

# The Messenger

**Christ Church Barnstaple**  
Methodist & United Reformed Church

“When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.”

Acts 2: 1-2



**June - July 2022**



**The Sound it Out  
Afternoon Tea**



**Singing the national anthem for the Queen's Jubilee at the Causeway Service**

## June Diary

Sat	4th	2 - 5pm	Jubilee Garden Party at Bruce and Liz's House
Sun	5th	10:30am	Morning worship & Holy Communion (Pentecost) Rev John Robinson
Sun	12th	10:30am 4:30pm	Morning worship (Trinity Sunday): Rev J. Froggatt Café Church
Mon	13th	10:00am	Sound it Out
Sat	18th	9:30- 11:30am	Christian Aid Big Brekkie
Sun	19th	10:30am	Morning worship: Rev Sue Macbeth
Mon	20th	7:30pm	Worship Group Meeting
Fri	24th	Evening	Barnstaple Ladies Choir Concert
Sun	26th	10:30am	Morning worship: Brenda Prentice
Mon	27th	10am 2:30pm	Sound it Out Friendship Group

## July Diary

Sun	3rd	10:30am 3:pm	Morning worship: Peter Edwards Causeway Service
Sat	9th	9am - 12 noon	Summer Fair
Sun	10th	10:30am 4:30pm	Morning worship & Holy Communion: Rev Sue Macbeth Café Church <b>*** Deadline for the August Messenger***</b>
Mon	11th	10am	Sound It Out
Sun	17th	10:30am	Morning Worship: Alison Cairns
Sun	24th	10:30am 6:30pm	Morning Worship: Rev Marilyn Tricker Songs of Praise (To be confirmed)
Mon	25th	10am 2:30pm	Sound It Out Friendship Group
Sat	30th	All Day	Barnstaple Model Railway Club Exhibition
Sun	31st	10:30am	Morning Worship: Sue Kendall

### Regular meetings :

Tuesdays - Rainbows 5.30pm (Term-time only)  
 Wednesdays - Parents & Toddlers 1.30pm (Term-time only)  
 Thursdays - Circuit Zoom Service 7pm  
 Fridays - Hobnob 10am (except Bank Holidays)

## Message from Rev. Marilyn Tricker

Dear friends,

With Rev. Don on sabbatical, I've been asked to write the letter for this June/ July Messenger. By the time you read this, the Platinum Jubilee weekend may already be over; you may have joined some of the celebrations, whether locally or on TV. Certainly there is much to celebrate in the Queen's 70 years' of loyal service and faithfulness.

In all the excitement, it could be easy to forget that in the church calendar June 5<sup>th</sup> this year was Pentecost Sunday, often called the 'birthday' of the church, when the Holy Spirit came in power upon Jesus' disciples, and enabled them to step out with courage and witness to the truth of the resurrection.

Paul's letters to the early Christians remind us of the continuing influence of the Holy Spirit on our lives: 'The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law' (Galatians 5 v. 22-23). How much we need these qualities in our world, in our families and communities – as well as in the church!

Whatever else may be happening, as Christians we should always be looking for, and be ready to recognise, the presence of the Holy Spirit in our lives, guiding, strengthening and enabling; so much to pray about, now and in the coming days.

Many years ago now, at the beginning of my own sabbatical, I spent a week at Iona Abbey, staying in one of the guest rooms. It was a special week – a time to unwind, to relax, to step back from the responsibilities of ministry, and to begin to recharge the batteries. It was a delight to go downstairs first thing in the morning, make a cup of tea and drink it sitting in the cloisters!

However, I hadn't realised how busy the weekend would be! The Sunday, June 9<sup>th</sup>, was the feast day of St Columba, who had founded Iona Abbey and died on June 9<sup>th</sup> in the year 597. More than that, in that particular year it was also Pentecost Sunday – so there was a real mix of special celebrations, and the Abbey nave hung with huge letters spelling out Bible verses with words of God's promises.

So, in one weekend, contrasting experiences – of great excitement, and of quiet reflection – both important.

After two years of limited and careful activities, it's a joy to gather together more freely, to celebrate, to eat together, laugh together, and to worship together. But even when the pressure is on to rush around madly (maybe trying to 'make up for lost time'?) let's treasure the opportunities to pause, to reflect, to pray, and to let the fruit of the Holy Spirit grow and flourish in our lives.

May God continue to bless and encourage our worship, fellowship and service.

*Marilyn*

*PS: Did you see the 'Trypraying' posters on busses and bus shelters in recent weeks? There are still Trypraying booklets available – do take extra copies to pass on.*

## Prayers for June

### June 5<sup>th</sup>

God of all nations, on this day of Pentecost we praise you for the power of your Holy Spirit, equipping each of us for our life's work. We celebrate especially the wonderful work of our Queen, who has put loyalty before her royalty through all the ages of her reign. And who, day by day, has served you her God and Christ her King with humility, resilience and grace. Thank you for all she is and all she has done to your glory. Amen.

### June 12<sup>th</sup>

Father God, you are full of joy and love. You delight in the world you created. What love you have for us, all created in your image. We love you and adore you. What delight you have in the Son, who is all that you are and who you sent in love in order that we may be in relationship with you. We adore you and glorify your name. What joy and pleasure you had in sending your Holy Spirit to guide us in all truth and make you known to us. Father, Son and Holy Spirit, we give you all glory. Amen.

### June 19<sup>th</sup>

Almighty, powerful God, who is full of compassion, who rescues us from danger, who strengthens the weak, who feeds the poor: we praise and honour your name. Almighty, powerful God, who brings hope and healing, who hears our cry, whose heart feels our pain, who heals us inside and out: we praise and honour your name. Amen.

### June 26<sup>th</sup>

We pray in the power of your Spirit, O Lord. Give us the wisdom to live in the Spirit, and to show the fruit of the Spirit in who we are. Make us people of love, joy and peace; make us generous and kind; and help us to shape our lives with gentleness, faithfulness and self-control. Amen.

## Prayers for July

### July 3<sup>rd</sup>

Gracious God, help us as we try to follow you. Help us to hear the deep rhythm of your love, pulsating through your world. When we face challenges, help us not to draw back defeated, but to give our all, trusting that you will surprise us and strengthen us. In our lives and in our world, let your kingdom come and your will be done. Amen.

### July 10<sup>th</sup>

God be in our eyes, making them keen to appreciate the colour and forms of your designs. Christ be in our feet, keeping them sure and steady on stony paths and slippery slopes. Holy Spirit be in the wind, pure and strong to blow away all thoughts that keep us from you. May God the Father, Christ the Son, and the Holy Spirit, be with those we will meet, keep us from all harm and grant that peace be with us all. Amen.

### July 17<sup>th</sup>

In all our busyness, help us to know when to stop. In all our quietness, help us to know when to act. When we have to rush and there's much to be done, help us to recognise you alongside us. When we have to be still and need time to think, help us to respond to the stirrings of the Spirit. Amen.

## July 24<sup>th</sup>

Lord, teach us to pray as you prayed. Teach us to pray early in the morning and during the watches of the night. Teach us to pray in times of elation and in times of deepest anguish. Teach us to pray in desert places and in holy places. Teach us to pray patiently and persistently. Teach us to pray humbly and graciously. Teach us to pray with a childlike spirit, in love and trust. Teach us to pray 'Let your will be done' with courage and faith. Lord, teach us to pray.  
For your name's sake. Amen.

## July 31<sup>st</sup>

Sovereign Lord, we join with all creation to praise your majestic name, for you have blessed us so richly with the gift of life and the beauty of your world, with the gift of today and each moment in it, with the fellowship of your Church, with good food, drink and merriment, with your Son, our Saviour, and the life-giving Holy Spirit. Receive our love and praise.  
In Jesus' name. Amen.

### **Sunday Services at Home**

During Rev. Don's sabbatical there are no Sunday Home Worship services being published on the Christ Church Barnstaple website or being emailed out. This is due to legislation in the General Data Protection Regulation which governs the use of personal data such as email addresses and who has access to them. However, there are a number of alternative church services available to watch and/or listen to for those who are unable to join the Sunday Service at 10:30 at Christ Church Barnstaple:

**(Internet) URC Sunday Service:** This Sunday Service should be available from around 9:45am on Sunday mornings and will contain an order of service and words for you to sing along with the hymns.

<https://devotions.urc.org.uk/todays-daily-devotion/>

**(Internet) Methodist Central Hall Morning Worship Live Stream:** This is a live video-streamed church service, about an hour long beginning at 09:30 each Sunday morning. There is also an archive of previous services. <https://mchw.live/>

**(Television) BBC1 Songs of Praise:** Usually broadcast at 13:15, Sunday lunchtime and is about half an hour long. If you have access to BBC iPlayer or the internet, there are past episodes available to view.

<https://www.bbc.co.uk/programmes/b006ttc5/episodes/player>

**(Radio 4) Sunday Worship:** Radio 4's Sunday morning service broadcast at 08:10 and each programme lasts about 35 minutes. As with Songs of Praise, past episodes are available in the BBC iPlayer.

<https://www.bbc.co.uk/programmes/b006qnds/episodes/player>

**(Internet) Exeter Cathedral Livestreamed Services:** Exeter Cathedral daily worship is broadcast online. Sunday services are available both live and on-demand on their Facebook Video page. Livestream Sunday service usually starts around 10:00 and there is an order of service available to download in advance of the service.

<https://www.exeter-cathedral.org.uk/worship-music/live-services/>

## **Arrangements for Rev. Don's Sabbatical**

During June and July **please do not try to contact Don** – and after 1<sup>st</sup> August please allow him time to settle back in (if he is on any group email contact list, please remember to remove him – until after July).

**Please see the message below from Shirley Baxter, Church Friends' co-ordinator, regarding pastoral arrangements during Rev. Don's sabbatical, and the relevant contact details.**

For anything other than pastoral matters, if you are unsure who to contact, Alison Cairns (Church Secretary) may be able to help:  
alisoncairns@hotmail.com or 01271 343154.

*Marilyn*

## **Church Friends – Information during Rev. Don's Sabbatical.**

As you are aware we are all asked not to contact Don during his Sabbatical from the 1<sup>st</sup> May – 31<sup>st</sup> July 2022. Rev. Jonathan Froggatt is taking on full pastoral responsibility for Christ Church Barnstaple during this time.

If anyone has a concern about someone, please contact that persons Church Friend. The Church Friend will then find out what the problem is, and contact the Church Friends Co-ordinator, Shirley Baxter who will then let Rev. Jonathan Froggatt know.

If there is an emergency, please contact Rev. Jonathan Froggatt - preferably by telephone, and also contact Shirley Baxter and leave her a message.

In an emergency if neither Rev. Jonathan or Shirley Baxter are available please contact either Rev. Marilyn Tricker or Rev. Sue Macbeth and also one of the Elders - see page 19.

Please pray that Don will know God's richest blessings during his Sabbatical and will return refreshed and revitalised in August.

*Shirley*

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## **Worship Group**

There will be a meeting of the Worship Group at 7.30p.m on Monday 20th June, in Room 4 at Christ Church.

It is a group that considers the style of worship and may take responsibility for leading services in our Church. If you are interested in joining us please come along.

*The Worship Group*



## Jubilee Garden Party

(indoors if wet)

**Saturday 4<sup>th</sup> June 2—5pm**

in Bruce & Liz's Garden



*In aid of church funds*

Bring & Buy Stall: Plants, Produce, Jams and Chutneys

Level access to the garden and some on-site parking for the less able

### **Events Committee**

Jubilee Garden Party Saturday 4th June 2 - 5 pm

We are holding this at the home of Bruce and Liz Seymour, please join us for tea and cake in their beautiful garden (indoors if wet). There will be a small bring-and-buy stall for plants, produce, jams and chutneys. Free entry, but donations for Church funds would be greatly appreciated.

We look forward to seeing you at our first event for a long time.

Summer Fair Saturday July 9th 9 - 12 noon

We look forward to seeing you again, this time at Christ Church, when we are holding our Summer Fair; with stalls outside (weather permitting!) and in the foyer, and refreshments.

We plan to have stalls selling cakes; books and jigsaws; toys; home-made gifts & crafts and also a raffle.

We will be making up gift baskets as raffle prizes, so it would be really great if you could donate any of the following: sweets, biscuits, tins or small toiletries. Please give these to Liz or Joy as soon as you are able.

We will be in the vestibule on Sundays 26th June and 3<sup>rd</sup> July to collect any other items (no ornaments kitchen utensils, clothes or large items please).

Future Events

Saturday 15th - October Quiz and Supper

Saturday 26th - November Winter Fair

Many thanks for all your support. Looking forward to some fun and friendship as we raise funds for Christ Church. Hope to see you there,

*Joy*

# Young Families

## Sunday Club



'The Last Supper' Activity Table

## Café Church



Sheep Craft &  
'The Lost Sheep'



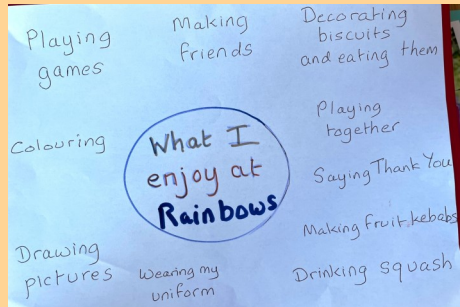
Fish craft after the story of  
'Breakfast on the Beach'



Bringing the lost sheep  
back to the fold



## Rainbows



The Rainbows and what they said they like doing



## Young Families News

It is such a privilege to work with our children and young people – to be part of their lives as they grow up, to be able to share with them the joy of knowing Jesus, and to be able to introduce them to many of the well-loved stories in the bible. And how wonderful it is when they show us that they know and remember some of those stories and are able to tell us. This happened with the Easter stories in **Sunday Club**... Some of us being concerned that they often don't have the opportunity to hear much of what happens in Holy Week between the celebration of Palm Sunday and the celebration of Easter Day – two joyful days but what comes in between - we gave them the opportunity to fill us in on the events and to tell the story with us. This they did brilliantly, recounting the Last Supper and the Betrayal and then the Crucifixion - finishing with sharing the excitement and joy of the risen Jesus – and then following it with a noisy, triumphant prayer of thanks!

And more recently we were amazed to hear from one or two of the children how the story continued through Jesus' Ascension into Heaven followed by the coming of the Holy Spirit. We may think at times that they are not listening, but they certainly are!! And how grateful we are to schools and parents for the part they play in keeping these wonderful stories alive and relevant to the children.

Easter morning was very much enjoyed in Sunday Club, the activities including making and decorating Easter Egg Baskets for mums and grandmas. And all hands shot up eagerly when the children were asked who would like to hand out the Easter eggs to the congregation. They do love coming to visit you all in church. They themselves were also given an egg, plus a small Easter book and Bible Society Easter booklet.

The Sunday after Easter included the story of the Breakfast on the Beach, Doubting Thomas and a more detailed look at the Lord's Supper, responding to a searching question on Easter Day about communion and what was happening in church. For the next few weeks, probably until the Summer Holidays, we will be looking at some of our favourite parables and miracles including the Great Feast on the Sunday of the Jubilee Weekend!

**May Café Church** was as enjoyable as ever with its lovely informal atmosphere – such a good place to be. The afternoon is always greatly looked forward to and everyone always seems so much at home. And of course it is a wonderful opportunity for the children to be back in church again with that brilliant sense of space. The theme this time was The Lost Sheep. The afternoon started on a favourite note with sheep-shaped biscuits being brought to each table to be decorated – and then of course to be happily consumed as soon as finished! Activities included making the favourite headdresses and masks (sheep this time!) and exercising skills making fluffy pom-pom sheep! There wasn't enough time to get on to the word puzzles and word searches but they were taken away by each family to be done at home.

The worship, set around the story of The Lost Sheep was beautifully illustrated with pictures on the screen, and then the great fun was the sheep hunt – searching round the room for numbered sheep cut-outs, until of course the lost sheep was eventually found! Such excitement! Such joy!

The tea afterwards was as delicious as ever and the well contained pent-up energy of the children was finally released in the Alan Finch Room, playing ball games, and leaving the grown-ups to clear up... such a great afternoon, and with thanks to so many people.

*(cont.)*

Café Church will once again take place on June 12<sup>th</sup> and then July 10<sup>th</sup> to which everyone now is welcome. Café Church is always held on the second Sunday in the month. However, **in August there will be no Café Church** as we will be holding the **Annual Church Picnic on August 14<sup>th</sup>** at Pilton Bluecoat School, to which everyone is of course invited. Details will follow nearer the time. Should you have any questions, though, please don't hesitate to contact Anthea on [coates@anthea-tony.eclipse.co.uk](mailto:coates@anthea-tony.eclipse.co.uk) or 01237 471740

We would very much like to start our **Drop-in Sessions** once again for those with babies and toddlers, so would be more than grateful if you would be interested in helping in any way – or indeed for any of our activities including **Sunday Club** or **Parents and Toddlers** on Wednesdays. If you are interested, do please talk to any one of us you know, or come and visit us in Sunday Club after morning worship. You will be so welcome.

Meanwhile we thank you so much for your support, your interest and your ongoing prayers. We send you our very best wishes for a very happy Jubilee Weekend. With love from us all and every blessing,

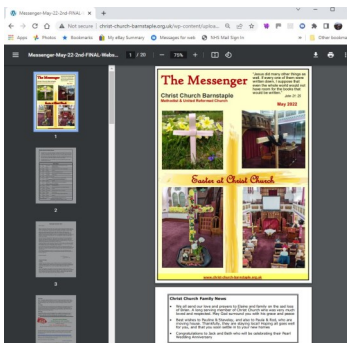
*The Young Families Work Team*

## The Messenger: How do you read yours?

Some prefer the original paper version, some like to look at it as an email attachment and others perhaps look at it on the church website. Some people can only read the paper version while others, with emails, may still prefer the paper version but may not be able to print it themselves. It is becoming increasingly obvious that the 80 paper copies, produced during lockdown, are no longer enough - so we've printed a few more this time. Although we want to continue to produce the Messenger free of charge, we are always grateful for donations to offset the cost of printing - *however you choose to read it.*



We are fortunate that it is produced by people who give their time freely. The pre-Covid cost of printing worked out at around 50p per copy or £5 per year for 10 copies.



If you are willing to make a donation towards this cost, there is an envelope in the June/July paper edition (except those sent by post to people unable to get to church) which can be put in the offertory plate any Sunday. Orange envelopes are available on the table if you can gift aid your donation, along with additional donation envelopes for anyone not taking a paper Messenger.

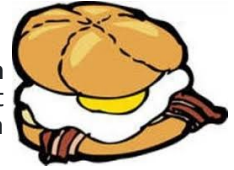
*Thank you*



## Christian Aid Big Brekkie

- transforming lives over  
breakfast

We hope you can join us at Christ Church on **Saturday 18th June** between 9.30 – 11.30 when we will be serving breakfast rolls, toast, juice, tea and coffee etc. in support of Christian Aid.



There is a form in the foyer for you to indicate that you will be coming and what your menu choices are so that we can try to get our food order right!



Sausages and bacon will be bought locally in Barnstaple and as many of the other goods as possible will be Fairtrade.

There is no fixed charge – please just give generously on the day whether you have enjoyed a bacon roll with ketchup and coffee or a sausage bap with tea and toast!!

Paula and I will be cooking, with our gallant husbands helping out in the kitchen with everything else!

We will have a cake stall in the foyer and hope as many of you as possible will be willing to make cakes or baked goods to sell on the day. There will also be a quiz sheet for you to challenge those brain cells and an activity sheet for the children.



We look forward to a happy and successful event and hope to see lots of you there.

By the time you read this article, Christian Aid Week 2022 will have passed. I hope you were able to find envelopes in the foyer or give on-line (by clicking on this link) - <https://envelope.christianaid.org.uk/envelope/janet-marshall?channel=copy>.

It is not too late to add your donation now if you missed it. Many thanks in anticipation of your support,

*Janet & Paula*

Janet can be contacted on 01271 373013 or at [jcbmar18@btinternet.com](mailto:jcbmar18@btinternet.com)



Remember - no Hobnob on June 3rd  
due to the Jubilee Bank Holiday

## **Our Amigos Family**

We first became interested in Amigos when Hannah was at junior school. Phil Pugsley came to speak at the harvest supper, we especially liked that it was a local charity and we would know exactly where our money was being used. Will and Hannah were full of plans for their futures, so I was humbled when Phil said that children in Uganda don't say "When I grow up I want to be..." - they say "If I grow up..." So we took on our first sponsored child - Godfrey. He was 12 years old at the time, and we started to get regular letters from him. These were a real delight - he told us about home and school life, and was so grateful and full of prayerful love for us all. Sometimes our letters back to him were hard to write, he could have no concept of the life we lead and how much we have.

As a sponsor, you have an opportunity to send money for a Christmas gift to be purchased for them by the local staff. What a shock it was to discover that what Godfrey chose the first year was a mattress for himself and his brother as they had been sleeping on the hard ground - his gratitude was overwhelming. It was always the same; later choices included a solar lamp for doing homework as they had no electricity, and corrugated iron to repair the roof—none of which were on Will and Hannah's Christmas wish list! Hannah had the opportunity to visit Kira Farm with her school in 2011 and met Godfrey, a real joy for all of us. He eventually passed his exams and went to University in Kampala studying Agricultural Engineering, this is quite rare and we were all thrilled and very proud of him. We then sponsored Priscilla, whom we still sponsor now.

When Hannah joined the Army and started earning in 2016, she sponsored Helen. She's an amazing little girl who has come on so much since then. Her favourite subject is English and she writes really good letters every term, which brighten Hannah's day when they arrive. She can't wait to see what Helen achieves.

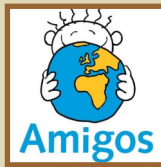
Will has recently started sponsoring Salome, she's in the first year of primary so her letters are very short! However, he knows she lives with her grandmother, sister, 2 goats and 4 chickens.

Last year - inspired by Anthea's articles - we sponsored a student at Kira for the first time. Flavia is a gentle young woman who's had a very tough past, but she now has the opportunity to turn life around for herself, her family and her community. If you are inspired to sponsor a child or a Kira student, you can find out more at: [www.amigos.org.uk](http://www.amigos.org.uk), or ask us. It's a privilege, a joy, and a blessing.

*The Seymours*



Flavia



Helen with her Grandmother and Hannah's Christmas gifts



Salome



Godfrey with Hannah

### The Causeway Service



Photograph with 'The Queen'!



Interviewing 'The Queen'



**SOUND IT OUT**  
2022

**Afternoon Tea FUNDRAISER**




We had a wonderful afternoon on Saturday, 7<sup>th</sup> May and after expenses we raised £360 for "Sound It Out." Thank you to everyone who worked so hard and thank you to everyone who came to support us. The money raised will pay for six "SIO" sessions which equates to three months of expenses.

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

Sound It Out is a fortnightly social and singing group aimed at people living with memory loss and their carers or a friend and for those who may be socially isolated.  
2nd & 4<sup>th</sup> Mondays from 10 – 12 noon  
at Christ Church, Bear St  
Come and see if it's for you!

## Thank you

Words cannot be found to express my gratitude to **EVERYONE** for Prayers, Cards and Messages of Sympathy, Flowers, and for all the Love that has been shown to us as a family since Brian died in early April.

Sincere thanks to Rev. Don for all his love and support and for leading the service at the Crematorium and the wonderful Thanksgiving Service for Brian's life at Christ Church, especially as he was supposed to be on his sabbatical.

Sincere thanks too, to Gill and Pauline for the beautiful flowers, to Eff and all her amazing team of helpers in the kitchen, to all who provided cakes and goodies, to all the 'background' stewards making sure everything went smoothly and to ALL of you who came to the Thanksgiving Service and made it such an uplifting time together.

Special Thanks to my family for all their love and support throughout these difficult last few weeks.

My Love to you all,

*Elaine Stevens*

*Elaine chose this beautiful poem for Eff to read at  
the Service of Thanksgiving for Brian's life:*

### DO NOT ASK ME TO REMEMBER

Do not ask me to remember,  
Don't try to make me understand,  
Let me rest and know you're with me,  
Kiss my cheek and hold my hand.

I'm confused beyond your concept,  
I am sad and sick and lost.  
All I know is that I need you  
To be with me at all cost.

Do not lose your patience with me,  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
Can't be different though I try.

Just remember that I need you,  
That the best of me is gone,  
Please don't fail to stand beside me,  
Love me 'till my life is done.

- Author Unknown

dementiaenvironmentaldesign.com

## Notes from the Elders' meetings on April 26<sup>th</sup> and May 16<sup>th</sup>

- Maureen is in the process of updating the list of church key-holders. *(If you have a church key and have not yet been contacted, please get in touch with any Elder)*
- Some services are 'local arrangement', this means members of the church family taking the service. This would normally be organised by the Worship Group, and they are meeting on 20<sup>th</sup> June, anyone interested is welcome (see page 6)
- There is still an urgent need to appoint people to fill various roles within the church. These include dealing with church insurance, collating/printing the Messenger, overseeing the League of Light collection boxes and Health & Safety Officer. The possibility of sharing a Health & Safety Officer with other churches will be investigated (see page 18)
- Further collections make the final total sent to the DEC Ukraine Humanitarian Appeal £777.21
- Because of data protection restrictions, the Worship at Home sent by post or email will stop during Don's sabbatical. For those with internet access there is a link to a written & audio service from Daily Devotions via the church website (see page 5)
- For now, the continued use of Covid safe practices was agreed – ventilation, spaced seating as much as possible, leaving hymn books on chairs and encouraging people to use hand sanitiser and face masks
- We considered starting up evening services again. The suggestion of a Songs of Praise style service will be discussed at the first meeting of the Worship Group – with a possible date of Sunday 24<sup>th</sup> July at 6:30pm if people are available
- Rainbows re-start has been very successful and much enjoyed
- We were reminded of the approaching Christian Aid activities, the Trypraying initiative and arrangements during Don's sabbatical leave
- Safeguarding training is being arranged for new Elders
- Scaffolding is up and work is underway - the condition of the walls is better than feared!

### Looking forward to the Summer

**Saturday 9th July - Summer Fair**

(see page 7)



**Sunday 14th August - Church Picnic**

(see page 10)

## **SAINT PETER AND SAINT PAUL**

Two for the price of one this month. It is thought that both saints died on the same day 29<sup>th</sup> June, this is the date of their feast day. There are many churches in the UK dedicated to both saints, not so many to either Saint Peter or Saint Paul. In Barnstaple for instance the Parish church is dedicated to Saint Peter and Mary Magdalen. In Sticklepath the Anglican church is dedicated to Saint Paul alone.

Both men were important in the early formation of the church. Peter's name was originally Simeon or Simon. He was one of the twelve apostles, a native of Bethsaida, he and his brother Andrew were fishermen. He was ordained by Jesus as the "Rock of My Church". Despite his humble origins it is believed he became the first Pope.

Whilst fishing with Jesus who had instructed him to drop his net in deep water, he questioned and doubted that it would be possible to catch any fish. They caught so many fish that other boats had to come and take some of the catch. Peter felt foolish and ashamed that he had doubted the Lord and considered himself a sinful man. Jesus did not want him to be afraid and explained that from now on they would be catching people. Peter is known for 'his little faith'. We begin to see that although both saints were coming from a different place, they started off with little faith and needed to be convinced.

Paul was a Pharisee who participated in the persecution of the early Christians. Paul approved the stoning of Stephen, the first martyr. On the road to Damascus Paul was blinded by a great light with the risen Christ verbally addressing his persecutions. He was commanded to enter the city, where his sight was restored three days later by Ananias of Damascus. After these dramatic events Paul became a believer, was baptized, beginning immediately to proclaim that Jesus of Nazareth was the Jewish Messiah. Approximately half of the Acts of the Apostles deals with Paul's life and works. After his conversion, Paul had quite an eventful life being imprisoned and visited by angels, and shipwrecked.

Paul first met Peter three years after his conversion. There was an incident at Antioch when Paul publicly confronted Peter over his reluctance to share a meal with the Gentile Christians in Antioch because they did not strictly adhere to Jewish customs.

Because of the importance of both of these saints, many Catholic countries have designated 29<sup>th</sup> June as a public holiday. It is an important day in Rome as both saints are patrons of the eternal city. Peter is the patron saint of fishermen, net makers and - because he holds the keys to heaven - of locksmiths. Paul is the patron of missionaries, evangelists, writers and public workers.

## **SAINT PETER AND ST PAUL CAKE**

### INGREDIENTS

8 ounces (200g) self-raising flour  
6 ounces (150g) margarine or butter  
6 ounces (150g) soft brown sugar  
3 eggs  
2 ounces (50g) Brazil nuts (chopped)  
2 ounces (50g) good quality chocolate (chopped)  
2 ounces (50g) preserved ginger (chopped)  
Few drops of vanilla essence  
About 2 tablespoons milk



## METHOD

Prepare a 7" round tin (I use ready-made liners, makes life easier). Set oven to 170 degrees, gas Mark 4

- Sift flour into bowl; add fat, eggs, sugar and vanilla essence. Mix well until everything is well incorporated, adding as much milk as is needed
- Stir in nuts, chocolate and ginger. Place mixture in prepared tin and smooth the top
- Bake for approximately 45 minutes; it may need a little longer
- Cool on a wire rack, and ice when cool if desired. I just dusted mine with icing sugar, so we would get the full flavours of the added ingredients.

Music to listen to: When the Saints go Marching In - Louis Armstrong  
Hymn: For All the Saints.

It was a bit of a puzzle knowing which recipe would go well with these two Saints. In the end I thought I would make them a cake. Brazil nuts representing the Rock that is Peter. The fieriness of Paul in his persecution of the Christians and later his zealous preaching after his epiphany, represented by the ginger. The sudden burst of chocolate representing the sweetness of Jesus when Paul was converted.

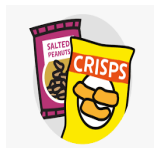
Hope you enjoy making and eating it, we have not tried it yet. I will probably give to Liz for her garden party, but for now it is safely in the freezer.

*Jennifer*

### **Soft Plastic Recycling**

You may be aware that Tesco and Sainsbury's have a place for recycling soft plastic, but it is not always conveniently situated and not everyone is able to get to a supermarket!

Marks and Spencer have just started offering this facility too.



At the moment the bin is located next to the bananas in the food hall, but please ask a member of staff if you can't see it. Soft plastic includes: carrier bags, see-through plastic wrapping, film from top of food trays, plastic pouches, wrappers from crisps, chocolate, biscuits and sweets. Please make sure it is a clean. Every little helps, as another retailer says!

*Eddy*

### **Causeway**

We will not be holding a Causeway Service at Christ Church on the first Sunday in June because of the Queens Jubilee Celebrations that weekend. However we warmly invite you to our July Causeway Service which will be held at Christ Church on July 3rd at 3pm.

*Gill G and the Causeway team*

## Friendship Group

The Ladies Friendship Group are delighted to be meeting again after the long Covid lockdown.

In April we had a very informative talk by Andrea Scott on the wonderful work of Age Concern. Our lovely secretary Rose has arranged a trip to the theatre on 2nd June and an afternoon cream tea in July. We will start our winter programme on 26th September.

Any ladies wishing to join us would be really welcome.

If you require further information we would love to hear from you, please contact Rosemary on 01271 329959

*Rosemary, Rose and Celia*

## Please can you help?

Many thanks to so many people who already assist the church by taking on a particular role or responsibility. There are many of you, and your contribution to the life of our church is valued. There are many others who do not have a "title" but are who are just there to help when they see something which needs doing or when they are asked, also very important people. Thank you to each and every one of you. We do have a few opportunities to help the church which we would like to fill. Please have a look at the list below and think and pray about whether you might be able to take up any of these opportunities, either on your own or with a friend:

\*Being part of some of our rotas, helping with the following activities on dates to be agreed with the rota organizer:

- (i) Helping to provide and serve refreshments when we start to provide these after the morning service. We would like to start this but can only provide tea and coffee when we have enough people who are willing to be part of a rota
- (ii) Being door steward on Sunday mornings – welcoming people at the door of the church
- (iii) Being prepared to do a Bible reading on a Sunday morning – you will be given details of the reading a couple of days before so there will be time to prepare

\*Creating and producing a Sunday Notice sheet

\*There are two roles which do need a certain interest and expertise so we may have to look at different ways of achieving these roles as they are important – Health and Safety Officer and Fire Safety Officer.

***If you feel that you would be willing to help support everyone in the church by thinking about one of these roles please contact Alison Cairns who will tell you what is involved, or put you in touch with the person who knows about the role so that you can find out more.***

*Alison* (on behalf of the Elders)

## Offertory

An increasing number of people are donating money direct to the Church account by standing order. Many thanks to all of you.

**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.

Cash offerings can be made at Christ Church on a Sunday morning, there will be an offertory plate on the table in the vestibule. Gift Aid envelopes are also there if you wish to use one. Thank you.

*Kathy*

## OUR MISSION STATEMENT

Christ Church seeks to express the love of Christ  
for everyone.

### 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](http://www.methodist.org.uk))

*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

Currently on sabbatical (see page 6)

### Elders

Alison Cairns (Church Secretary) 343154 [alisoncairns@hotmail.com](mailto:alisoncairns@hotmail.com)  
Kathy Jeacock (Church Treasurer) 373555

Chris Marshall	Liz Seymour
Janet Marshall	Shirley Baxter
Anthea Coates	Eff Poole
Staveley Dawson	Jenny Newman

**Room Bookings** 371808

**Circuit Administrators** 379116

### Messenger Editors:

Bruce and Liz Seymour

[seymourejs@gmail.com](mailto:seymourejs@gmail.com)

Please send us articles, poems, book reviews, and photos of Church events

### Website

[www.christ-church-barnstaple.org.uk](http://www.christ-church-barnstaple.org.uk)



Preparing for & clearing up after Communion Service



Anne Roberts' card stall. Proceeds go towards church funds



Enjoying being busy in the kitchen



St Peter and St Paul Cake  
Recipe page 17



Cake sales at the Sound It Out afternoon tea

**We warmly invite you to join us at 10.30 a.m. on Sunday for morning service at Christ Church Barnstaple, to worship God together. If however you are unable to join us in person, see page 5 for some other options for sharing and enjoying a Sunday church service.**