Club members
sunflower seeds & bulbs!



Chris & Janet
Marshall's harvest



Tony & Anthea's garden pond



Serena walking the dog



Community Links Stage 1
finally gets underway