

The Messenger

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Corinthians 5 : 17

Christ Church Barnstaple
Methodist & United Reformed Church



March 2022



Before and after the 2021 renovations - Christ Church looking clean & bright!



The Thorne Memorial - on the outside wall



One of many metalwork decoration panels adorning the Sanctuary gallery

March 2022

It is hoped that a few more activities may be able to start up again in the coming weeks. Read through the Messenger for more news.

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

It's good to see a regular congregation of 35 - 45 people every Sunday morning, and some of the church activities beginning to start up again.

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

Calendar

March

Sun 6th 10:30am	Rev Don Macalister	Communion
Sun 13th 10:30am	Rev Bill Perry	
Sun 20th 10:30am	Rev Don Macalister	
Sun 27th 10:30am	Rev Don Macalister	

Sound it Out have been meeting since November - details of the dates of their meetings are on page 17.

Future dates.

Church Meetings dates Tuesday 5th April and Tuesday 27th September in the evening.

Annual Church Meeting Sunday 6th November early afternoon.

Most of you will be aware that the Circuit Service continues on Zoom on Thursday evenings at 7:00pm. Zoom gives the opportunity to allow visitors from a distance to participate. You may be interested to know that the service on March 17th will be led by Terry Spencer - minister here before Don. Look out for Zoom Communion services too.

If you've not been before but would like to come, make sure you get on the mailing list for the link.

Proposed events to look out for:-

Afternoon tea - fundraiser for Sound it Out

Big breakfast - fundraiser for Christian Aid

Tea in the garden with the Seymours (June 4th)

Quiz evening



Minister's Report for Annual Church Meeting 30th January 2022

Dear friends,

Since our last Annual Church Meeting we have all been living through times which have been painful for ourselves, our families and friends, our communities and our world. We have lost dearly loved members of our church family and we not only remember those we've lost but the loved ones and families who are hurting, badly. This has been a difficult time for so many and living through lock-down and the constant uncertainty of what will be happening in the next week, month, year has taken its toll on many of us mentally, emotionally, and even physically.

The very last meeting I had face to face before the first lock-down began was with Robert Hurley when we talked and prayed together about ways that we could help church members to know that, although not meeting, the church family was still there, praying for one another, talking to one another, looking out for one another. And so we decided we would send out a weekly act of worship to everyone on our church lists, either by email or by post.

I am so glad we did because I think it did help to remind each one of us we are part of the body of Christ and although separated we're going through this together. The other thing it did was to reconnect the church with those who had become disconnected from it for many different reasons. So, at its height, I was sending out around 250 acts of worship each week, mainly by email but over 100 by post, many read by 2 or more people.

Shirley Baxter and the Church Friends have played a vital role, especially in those early difficult months, in keeping people in touch with one another. And, of course, the same was happening between countless members of the church family with regular phone calls and prayers.

Early on, at Robert Hurley's initiative, we began the Thursday evening Circuit Services on Zoom, something that is continuing and provides not only much valued time of worship but also company and friendship and being part of the Circuit.

Following that I started the Sunday morning service on Zoom for Christ Church, Sticklepath and Challacombe, still sending out text and recordings of the weekly acts of worship at home. And I am very grateful to Revd Tony Coates, Paula Littlewood and others who have increasingly been producing these as we continue to send them out.

Jo, Anthea and the Sunday Club leaders did amazing work sending out regular posting to the young families with activities, we had Zoom get togethers and acts of worship and the result is families returning to Sunday Club every Sunday and a first Café Church in December and a second planned for February.

Eff has been wonderful and mastered the technology of zoom to hold coffee mornings and tea parties. Something that is now continuing face to face.

Ministry during lockdown was very different and I would spend hours each day writing emails, letters, acts of worship, praying constantly for individuals and I would have phone calls, some wonderfully long! But tragically I also conducted funerals not only for much loved members of Christ Church but, for some

months in 2020 and the first half of 2021, for increasingly large numbers of people from the wider community. For some months conducting on average a funeral every eleven days.

It took its toll, especially when I saw what was happening with people dying from Covid-19 being knowingly sent back to nursing homes. To be completely open it became almost nightmarish and along with the stresses of what we were all going through I became depressed and angry about what was going on. Thankfully, although slowly, things began to improve little by little and I pray will continue to do so.

I am very grateful to Jack, Kathy and the Elders for all they have done throughout this time, especially as we began to move towards re-opening the church and as risk-assessments needed to be produced and reviewed as guidance continues to change.

With my experiences and with the cautious guidance of both the United Reformed Church moderators and members of staff at the hospital we moved forward cautiously. We felt it was the right thing to do to protect the most vulnerable who, although vulnerable, were as desperate as anyone else to get back to worshipping together in the church. Slowly but surely restrictions have been easing, and I pray will continue to do so in coming days and weeks. We are left with some big challenges, and some great opportunities.

The biggest challenge comes from a combination of two things. Firstly from having lost so many individuals who played such important parts in the life of the church. Secondly from what every organisation and almost every church is experiencing and that is that after years of doing a role and then putting it down for over a year (and also being over a year older) many are understandably and rightly for them not wanting to take those roles on again.

It means that in order for activities and events to start up again we will need volunteers to take them on. I am really grateful to those of you who have fulfilled those roles for so long and I am grateful to those who have taken some of them on.

It's always difficult to single anyone out but I would like to express my gratitude to John Ruhleman for all he has done with property for so many years in this church. It would be good to express those thanks to John in some way as a church. There are others too of course but I really don't want to miss anyone out so if you have stepped down from a role please accept my sincere thanks and the thanks of the whole church for your faithful service. And of course I am also grateful to those who have continued in their roles or already taken on new roles or duties.

Thank you to Steveley for all he is now doing with property, to Alison who has taken on Church Secretary from Jack, to Jack who has taken on the role of Church Bookings Secretary, and to Carol Bolter for taking on an extra Sunday a month playing for us.

And there are others. Thank you to all of you. And my personal thanks to all of you for your love and support for me in the last year or so. It has meant everything.

And almost finally. With particular thanks to David Wilson and the team sorting out funding we now have a bright, shiny church which looks amazing on the outside and has made a real impression on people in the town. The

next exciting step we will be taking, a step that has been delayed by all we've been through but is now beginning to be taken, is Community Links stage 2.

Perhaps it was good it was delayed because so much has changed in the world we live in, and we have learnt so much about the different ways that things can be done. In the coming weeks and months we will be looking at the needs of the community we are at the heart of and how we can play our part in addressing those needs and reaching out with the love of Christ to those around us.

Let's move forward with faith, knowing Christ's presence with us and the power of the Holy Spirit in all we do.

Yours in Christ,



Prayers for March

6th March

Generous God, we thank you for Jesus who points us towards your glory and your kingdom. We thank you for those who through the ages have spoken your truth and engaged with your mystery. We thank you for giving us each a place, a purpose and a plan for our lives, and for blessing us with a measure of your great love. Amen.

13th March

Eternal God, we trust you for today. Inspire us to stay focused and to follow your plan for our lives. We trust you for tomorrow. Empower your people to protect the vulnerable and to proclaim the truth. We trust you for every day. Be with us as we journey through life towards your great heart of love in which there is no fear, no failure and no limits. Amen.

20th March

God of grace and growth, in this season of Lent and with spring blossoming all around us, we bring to you in word, music and prayer, our desire to change for the better – trusting in your patience, rooting ourselves in your Scriptures, believing in your love, appreciating the limitations of time, and celebrating the gift of life and all that there is to look forward to. In Jesus' name. Amen.

27th March

Living God, you do not save us from our mistakes, but you release us to learn from them. Thank you for being there to welcome us back when we have lost our way, to challenge our resentment when we have lost our grace, to embrace our need when we have exhausted our self sufficiency. We are so grateful. Amen.

What is a sabbatical?



There are numerous descriptions to be found on the internet but the one I liked best was this:-

'A pastor's sabbatical is time away from the church to reconnect with God and to rediscover God's purposes for their life.'

I'm sure I speak for all of us when I say we are very grateful to Don for postponing his sabbatical leave, which was originally planned to take place in 2020. The revised dates for this long overdue leave, will be May, June and July of 2022. Thank you so much Don, for being here during lockdown and we wish you well in however you choose to spend the time.

Information about contacts for those three months have not yet been circulated, but will hopefully be available for next month's Messenger.

KJ

What's happening?

Brief notes from the AGM

- The three nominees on the voting slip for the Elders' election, Alison Cairns, Jenny Newman & Eff Poole were all elected.
- Many existing people were re-appointed en-bloc but please note:-
 - Friendship Group & Ladies Fellowship both in abeyance.
 - Bible Study - link with Zoom meeting on Mondays
 - Eco Church - Liz Seymour (new post).
 - Events Group & Fundraising - no reps as yet.
 - Men's Breakfast - Steveley Dawson and Christopher Punt.
 - Pulpit Secretary & Readers - temporary cover only.
 - Sunday Coffee - under active review
 - Circuit Meeting - second rep needed.
- Church charity to remain Water Aid

A brief report on some of the things under discussion at the last elders' meeting, on February 14th 2022.

- Pastoral matters were reported and prayers said for all those mentioned.
- Safeguarding. Our usual monthly update from Maureen - thank you. This month included the comment that the SW Ambulance Foundation Trust had twice been grateful for the defibrillator - 'Although the AED was not actually used, the incidents demonstrated the importance of having a defibrillator to hand in case a patient's condition deteriorates.'
- Many thanks to Maureen and Jack, who are putting together a Health & Safety Policy for Christ Church and updating the key holders list.
- Roles & responsibilities update -
 - URC Synod rep - Paula Littlewood
 - Website & Messenger - Seymour family
- Still needed -
 - Fire safety officer

Pulpit secretary
Key holders list

- Church activities.
Members of the Ladies Fellowship and Friendship Group are arranging to hold AGMs to decide the way forward.
Hopefully a Bible study can be arranged for Lent.
Men's Breakfast Group are discussing the way forward.
- Booking rooms - some discussion about costs, insurance, cleaning, risk assessments and general guidelines for users. Most queries sorted out, finance committee to discuss future costs.
- Many thanks to Jill, Pauline and Jennifer for flowers in church. Vestry prayers and refreshments after the service will start again soonish.
- Treasurers report - no significant change.
- Property - Long list of done, in hand and to do including the projector for Sunday Club, print room cupboard, dishwasher, fire curtain in the kitchen, flickering up-lighter, storage and tree roots at the front of the church causing an uneven surface.
- The Young Church - Sunday Club, Toddler Group and Café Church have all restarted successfully and now look forward to building up numbers. Rainbows start this month - see page 10. Contact with Yeo Valley School and Action for Children has been maintained during the pandemic and we hope to see more of them in due course.
- Events & bookings - a meeting of the events committee to be arranged, new members welcome - see Liz or Joy. Plans so far include Tea in the Garden on June 4th (to celebrate the Queen's Platinum Jubilee), a Quiz, a fundraising tea for Sound it Out in May and a Christian Aid 'Big Breakfast'. More details next time.
- Eco Church - see separate article page 9
- Christian Aid - see separate article page 16
- There are likely to be more 'local arrangements' appearing on the plan in the future so there is a need to encourage more people to take part in leading services.
- Rev Jonathan Froggatt will have pastoral oversight of Christ Church Barnstaple during Don's Sabbatical leave - see previous page.
- Date of next meeting Wednesday 23rd March 7:15pm on Zoom.

KJ

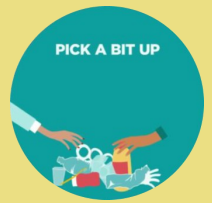
Thinking ahead and Thinking positive!

Hopefully we will soon be organising events to raise some much needed money for Church funds. If you have any of the following:

- Unopened boxes of biscuits or chocolates with a use-by date of at least June
- Unwanted gifts
- Christmas items/decorations

please could you save them for us? As soon as we are able to store them in the Church we will let you know. Many thanks.





Maureen and Serena
helping to pick up
litter



It is lovely that we have started to have flowers
on the communion table again.
Thank you to Gill and Pauline.



Parents & Toddlers



Update from the Plastic Free North Devon Day of Action

"Our Cleanse and Clean Day of Action on Saturday 29 January 2022 was a huge success, bringing together individuals, families, and community groups to enjoy the benefits of nature at the same time as giving a little back by cleaning up. The day was a highlight of our month-long Cleanse and Clean campaign and part of our mission to protect and improve our environment through community-led action.

583kg of rubbish were collected, 10 organised community cleans took place, and at least 157 volunteers across northern Devon took part. Some of the stranger finds included a Christmas slipper, a mophead hanging in a tree, and a seal's jawbone, complete with tooth. Some of the more common finds included the usual suspects of food packaging, disposable facemasks, microplastics, cigarette butts, and 'ghost gear' such as fishing rope and nets."

Thanks to anyone who took part in any 'clean-up', every little helps! There is a litter picker and a bin just inside the front doors of the church; it would be great if you are able to safely collect and dispose of any litter which has blown into our car park.

I'll be arranging our own event as soon as the weather improves – either Bear Street or Rock Park. If you see a "grabber" or litter picker in a charity shop, or if you have a spare one at home – it would be lovely to build up our own supply of equipment.

Liz Seymour

Young Families Work News

Our Young Families Work is steadily continuing and opening up further...

As we write we are looking forward to our next Café Church, planned for the second Sunday in February. Hopefully from now on there will be one taking place on the second Sunday in each month until the end of the year. Activities and worship for February are being planned around the story of the Prodigal Son taken from the Lion Storyteller Bible. As the story so much demonstrates the power of love as well as forgiveness, it will link up very well with the following day, St Valentine's Day. Hearts will play quite a large part in the creative activities(!) with heart cards to weave and door hangers to make. There will also be fruit kebabs to illustrate the feast - and even maybe a pig craft! We will let you know more next time!

Parents and Toddlers too – running weekly - is looking forward to more freedom and normality with its activities hopefully including a much looked forward to outing in the Summer. We are even daring to look further ahead to a Christmas one...! But one step at a time! However, as soon as it starts getting warmer we shall be outside again on our Ride-ons and playing games,

surrounded by bubbles! Noah's Park, at present, is only looked at longingly. We do though have loads of fun and laughter indoors - and even foot-tapping music accompanying our snack time!

Sunday Club happily continues with children enthusiastically bouncing in on Sunday mornings – such a joy. They have been hearing stories and doing activities based on the different parts of Jesus early life and his teaching ministry: the wedding at Cana; Jesus challenging his listeners in the synagogue; how he came to reach out to those in need and care for them and for us to do the same; the calling of the disciples; and how God blesses us to be a blessing to others. The linking activities have been very varied – making cards with a promise to help someone in the following week, a scientific experiment with oil and water, making bird feeders out of milk bottles, decorating biscuits – and even, yes, playing water games! And there is more to come! Soon we will be thinking about the transfiguration and of course, Mothering Sunday.

Hopefully it will not be long now before we start up some of our other activities again. Also to begin to set up some new ones in response to the needs of the church and community. Our aims are to continue to support and care for children and families, and to give them a safe and comfortable place where they are always welcome and where they know they belong. We would always warmly welcome further volunteer support for our work.

With many thanks for your continuing prayerful support,
and with our love and every blessing
The Young Families Work Team

Rainbows return

Well not quite, as our previous Rainbows have grown out of the age range while we have been closed! The girls who arrived on Tuesday to join our unit were 7 new recruits, and one transfer from a unit which is closing.

The girls were excited to come along and enjoy games, colouring in rainbows according to various criteria and getting to know each other, as they came from a variety of different schools. Several rainbows had a brown arc, chosen because chocolate was a favourite food. The girls were lively and talkative, and our hour passed quickly. Nicola checked the necessary details from the parents while the girls had fun. We look forward to our next meeting after a break for half term.



EP

Please note that the words/phrases in blue provide a link to the internet for anyone who has received the electronic version of the Messenger. (Control and click to use the link.) If you're looking at the paper version, sent through the post, you will not be able to access the additional information.

KJ

Eco Church – Go Green (or at least greener) for Lent

Here are some thoughts and ideas, adapted from the A Rocha Blog:

How can we become better at caring for creation and improving our lives and the lives of others through healthy, eco-friendly and sustainable living?

The Lenten 40-day period before Easter gives us the opportunity to reflect on the practice of fasting and commit to giving up something that brings a real benefit to nature and helps address climate change. Below are some changes you could make that will help the environment. Take time to pray, reflect and consider these options – pick one or two or however many you'd like (you never know, the changes might just stick!)

Go plastic free. Even if you can't become totally plastic-free, make it your goal to at least reduce your use of plastic. Explore a local refill store – St Johns Farm shops, Pura Vida, Bear Street Pharmacy.

Switch off from digital. Explore technology-free times or areas of the house, switching to 'airplane mode' for the first hour in the morning and the last hour at night, 'switch off Sundays', reaching for your Bible over your device(s) and writing a list of outdoor things that you enjoy.

Buy less or second hand and boycott fast fashion.

Become zero waste. Slowly try to reduce your waste a bit every week. Consider giving a home-made gift instead of buying a present, upcycling items or looking at your food shop and seeing what items you could buy differently: loose fruit and veg for example.

Spend more time in nature. With weekly themes, [these 'Get Outside in Lent' outdoor resources](#) profiled in our Eco Church resources will help you connect with God as Creator and celebrate his creation in different ways over the Lenten period.

Try a plant-based recipe or diet. Start by cooking yourself vegan or plant-based meals once a week. As time goes on, cook more vegan/vegetarian meals and try to eliminate as many animal products from your diet as you can. Explore tasty recipes with [Meat Free Monday](#)

Grow your own. Whether you have a garden or sunny windowsill, you can 'grow your own'. It's time to sow tomatoes, herbs and salad seeds indoors; carrots, spinach and kale outdoors.

Move your money. Could you divest from fossil fuels and support a bank which invests in renewables? 'Good with Money' recommends some ethical choices [here](#)

We are all different: what matters is that you take the first step. So choose a change to make – be realistic – but challenge yourself too!

And finally,... enjoy creation!

Update from Kira Farm and Amigos.

Good News at Last!

***"Give thanks to the LORD, for he is good;
his love endures forever." Psalms 107:1***

At the beginning of the year, the Amigos Team wrote 'We have a lot to be thankful to God for. We are grateful that whatever we go through, whatever challenges we face, He is faithful. The more we can know Him and join in with what He is doing, relying on His grace, wisdom and Holy Spirit, allowing Him to remould into His image, the more we can expect to see His fruit in us and through us. So we begin 2022 expectant for what He has in store in the knowledge that He longs to see more Ugandans and Ugandan communities enjoying life to full and rejoicing in His goodness.'

So now we have the exciting news from Kira Farm that it is open, and that young people began arriving at the end of January from all over the country 'to begin an exciting year of discovery and learning and being prepared to become community transformers!... the buzz is back! Usually Kira Farm opens at the beginning of January, but this year they were delayed whilst awaiting the necessary permission from the Ugandan Government. After lots of hard work, however, and many visits to government offices over many months, they have their licence. Permission was thankfully granted giving the go ahead to begin their activities again and to restart all their programme'Let us give God glory'...

Once all the trainees have had time to settle in, we look forward to meeting who we will be sponsoring and accompanying on their journey through the Kira Farm year.

So we pray now that all the new trainees will receive a warm welcome at Kira Farm, will settle in quickly and well, that it will be a year of healing, growth and transformation for each one of them, and that the plan for increased biblical and mission training this year will go well.


Other News: The Amigos team 'were delighted to receive news of three of the recently graduated trainees of 2021. Joshua Kizito paid a visit to Kaliro, just before Christmas, to see the tree-planting project, and while there popped in to see how some of the new graduates were settling back into life at home. To his surprise, not only were they doing well, in fact three of them had begun their tailoring businesses. And what's more, Cathy has already begun training and employing two other girls - she is also being the key and unlocking potential for others. Yes, this is the aim for why these young people come to Kira'.

Please pray for the 2021 Kira Farm graduates who have returned back to their homes, as we also remember Scovia who we sponsored last year: Pray that they would remain motivated, full of hope and eager to persevere in putting the skills they have learnt into practice. Pray for the right people to surround them and encourage them in the face of huge challenges, and for success and prosperity in the businesses they begin. Pray that they will share the amazing love and life of the Lord Jesus with others.

And finally: Did you know that over 20,000 Ugandans received clean water in 2021 thanks to Amigos and the generous support and kindness of all its supporters? Cheers!



FORM E


 THE REPUBLIC OF UGANDA
 THE NON-GOVERNMENTAL ORGANISATIONS ACT, 2016
PERMIT TO OPERATE AN ORGANISATION

Permit Number: **7017**
INDP/2484747NS


Regulation form 7(5)

I HEREBY CERTIFY

that **AMIGOS WORLDWIDE, (An Indigenous NGO) of File No. MIA/NB/2008/08/4747**
 P. O. BOX 33847, KAMPALA, BLOCK 167, PLOTS 397, 395 & 393, MUTUBA 1, NALYAMAGONJA ZONE, GAYAZA ZIROBWE ROAD, WAKISO,
 has this **29TH** day of **SEPTEMBER**, 20**21**, been issued with a permit to operate in
 Uganda under the Non-Governmental Organisations Act.

The Organisation is subject to the following conditions:
 (a) The Organisation shall carry out its activities in the fields of advancing education, vocational training and christian faith, relieve sickness and financial hardship, promoting and preserving good health.
 (b) The Organisation shall operate Countrywide.
 (c) The staffing of the Organisation must conform to Section 45 of the NGO Act, 2016

This permit shall be valid for **60 Months** from the date of issue.


Okello Stephen
 Executive Director
 National Bureau for Non-Governmental Organisations

The new students have started learning skills

SAINT JOSEPH

Saint Joseph is the patron saint of families, fathers especially, craftsmen and the universal church, he is also patron of a happy death, it is believed that this is because he was in the presence of Mary his wife and Jesus when he died. His feast day is celebrated on 19th March. He is usually depicted in paintings with lilies, representing purity and the carpenter's set square.

Joseph was considered to be the earthly father of Jesus, a shadow of Jesus' heavenly father. Not much of Joseph is known, other than in Jesus' very early years and the flight into Egypt. The last mention of him is when Jesus was twelve on the family's Passover visit to the Temple. Joseph was a descendant of the line of David, this was important in order to fulfil the prophecies of the Old Testament. He is never mentioned after the childhood of Jesus so it has been assumed that he died soon after the visit to the Temple.

It was important for Mary that she had a husband, for to be with child and unmarried at the time would have meant stoning by the Jews and very likely death. It was necessary for Joseph to protect both Jesus and Mary until Jesus was considered adult. He was an important member of the Holy family, forming a perfect balance with Mary, one can understand why he is venerated as the patron of families.

In Sicily, where Joseph is considered the patron saint, thanks are given to St Joseph for preventing a famine during the Middle Ages. According to legend there was a severe drought at the time and the harvest was about to fail. The people of Sicily prayed for rain to come and save the harvest. They promised that if God listened to them and sent rain they would prepare a great feast to honour him. Thankfully for the Sicilians the rain did come and the crop, mainly of fava beans was saved and starvation averted.



Giving food to the needy is a Saint Joseph's Day custom in many communities. A table is prepared in the church, usually of three tiers, to represent the trinity and laden with baked goods. Many people who attend the service bring fava beans to be blessed as a remembrance from being saved from famine.

On a typical Saint Joseph's Day altar, people place baked goods, limes, flowers, wine, fava beans and other meatless dishes. Saint Joseph's Day will always fall in Lent so no meat is allowed. Many foods contain bread-crumbs representing sawdust, as Joseph was a carpenter.

St Joseph's Prayer

*"O Saint Joseph, **do assist me by your powerful intercession**, and obtain for me from your Divine Son all spiritual blessings, through Jesus Christ our Lord. So that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers."*

WHOLEMEAL BREAD (makes 1lb loaf)

INGREDIENTS

1lb (500gm) plain wholemeal flour, or use 50% white 50% wholemeal
1 tsp dried instant yeast
½ pint (275mls) warm water
2 tsp salt
1 tablespoon cooking oil

I chose to include a recipe for wholemeal bread as this only needs one rising so is much quicker to make than white bread.

METHOD

- 1 Prepare a 1lb loaf tin.
- 2 Sift flour or flours into a bowl, warmed if possible; granary flour can also be used. Add yeast and salt.
- 3 Make a well in the centre and add warm water and oil, mix together, more water may be needed at this stage, as wholemeal flour absorbs more liquid than white.
- 4 On a floured board or surface knead well until an elastic consistency is achieved.
- 5 Shape into a loaf shape and place in loaf tin, brush the surface with oil, cover with a polythene bag and put in a warm place to double in size. I use the airing cupboard.
- 6 When risen (time will vary according to warmth of surroundings), brush with beaten egg, or plant milk if vegan, place in a hot oven Fan 230, Gas 8 or 9, cook for about 20 minutes then turn oven down to Fan 180, Gas 5 or 6 for a further few minutes. Bread is ready when removed from the tin and tapped, a hollow sound is heard.

If you wish to make more loaves just double or triple the recipe, I fill my oven to the gunnels to make use of the electricity in one go. This would not be possible with a gas oven.

If you do not have a loaf tin or tins, this amount works well in a 6" cake tin.

Music to listen to: Hymn Oh St Joseph (on YouTube)
If I were a carpenter

Jennifer





CHRISTIAN AID CORNER

Who, what, where, when, why?

Christian Aid's ground-breaking work began in 1945, when the charity was founded by British and Irish churches to help refugees following the Second World War.

For more than 75 years, Christian Aid has provided humanitarian relief and long-term development support for poor communities worldwide, while highlighting suffering, tackling injustice and championing people's rights.

Together with its supporters and partners Christian Aid aims:

- to expose poverty throughout the world
- to help in practical ways to end it
- to highlight, challenge and change the structures and systems that favour the rich and powerful over the poor and marginalised.

We stand together. For dignity. For equality. For justice.

Christian Aid works in 37 countries, with people of all faiths and none, to stand up for dignity, equality and justice.

Together we can create a world where everyone can live a full life, free from poverty.

Our voices and actions are stronger together. And with your help, we can make an even bigger difference.

Christian Aid Week this year is from 15-22 May.

This year Christian Aid Week will focus on the plight of drought which numerous countries around the world face. It recognises that droughts have become more intense and more common because of the changing climate.

Janet Marshall & Paula Littlewood

Can you complete the 'Magic Squares'?

		6
3		7
		2

For each individual square, every row, column and diagonal must add up to the same total.

		3
2		
9	4	

World Day of Prayer

I know the plans I have for you
England, Wales & Northern Ireland

2.30pm

4th March 2022

St Mary's Catholic Church
Barnstaple, EX32 8JE

Followed by light refreshments
All are welcome

No parking on site.
Nearest car park: Belle Meadow, 2 Kiln Lane, EX32 8QB

The service should last approximately 1 hour

SOUND IT OUT

2022

Coffee, Cake and Chat together
with Singing and Music too!
NO musical talent required.

**Christ Church
Bear Street
Barnstaple**

'Sound It Out'
is a fortnightly group, particularly aimed
at supporting people with memory loss
and their carers.

MONDAYS (2nd & 4th of each month) 10am – 12 noon
COME & SEE WHAT WE DO

January	10 th	24 th	July	11 th	25 th
February	14 th	28 th	August	8 th	22 nd
March	14 th	28 th	September	12 th	26 th
April	11 th	25 th	October	10 th	24 th
May	9 th	23 rd	November	14 th	28 th
June	13 th	27 th	December	12 th	only

To find out more, contact

Sally Blackmore: sally.blackmore@mha.org.uk

Rebecca Bartlett: rebartlett101@gmail.com

Telephone: 01271 379787 (Sally at Norah Bellot Court)

Key Supporters 2022:

Co Op, Tesco, Asda, Great Torrington Cavalliers



**WE'RE
BACK!**



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	Starting up again
	5.30pm - 7.00pm	Brownies	contact Nicola Wilkins
	7.00pm - 8.30pm	Guides ...	tel 07813620615 or 01271377154
Wednesday	1.30pm - 2.30pm	Parents & Toddlers	Starting up again
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 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)

Weekly Offertory for 2022

		Cash and Envelopes	Gift Aid
January	2nd	£138.50	£10.00
	9th	£391.00	£10.00
	16th	£74.50	£5.00
	23rd	£425.50	£10.00

An increasing number of people are donating money direct to the Church account by standing order. Currently this offertory is £1802 per month. 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
Alison Cairns (sec)
Anthea Coates

Staveley Dawson
Kathy Jeacock (treas)
Chris Marshall
Janet Marshall

Jenny Newman
Eff Poole
Liz Seymour

Telephone Directory (01271)

Church Secretary	see church directory
Church Treasurer	373555
Room Bookings	371808
Circuit Administrator	379116

Editors:

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Kathy Jeacock
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www.christ-church-barnstaple.org.uk



Recipe: page 15

Jennifer's selection of baked goods to celebrate St. Joseph



An example of a traditional St. Joseph's Day table →



A selection of art work inside the church, all hand-made with love



Preparing for the Annual Church Meeting—Report Page 3



The promise of spring to come