

The Messenger

Christ Church Barnstaple
Methodist & United Reformed Church



"It has always been easy to hate and destroy. To build and to cherish is much more difficult."

Queen Elizabeth II

October 2022



Rev. Robert Weston is inducted to the pastorate of Lavington & Muddiford Churches



Hedgehog Rescue - Page 9

Caring for Creation - Page 9

Warming Recipe - Page 17

October Diary

Sun	2nd	10.30am 3pm	Morning Worship and Holy Communion: Revd Don Causeway Service
Sun	9th	10.30am 4.30pm	Morning Worship: Revd Dan Haylett (<i>*see note below</i>) Café Church
Mon	10th	10am 2.30pm	Sound it Out Friendship Group
Sat	15th	7pm	Church Quiz Night
Sun	16th	10.30am	Morning Worship: Revd Marilyn
Mon	17th	6pm	<i>Deadline for November Messenger</i>
Sun	23rd	10.30am 6.30pm	Morning Worship: Revd Alan Telfer Oasis Service
Mon	24th	10am 2.30pm	Sound it Out Friendship Group
Sat	29th	7.30pm	Barnstaple Ladies Choir Concert
Sun	30th	10.30am	Morning Worship: Revd Don <i>Memorial Service to remember members of the Church family lost during the pandemic</i>
<p>Regular meetings :</p> <p>Tuesdays - Rainbows 5.30pm (Term-time only)</p> <p>Wednesdays - Parents & Toddlers 1.30pm (Term-time only)</p> <p>Thursdays - Circuit Zoom Service 7pm</p> <p>Fridays - Hobnob 10am (except Bank Holidays)</p>			

*** Revd Dan Haylett is the new Chair of the Plymouth and Exeter Methodist District. This will be his first visit to our circuit, we look forward to meeting him and extend an especially warm welcome .**

Circuit Zoom Service

The Circuit Zoom Service takes place every Thursday evening at 7pm. If you would like to join the service, please email Sue Cresswell suecresswell57@hotmail.com and she will add you to the mailing list.

Message from Revd Don

Dear friends,

I am writing this letter on the evening of the day of the State Funeral of Queen Elizabeth II.

It seems quite possible that around 4 billion people watched acts of worship in which the Queen was remembered for her wisdom, her honesty, her humour, her many other exceptional qualities, but above all for her service and care for others.

And we were reminded both in the words of those speaking in the services and those commentating on events that it was the Queen's Christian faith and commitment to follow Christ that gave her the grace, even as monarch, to see herself as a servant of God, and of her subjects, of us. What a wonderful model for all leaders and all in positions of power and authority.

We live in a troubled world where some seek power for their own benefit, where power is exercised for themselves or the group who put them there with little regard for the needs of the poor and powerless of the world.

In seeking to follow Christ and serve others all her life Queen Elizabeth II made a difference. Quietly, subtly, gently; in the background of the life of this country and the world she exercised power with grace, humility and love.

I pray that the world learns from this inspiring example of how such faith can heal wounds and bring hope. And may we all pray for King Charles III as he takes on the burden and follows his mother's example of serving God and others.

God bless,

A handwritten signature in black ink, appearing to be 'Don', with a stylized flourish at the end.

Prayers for October

2nd October

God of power, give us your Spirit of love and self-discipline, that we may live relying on your power and responding to your calling. Give us grace to make choices that will increase our faith and strengthen our obedience to Jesus Christ, who is our Lord and Saviour. Amen.

9th October

We bring to you, Lord, our memories of our life so far, however long or short, thanking you for all we have learnt. Help us to see ourselves as you see us. Help us to see other people as you see them. Help us to remember how much you love us and everyone. Amen

16th October

Lord, thank you that you are our help. Where so much changes, you remain and you are unchanging. Your love supports us with a strength beyond ourselves. We thank you that you call us to a life-giving existence, that we may give and receive in your name, learning your ways and caring for your world. Amen.

23rd October

Merciful God, thank you for your care for us; thank you that you love it when we are honest before you, thank you that we can bring ourselves to you, in the full knowledge that you know us, you hear our sincerest cries, and you care for each one of us. Amen.

30th October

We come to you, O Lord: you who call us by name.

May we encounter you today and, in doing so, be transformed in how we see you, in how we see others, in how we see ourselves. In your name we pray. Amen.

OASIS services

On Oct. 23rd at 6.30pm there will be an OASIS service.

Why Oasis? In the desert an Oasis is a place of refreshment and renewal; the service is planned as a time for prayer and reflection, to refresh and renew our spiritual lives.

Oasis services began after a number of us in the Circuit shared in a course about Healing Ministry – and the services were planned whenever there was a fifth Sunday in the month. Covid lockdown meant the plans for the last one, March 2020, had to be abandoned!

Each service has a theme, explored in Bible readings, stories or meditations, music and time for prayer – do come along on the 23rd to find out more. We'd welcome others to join the planning group, if not for this month, then perhaps for the next one, which should be on January 29th – let me know if you'd like to be involved.

(and yes, I know the 23rd isn't a fifth Sunday – we moved Oasis because of the special service on the morning of the 30th !)

Rev'd Marilyn



Induction at Muddiford

A service took place at Muddiford on Saturday 10th September to induct Revd Robert Weston to the pastorate of Lavington Bideford, and Muddiford United Reformed Churches. A good number were able to be present in person, while others, like Anthea and myself, were privileged to be able to watch the service live-streamed.

The Synod Moderator, Revd Ruth Whitehead, welcomed us and began by offering a prayer of thanksgiving for the life of Queen Elizabeth II and of intercession for the new King Charles III and all the royal family.

Scripture Sentences followed and then we all joined in the hymn 'Let us build a house where love can dwell'. After prayer, the Statement of Purpose, Scripture Readings and an inspirational sermon, we further sang 'She sits like a bird, brooding o'er the waters'.

The Interim Moderator, Revd Don Macalister, presented the Revd Robert Weston to the Synod Moderator to be inducted to the pastorate. Robert made a statement about his call to the pastorate which he had gladly accepted. After 14 years as Minister of Park United Reformed Church, Reading, and interim pastorates in Devon, it was now time for him to seek a permanent pastorate once again.

Representatives from the two churches then gave a statement: in each case the call had been issued unanimously and very enthusiastically.

The Induction followed during which the beautiful hymn 'Santo, Santo, Santo / Holy, holy, holy' was sung. After the Declaration of the Induction Rob was warmly welcomed by representatives of local churches.

The service ended with the hymn 'There is a hope that burns within my heart'. The Revd Robert Weston gave the blessing, after which refreshments were enjoyed by all present. Everyone went away very happy that the two United Reformed churches nearby now have a minister of their own.

Members of Christ Church, Barnstaple lead worship at these two churches from time to time, and it is to be hoped that a time will soon present itself for Rob to lead a morning service here in Barnstaple.



Tony Coates

(photo-front cover)

A prayer from Christian Aid in memory of Queen Elizabeth

Faithful God
We remember with thanksgiving and gratitude,
the life and service of Queen Elizabeth.
We have been inspired by her dedication and faith,
Her commitment to the welfare of the United Kingdom
And her lifelong devotion to the peoples of the Commonwealth.
As we pray for her family and with the nations,
May the integrity of her public service
Her concern for the common good
And her steadfast commitment to good governance
Inspire all those in public office,
In the UK and Commonwealth and across the world
To uphold the rights of all peoples
In the pursuit of justice
And the interests of peace.
Amen

Climate Justice Day

As Christians we are called to challenge the injustice of the climate crisis. We know the next decade will be critical for us to act. Every social movement started with a conversation - these conversations stirred anger, fuelled hope and inspired people to act. As the church, we need to have those honest conversations that spur us into action. We want to walk with you, to join these conversations and act together in the pursuit of climate justice.

So join us for a day of debate and action planning,

Saturday 29th October, Christ Church Methodist/URC, Braunton,

10.30-3pm, Lunch and Refreshments included.

Free Entry. All Welcome.



To register please email Margaret Robinson
margaret1212@outlook.com
or call 01271 624109.

Janet & Paula

Friendship Group

Monday 10th October - Hand painting on silk

Monday 24th October - Introduction to new ideas in North Devon

Rosemary



Quiz Night

Saturday

15th October 7pm

Teams of up to 6 people

£5 per person



If you're not in a team, come along anyway and join another team
- or make a new one!

Our quiz master will be Dave Stevens.

We will be serving tea and homemade biscuits in the interval,
but feel free to bring any snacks you
want with you.



Winter Fair Saturday 26th November



We are really looking forward to holding our
Winter Fair.

Stalls will include: Ann's cards, Books and Puzzles, Children's Toys and Games, Cakes, Christmas stall and Gift & Craft stall. Plus, of course, the ever popular refreshments and a raffle. This year we will be having the Fair across the middle of the day, and will be serving delicious light lunches. Please save this date in your diary and start collecting items to donate.

In preparation for the craft stall, we are hoping all you crafters will be able to make us some items to sell: knitting, crochet, woodwork, paper crafts etc. Perhaps some gardeners could plant some bulbs which will be ready as

Christmas gifts?

If you have any craft skills, any small items you can make (especially Christmas themed ones) would be most welcome. Also, any unwanted gifts for the Gift stall.



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

Joy

Café Church



Joan & Sandy - Many thanks



'Creation' mobile and animal masks

Theme:
Caring for Creation



Parents
&
Toddlers

Causeway

Steve shows his stethoscope whilst talking about the 'Heart of God',

Page 15



Testing out the stethoscope

Young Families News

Sunday Club: As we write, we are very much looking forward to Harvest Festival, not only to joining the congregation once again as we bring our contributions to the Food Bank, but also sharing in the decoration of the children's window sill along with the Rainbows. At the moment the Rainbows are busy crafting the hanging decorations and the Sunday Club colouring a frieze. How hard they have all been working! Hopefully too we are going to be able to introduce a new song to you called Beautiful World – a simple thank you song for the many wonders of nature, set to a really infectious melody, guaranteed to stay with you for some time to come!

With the more relaxed period of the summer passed and the children now back at school we are hoping to settle the children down into a programme that honours the needs of their now very noticeable different ages as they are growing up so fast. And last Sunday, it was really lovely to welcome back some of the older young people who we hadn't seen for some time. They quickly settled back in with us - as if they had never been away - and were brilliant helping the younger children, enjoying the sheep craft just as much as they did!

Café Church last Sunday was on the theme of Caring for Creation. Once again it was lovely to see the mums happily greeting one another, sitting together and chatting. Café Church is such a good place for meeting and catching up with friends in a comfortable relaxed setting. The activities provided were either based on the story of creation from Genesis, or discovering more about woodland animals. Although, as always, there was a choice, the most popular ones were putting together mobiles depicting the creation story, or cutting out and colouring masks of woodland animals. We must not forget of course the absolute favourite of every month - Eff's food craft! This time small cakes were transformed into hedgehogs with choc drop spines and yoghurt raisin eyes and nose. Yummy! As many times previously they were consumed too quickly to take a picture of them! Then came the fun of a game – finding our animal family group by making its appropriate sound. The church was filled with baas and moos and hee haws, causing great laughter, then finishing up with singing Old Macdonald had a Farm to the accompaniment of Christopher's Saxophone. Worship followed, the highlight being the wonderful videos of Marilyn's and her neighbour's hedgehogs taken with a night camera. A baby hedgehog was found in the road squealing beside her mother, who had been run over. When she was big enough to release she was marked with a yellow stripe and she's a regular night time visitor, seen on the night camera.

The neighbour's children christened her Elizabeth! (photo - page 1). We saw the hedgehogs' cosy homes and watched their unique and often amusing behaviour, with Marilyn explaining the importance of caring for them and feeding them in the right way with cat or dog food, fresh water - and definitely no bread and milk. The songs in the worship included the introduction of the Beautiful World song which we all enjoyed learning and singing. Tea was as delicious and efficiently served as ever, concluding with ice lollipops – left over from the church picnic!

We were sad to say goodbye to Joan and Sandy (Peters) who have been regular helpers at Café Church. They are now very committed to developing Open the Book visits at both Sticklepath and the new Roundswell school, and so we shan't be seeing them at Café Church in future. Sandy has been involved since the early days of Café Church and their enthusiasm, skills

and ideas have been much appreciated. We shall miss them, and also Sandy's husband Colin who has been a great help with moving chairs and tables and clearing up! Many thanks to you all. (photo - page 8)

Parents and Toddlers has opened again after the summer and we are looking forward to welcoming new families. The schools have been notified as well as fresh posters put up in local stores and the library. We provide a relaxed and warm and loving atmosphere for both the children and the parents with toys, activities and music. It is a great place to meet and chat and enjoy a cup of tea and delicious refreshments. If you know of anyone in your family or your neighbours who would like to come, please tell them about us. We are there on Wednesdays in term time between 1-30 and 2.30pm. More details from Joy Morley 01271 376171.

Barnstaple Carnival has just taken place and we are really proud that three young people who have been closely associated with Christ Church and well known to us through Sunday Club, Holiday Clubs and Café Church were part of the Carnival Queen's entourage – two were the Maids of Honour and the third, one of the two Flower Girls. We hear that thanks to the organisers they were very well looked after and had a really lovely day. One of the key organisers is known to us all at Christ Church, is incredibly efficient, and is very much loved. And of course the young people looked absolutely gorgeous! (photo - page 20)

Many thanks to you all for your love and prayers and encouragement, by which we feel much blessed. And we send our love and best wishes to you all too.

Every blessing,

The Young Families Work Team



Calling All Keyholders

A review of safe access via the main entrance doors is being conducted at Christ Church.

To ensure your future access is not compromised, please can all keyholders contact Maureen Thomas in October or November. I am available before or after Sunday Club on Sunday mornings.

This is so I can confirm you have the current key holder declaration and accompanying privacy notice.

Thank you,

Maureen Thomas (Safeguarding Officer)

Eco Church: Toilet Twinning – “Flushing away poverty, one toilet at a time”

Toilet Twinning is an initiative which invites people to "twin" their toilet with latrines in poor communities. This is a way of raising funds to enable people in the poorest nations to have clean water and a proper toilet, and to learn about hygiene. It has been a fundraising wing of Tearfund since 2015, and has now expanded to twin taps and bins too.



When we were unable to use our church building during the pandemic, it was difficult to know how we could continue to work towards our Eco Church project. I wrote about toilet twinning in The Messenger and asked if anyone felt able to twin one of our church toilets.



What an amazing response! We now have all our toilets at the church – and the one at the Manse – twinned with a toilet in Uganda or Kenya, we actually funded 12 toilets. We even have 2 twinned taps!



Thank you so much to everyone who supported this amazing project: Colin and Pauline, Kathy, the Seymours, Mike and Judith, Brian and Elaine, Chris Punt, Gill and Roger, Richard and Bina, Don and Eddy, Alison and Eff. Each toilet we have enabled has been awarded a certificate with a photograph and GPS location, and the names of the sponsors. There are certificates for the taps too, which will hopefully be displayed in the kitchen. Many thanks to Staveley for putting them all up.

Toilets and taps are so essential because:

- 1.7 million people don't have somewhere safe and hygienic to go to the toilet
- The lack of a loo makes women and girls a target for sexual attack
- Every day, over 700 children under 5 die from diarrhoea linked to unsafe water, sanitation and poor hygiene
- 1 in 4 people lack safe drinking water
- Children worldwide miss 443 million school days each year because of dirty water and poor sanitation

To find out more, visit www.toilettwinning.org

Photo– page 20

Lizy

On Saturday 17th September we were invited to join the family of the late Sylvia Jones - Elder Emeritus of Christ Church Barnstaple - for a service of thanksgiving for her life. This beautiful poem was read at the service.

Live a life that matters

Ready or not, someday it will all come to an end.
There will be no more sunrises, no minutes, hours or days.
All the things you collected, whether treasured or forgotten,
will pass to someone else.
Your wealth, fame and temporal power will shrivel to irrelevance.
It will not matter what you owned or what you were owed.
Your grudges, resentments, frustrations, and jealousies
will finally disappear.
So, too, your hopes, ambitions, plans, and to-do lists will expire.
The wins and losses that once seemed so important will fade away.
It won't matter where you came from, or on what side of the tracks
you lived, at the end.
It won't matter whether you were beautiful or brilliant
Even your gender and skin colour will be irrelevant.
So what will matter?
How will the value of your days be measured?

What will matter is not what you bought, but what you built;
not what you got, but what you gave.
What will matter is not your success, but your significance.
What will matter is not what you learned, but what you taught.
What will matter is every act of integrity, compassion, courage or sacrifice
that enriched, empowered or encouraged others to emulate your example.
What will matter is not your competence, but your character.
What will matter is not how many people you knew, but how many will feel
a lasting loss when you're gone.
What will matter is not your memories, but the memories that live
in those who loved you.
What will matter is how long you will be remembered,
by whom and for what.
Living a life that matters doesn't happen by accident.
It's not a matter of circumstance, but of choice.
Choose to live a life that matters.

Author unknown

Amigos - There is no letter from Richard this month as letters from the Kira Farm trainees have been delayed due to the Ugandan team being out visiting the different communities that they support. This trip is carried out every September, and gives the team an opportunity to evaluate the various programmes they run. The end result will be a wealth of stories, data, and deeper connections made. They will visit children who are soon to graduate; community members, and of course former students who have gone on to start their own business. So hopefully we will be getting news of Prossy who was the trainee we sponsored last year.

Anthea



Sylvia Jones

8th September 1930 - 20th March 2020



Sound it Out

Doing the 'Twist & Shout'



"The Ugandan team have been out visiting the different communities they support"



Amigos

TRAIN • WORK • THRIVE

Notes from the Elders' Meeting on Tuesday 20th September 2022

- * Risk assessments continue to be revised and updated as we struggle to comply with legal requirements and address practical issues.
- * There are still vacancies in various roles, which give opportunities for people to offer their help to Christ Church in different ways – this will be on the Church Meeting agenda.
- * Sunday Club will join the adults for the beginning of our Harvest Festival Service – we hope to see more of them as time goes on.
- * The thanksgiving service for Sylvia Jones was greatly appreciated and we look forward to the thanksgiving service, on October 30th, for others who died during the pandemic.
- * A small group is being organised to update, and make better use of, the notice boards around the building. The intention is to make them more eye-catching, relevant and readable.
- * The Community Links Project group are still in the process of acquiring information about needs and provisions in our local area. There are some good ideas around but they would all require volunteer helpers and possibly funding. There may be sources of funding to be found but volunteers could be more difficult.
- * Some residents of Bear Street have expressed concern over the group, mostly men, who meet up in our car park. This is a difficult situation to deal with as the only guaranteed solution would be railings and a locked gate, which the elders did not want. Currently the Community Liaison Officer is passing by more frequently.
- * Our Safeguarding Policy was circulated and now needs to go to the Church Meeting for approval. Thanks to those who have worked on it. The elders are considering meeting for a day to discuss the practical implications of the policy.
- * The Worship Group gave details of various services over the next few months – details in the Messenger calendar. Also details of the Quiz Evening and Winter Fair from the Events Committee.
- * The Rainbows are thriving and will soon be looking for someone to run a Brownie Pack as the girls get older. Sunday Club is also planning ways to manage older children alongside the younger ones. There was disappointment that, in spite of enthusiasm on both sides, Action for Children is unable to return to Christ Church – again, problems with funding and volunteers.
- * Churches Together in Barnstaple have been talking about the possibilities of providing 'warm spaces' this winter – no firm decisions so far.

* Our striving towards achieving the Eco Church silver award is on hold until the spring due mainly to time pressures and the requirement to invite speakers, not a good idea over the winter months.

* As always, prayers said for those in our fellowship in need of support.

Causeway

Revd Marilyn Tricker was our speaker for our August Causeway Service. The theme was 'Let's Pray' and that's exactly what we did. Marilyn read part of a poem with each verse ending with these words 'God says, Just talk to me'.



In September our theme was 'The heart of God'. Steve Richardson brought along his Doctors bag so some could listen to a heart beat. We were left with no doubt just how much our Father God loves us.

We now look forward to our Harvest Causeway Service on October 2nd at 3pm at Christ Church when Alison Cairns will be our speaker.

Causeway is not just for those with learning difficulties, it's for anyone who would like to come.



(photos -page 8)

Gill and the Causeway Team

From the Editors

We hope that you find the content of The Messenger interesting, useful and insightful. It can be difficult some months finding enough to fill the pages, and sometimes we have too much to fit it all in!

We are very grateful to our regular contributors, but would love to invite you all to send in any words and photos related to the activities of Christ Church, or write your own reflections, poems, book reviews etc. If you find something interesting, others who read The Messenger will too. You can send any photos, articles or general feedback to Liz at this email address: seymourejs@gmail.com. If you don't have access to email, you can always give us a paper copy. Thanks so much for your support.

Bruce and Liz

SISTER DENISE BURGON

During the Second World War, France was occupied by Nazi Germany. The so called 'free zone' in Vichy did not live up to its name. Marshal Petain passed anti-Jewish laws, allowing Jews to be rounded up in Baden and Alsace to be imprisoned and Jewish assets seized.

On 23rd August 1942 Jules-Geraud Saliege, the Archbishop of Toulouse, wrote to his clergy asking them to recite a letter to their congregation. "In our diocese, moving scenes have occurred" it went, "children, women, men, fathers and mothers are treated like a lowly herd. Members of a single family are separated from each other and carted away to unknown destinations. The Jews are men, the Jewesses are women. They are part of the human race; they are our brothers like so many others. A Christian cannot forget this." Most of the Catholic hierarchy remained silent but he protested to the Vichy authorities. He was amongst one of only six out of a hundred who protested.

The Archbishop's message touched the heart of a young mother superior in the Convent of Notre Dame de Massip in Capdenac. Sister Denise was deeply moved by this letter. The convent ran a boarding school and she thought it would be possible to hide Jewish children amongst the other boarders. She prayed and contemplated the matter, but was concerned about endangering her fellow nuns and the lies she must tell. Her own bishop supported Petain so she wrote to Archbishop Saliege for advice. His response is recorded in her journal "Lets lie, lie, lie my daughter, as long as we are saving human lives."

By the winter of 1942, Sister Denise was rounding up Jewish children who had been hiding in the woods and eventually 83 joined the other boarders. Parents or guardians would send their children with money and jewellery for their upkeep. Sister Denise kept a careful record of all the valuables.

The only other people who knew of Sister Denise's activities were the school's director, Marguerite Rocques, its chaplain and two other sisters. The remaining sisters were aware only that the children were refugees from Alsace-Lorraine, nor did the authorities ask any questions when Sister Denise asked for more and more ration books. The children's lack of familiarity of the Catholic rituals was explained as having come from a communist region, where religion was not practised.

Towards the end of the war, hiding the children became even more dangerous for the sisters and for the children. Although well hidden, the children's papers and valuables needed to be removed from the convent. Late at night a large hole was dug in the grounds and papers and valuables secreted away.

The nuns were warned that the authorities had got wind of Jewish children hiding in the convent. A plan was hatched with the resistance that warning shots would be fired if the enemy was approaching and the children would escape into the woods. Sister Denise thought it wise to hide some of the children in the chapel, the chaplain lifted the heavy benches and the children hid in a small underground space 2.5 m long and 1.5 metres high. Seven

children huddled together for five days, only being allowed out for short periods in the early hours, to exercise, eat, drink and visit the toilet.

The convent was liberated in August 1944, the Jewish children slowly left the convent, a few were re-united with their families but most were not so lucky. All the children's valuables were returned to them, in order for them to have a start in life.

In 1980 Sister Denise was honoured by the Holocaust Memorial centre, Yad Vashem, as Righteous Among the Nations. Later in life she helped disadvantaged children and then immigrants from North Africa. She remained at the Convent until her death in 2006 aged 94.

Recipe Kartoffelsuppe - German Potato Soup

Ingredients

2 tablespoons cooking oil	2 cloves garlic
1 onion	1 lb potatoes
3 cups vegetable or chicken stock	1 bay leaf
salt and pepper	grating of nutmeg
½ cup of cream, plant cream or yoghurt	spring onions if you have any

Other root vegetables that you may have, such as carrot, swede, parsnip, celery, but not too much

Method

- 1 Heat the oil in a large saucepan, add minced garlic and chopped onion. Cook for a few minutes.
- 2 Add chopped root vegetables and cook for a few minutes.
- 3 Add diced potatoes, stock and bay leaf, bring to the boil
- 4 Simmer until vegetables are done
- 5 Remove about 1/3rd of the vegetables, blitz or blend the rest
- 6 Add the reserved vegetables, cream or yogurt if you are using, lemon rind and seasoning. At this stage add some finely sliced spring onions if you have any.
- 7 Cover and simmer for about 3 minutes.

Traditionally, bacon or a bacon bone is added at stage 3.

During the war it was unlikely the nuns would have had access to such a luxury. I have made it in the past, using cooked butter beans and blitzing them at stage 5. This adds creaminess and protein and could well have been something the nuns would have access to.

Music to listen to: Erich Korngold - Violin Concerto
Eduard Tubin Symphony No 3 - The Heroic

Jennifer



Your public library

Supporting older people or someone with memory loss?

The Talking Memories reminiscence collection is held at Barnstaple library.

The collection consists of a variety of resources including jigsaw puzzles, large print picture books, memory games, sensory items including audio/visual, and replica memorabilia packs.

All the resources are available for loan to individuals, groups, care homes and day care settings. We can select items for a theme on request, for example, childhood, home, garden, holidays, sport and World War II.

Researching your family tree or other interests?

Libraries have online access to a variety of on-line resources including

Ancestry Library Edition, Oxford Owl for Home to help children learn at home, GrantFinder, and electronic newspapers.

Interested in Local History?

The North Devon Local Studies Library is on the second floor. Please contact 01271 318792, Wednesday-Friday 10.00-5.00 to organise a visit.

Visit the FABLAB in Barnstaple library.

Barnstaple library has a FABLAB A small-scale workshop offering digital fabrication. It's an open access, not-for-profit, community resource where anybody can invent and make just about anything. You could print t-shirts, design & produce 3D prints, make beautiful embroidered designs, laser cut dreamcatchers from wood or perspex or CNC machine an electric guitar. There is a charge to join this.

Library at North Devon District Hospital

There is a library at North Devon District hospital. If you are in hospital and need a book to read please ask someone to contact the library on Level 1.

Alison

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)

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

Christ Church Minister

Revd Don Macalister

01271 345313

dasmacalister@icloud.com

Elders

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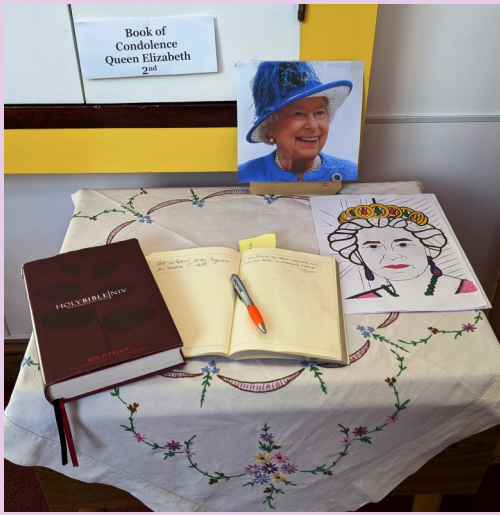
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Please send us articles, poems, book reviews, and photos of Church events

Website

www.christ-church-barnstaple.org.uk



Book of condolence for Queen Elizabeth II
in the vestibule



Toilet Twinning - page 11



Organist
Andrew at Sunday service



Eff's family on a visit to Christ Church



Carnival Queen's entourage
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