

The Messenger

"We have our hope set on the living God, who is the Saviour of all people.

1 Tim 4:10

Christ Church Barnstaple
Methodist & United Reformed Church

February 2023

The Winter Fair



Christingle Service



Christmas at Christ Church



Advent candles and Nativity scene



The Angels window

Heather Bright

We were sad to learn that Heather Bright had died, very peacefully, on January 10th. She had been at Sound It Out on the Monday, and always enjoyed the music and singing – as well as her jacket potato afterwards! Her funeral will be at the Crematorium towards the end of February, the day and time were still to be confirmed when the Messenger went to press. Please remember Chris and the family in your prayers.

February Diary

Sun	5th	10.30am 3pm	Morning Worship and Holy Communion: Revd Don Causeway Service
Sun	12th	10.30am 4.30pm	Morning Worship: Revd Marilyn Café Church
Mon	13th	10am 2.30pm	Sound it Out Friendship Group
Wed	15th	10am	<i>Deadline for March Messenger</i>
Sun	19th	10.30am	Morning Worship: Revd Don
Sun	26th	10.30am	Morning Worship: Revd Don
Mon	27th	10am 2.30pm	Sound it Out Friendship Group

Regular meetings :

Tuesdays - Rainbows 5.30pm (Term-time only)
Wednesdays - Parents & Toddlers 9.30am (Term-time only)
Thursdays - Circuit Zoom Service 7pm
Fridays - Hobnob 10am (except Bank Holidays)

Lent Course for 2023

The Lent Course "Followers of Jesus" starts soon. There are Zoom meetings and 'in person' meetings planned. Some start this month.

Please see Page 5 for full details

Message from Revd Don

Dear friends,

“Be my Valentine!”

I wonder what images and feelings spring into your mind when you hear the name Valentine. Perhaps happy memories of chocolates, flowers and cards. Or maybe bitter sweet memories of a loved one lost. Love is such a powerful human emotion which can bring joy or pain just like an arrow through the heart.

How many of us will remember the feeling as a friend received what seemed like sack loads of cards while we knew (but wouldn't dare admit to our friends) that the one card we'd received we suspected had come from our mother – or was that just me?!

It's strange that we know little of the man after whom Valentine's Day on February 14th is named. There are actually quite a few St Valentines but it seems to be narrowed down to one of two likely candidates who we may be remembering (although obviously not well) in the giving of romantic cards and gifts.

Valentine of Rome was a priest who was put to death for his faith in about AD 269. Valentine of Terni became bishop of Interamna in around AD 197 and is said to have been killed during the persecutions by Emperor Aurelian.

So the example they both gave was of a kind of love quite different from the red hearts and flowers romantic love filling the shelves of supermarkets. It was a love for God and humanity which enabled them to hold fast to their faith even to the point of death and beyond; to emulate the self-sacrifice of Jesus and which, like him, revealed the limitless and unconditional nature of God's love for us.

May we too be God's Valentines to each other and to all we meet.

With love



Prayers for February

February 5th

Lord, open our eyes to those who need help.
Keep us from giving up when it seems too difficult to help everyone.
Help us to remember that you renew and restore,
and let us be as salt and light in all the places around us.
Amen.

February 12th

Lord Jesus Christ,
thank you that in you we have new life,
We choose life today through the cross,
We are healed and restored,
We are reconciled with one another in you,
We thank you that we are forgiven
and can again live in love and peace with all.
Amen.

February 19th

O Lord, we thank you that we can be completely changed by you.
We thank you that you have called us to yourself to be transformed and
made whole.
Thank you that we can draw aside and spend time in your presence,
worshipping you and praising you for your love.
You transform us day by day. You draw us closer to you,
so that we can shine bright and be your children of light.
O Lord, we praise you!
Amen.

February 26th

Blessed are those who trust in the Lord!
Lord, help us to trust ourselves to do what is right.
Help us to trust each other for friendship and support.
Help us to trust in you when times are hard
For your love surrounds us when we trust in you.
Amen.



Mercy Ships

On January 23rd our daughter Rachel began her voyage on the brand new Hospital Ship, Global Mercy, from Tenerife to Senegal to serve on board as a volunteer in the Intensive Care Unit for 5 months (photo - page 20).

Before she left she completed 186 lengths of the Tarka Leisure Pool over 2 days. This was 4643 metres as the distance to Senegal is 4643 kilometres!

Rachel would like to thank all those who sponsored her.

Roger and Gill Greenland

Lent Course for 2023

The Circuit Meeting, and Circuit Leadership Team, agreed on a course "Followers of Jesus" to be available for use in the circuit during Lent.

Thursday evening Zoom services in March will follow the theme:

- March 2nd Nicodemus (Sue Kendall)
- March 9th Mary & Martha (Rev. Stuart Innalls, South Molton)
- March 16th The Woman at the Well (Rev. Jonathan Froggatt)
- March 23rd James, Son of Thunder (Alison Cairns)
- March 30th Mary Magdalene (Rev. Sue Macbeth)

We may also meet some of these followers of Jesus in Sunday services but the resources can be used in other ways:

Join in on Zoom: The Bible Fellowship group which meets by Zoom at 2pm on the first and third Mondays of each month would be pleased to welcome anyone who would like to use this course with us. The dates will be 6th and 20th February, 6th and 20th March and 3rd April, taking us into Holy Week.

If you would like to join us, please contact Eff.

Join in person: Come to a **Bible Study group, meeting at church** during March (day and time to be decided).

If you are interested in joining a group, please contact Rev. Marilyn.

Use the material at home: If you would like to use the course material at home, on your own or with others, please ask for a printed copy, or the whole course can be sent to you by email. Contact Rev. Marilyn.

Information and a signing up list are also on a board at church.

Details of this course (and others) can be found on the website:
www.faithandworship.com

Christ Church Flowers

Thank you to all those who provided flowers for our Sunday Worship during 2022. There is now a flower rota in the vestibule for 2023. We would really appreciate it if you would like to add your name on a date that is special to you to make a donation or to do the flowers.

Thank you, your help is really appreciated.



Pauline and Gill

Notes from the Elders' Meeting on 9th January 2023

- Following the elections at the Church Annual Meeting, Elaine was welcomed back to the Elders' meeting.
- We were all pleased to hear that the shoe boxes that Sylvia collected have gone to Grosvenor Street Church for their Samaritan's Purse boxes.
- We recorded our grateful thanks to Carol Bolter for her decades of service on the Events Committee as she now steps back from this role. Since lockdown, the committee has evolved into an informal group – currently Joy, Elaine and Liz - who will continue to organise social and fundraising events. Any new members very welcome.
- 'Local arrangements' are now appearing on the plan more often – a small group will be meeting to organise the next LA service on January 29th. They would welcome anyone who would like to join them. Causeway, Oasis and Café Church services continue as usual.
- Finance. The Christmas Day service and donations in lieu of cards raised £246 for Action for Children. The treasurer reported that there is still a gap between the church's income and expenses – see report at Church Meeting.
- Property. There are several on-going projects including the removal of the trees in the car park and the repair of the blinds in the Alan Finch room.
- YFW – reported in full elsewhere.
- Wider Church. Churches Together in Barnstaple have lost three officers this year and will meet on January 31st to discuss the future.
- Church Website. The Seymour family are gradually updating the church website. It needs to represent what we do so they really need all the different organisations/activities to provide up-to-date information/photos.
- Date of next meeting February 1st 2023

Friendship Group

Our first meeting of the year went very well with lots of chats and conversations. Our numbers were fairly low due to many of the group being unwell. Hopefully, they are now improving and will be able to come to our next meeting. We had a quiz which was fun followed by a cream tea. My thanks to Carol for the scones; to Jennifer for her lovely shortbread; Wendy for the quiz and jam; Jennifer and Sandy helping to serve the tea and scones, and for all the ladies who helped with the clearing up and washing up. (photo - page 13)

February 13 - Mrs Smudgers Kitchen, rearranged from before Christmas when our meeting was cancelled due to the icy conditions.

February 27 - Tales of a Head Master, Mr Gary Reed.

My best wishes to you all for a Happy, Healthy New Year - I look forward to seeing you all in February

Rosemary

World Day of Prayer

This service this year will be at
Grosvenor Church at 2pm
on Friday, 3rd March.

It is entitled
"I have heard about your faith"
and has been prepared by
women of Taiwan.

The service will be followed by
light refreshments.
All are welcome.



Circuit Letter to Churches – January 2023

Good afternoon all,

I am writing to you to give you an update regarding ordained ministry in the circuit from September 2023 onwards. As you know there was a visit by a Minister at the beginning of December that did not result in a match. There were five ministers available nationally in the third round of stationing this week, but for various reasons none would have been an appropriate match.

The Circuit Leadership Team (CLT) met with the Chair of the District, Rev Dan Haylett, on Wednesday 11th January to discuss ministry in the circuit from this September. He reminded us that the final placement of ministers is not confirmed until the Methodist Conference in June but we as a CLT now have to make definite arrangements for covering ministry in the circuit from September 2023 onwards.

We will keep you informed as to how these arrangements progress. We will be entering the Methodist stationing process again this summer, with the hope that a minister can be stationed in the circuit for September 2024. We trust that God will continue to guide and encourage us as we seek to witness to His love in Jesus.

Please share this message with your congregation in whatever ways you feel are most appropriate.

With every blessing,

Revd Jonathan Froggatt

N.B. Revd Don's retirement has now been deferred until 31.12.23

Café Church



“The children were full of energy and enthusiasm”



“We’d love to see or hear from others interested in joining us, so please do get in touch with Joy if you would like further information on 01271 376171.”



**Parents
&
Toddlers**

Causeway



**The cast of
the Nativity**

Young Families Work News

Well, Christmas has come and gone and we are well into the new year! Despite one or two little hiccups along the way – some weather related we have to say! – we had a lovely time!

Christmas started with the **Winter Fair** – such a happy relaxed occasion – where we were given an ideal space under the old pulpit and close to the refreshments! Offering glitter Christmas tattoos (very popular!) and Christmas crafts we were visited not only by our families but others too - whatever their age! – in some cases renewing past friendships. We had great fun. And it was there that the decision was made to decorate our Christmas window with angels. So both Rainbows and Sunday Club set out to make the choir of angels that visited the shepherds and the sheep on the hillside. Though Sunday Club made some of them, it was mainly thanks to Rainbows that the task was completed very spectacularly. Many of the angels were even more special too, their bodies recycled out of the cardboard tube of used crackers taken home from an early Christmas celebration. With shiny bauble heads and pretty wings added, and all beautifully decorated, they sparkled in the children's window – a mighty host of them!

With **Sunday Club** quietly running in between with stories and activities in Advent leading up to Christmas, and as winter colds and illnesses permitted, we were looking forward to our next Café Church – our Christmas Café Church which was also our 15th anniversary! Plans were made, crafts were prepared and special Christmas food organised. Then the weather happened!! Sadly, for safety reasons we had to cancel it.

The Christingle Service was a delightful informal occasion. We welcomed several of our families. Each child was given a bag with the necessary items to make a Christingle and after Don had explained its meaning, they each happily made a Christingle. Don wove the time of the making of the Christingles into a lovely short service ideal for the children, leading up to when they lit them together. The children, as always were very happy to be in church and everyone greatly enjoyed the refreshments and party atmosphere afterwards, surprisingly not wanting to rush home despite the fact it was Christmas Eve! Then New Year's Day came and went but not without two of our youngest Sunday Club children enjoying an extended time to chat with one another and with two of us, eager to share their news (their idea not ours!). The following Sunday it was Café Church - and Christmas came again...

January Café Church. What a happy chaotic occasion – a good excuse maybe for the children to relive some of the excitement of the past month! As usual they arrived full of energy and enthusiasm, eager to get on with the activities and whatever we had to offer. The grown-ups too were anxious to sort out their places and find their friends and start chatting as soon as possible. They themselves are now so much at home that they help to make the church a really welcoming friendly place for all who come. The quieter atmosphere at the start gradually built up into a crescendo of happy noisy energetic activity! Only the worship with the familiar Christmas songs and the way Joan told the story, concentrated their minds so that they were as one for a while as all sang joyfully and listened well. Yes, it was the nativity story again, our beautiful Nativity figures still in place under the pulpit, reminding us of it. Joan read the story in her usual engaging fashion – but then she read it again! But it was anything but boring! ! This time she changed different words in it - for instance, Nazareth became Barnstaple – and she invited everyone to let her know each time they heard a mistake. Concentration was at a maximum as eager hands went up and the children danced excitedly round her!

The activities were enjoyed, with more emphasis on Epiphany and the Three Kings than the actual nativity. Small pancakes were decorated with crowns (the star biscuits made for December having been decorated by grateful Rainbows, after Café Church was cancelled!), crowns were made and small mugs decorated with glass paints. Many of the table puzzles were pored over and completed and word search competitions took place, two of our young people requesting a difficult one and then taking the challenge very seriously. The tea, as always delicious, was followed by more excited and noisy activity as the adults helped to clear up before taking their reluctant children home! It may have been somewhat noisy and chaotic, but it had been fun!

Parents and Toddlers celebrated Christmas with the telling of the Christmas story at their last meeting before Christmas. We welcomed Joan to the group to tell the story in her delightful and inimitable way, this time using special play bricks. Then after refreshments – including mince pies of course - each of the children was given their carefully wrapped Christmas present which did not stay wrapped for long! As they left they were also given a little book about Christmas as well as some chocolate goodies.

Now that we are in the New Year we have decided to keep the earlier experimental time that we started before Christmas - 9.30 to 11.00 on Wednesdays. It seems to better suit all our families who already come regularly and has made it possible for two previous families to come back to us, as well as a few others coming to try us out! The wide advertising that Joy has been doing seems to have paid off as she has had several enquiries by phone. We would still love to see or hear from others so please do get in touch with Joy if you would like further information on 01271 376171.

NB By special requests, we always now enjoy toasted teacakes with our welcome hot drinks!

Yeo Valley School Year 4 came to visit as planned, to help them with their research into a key question to guide them through a variety of religions – What is worship and does it need to happen in a special place? We gave them a great welcome and had a really good time, telling them a little more about Christianity, and sharing with them our understanding of worship and what it encompasses, also with particular reference to Christ Church. The children listened very attentively and asked some good questions, very much deserving their refreshments before they left! Their aim is to make a video of their findings after they complete their visits which we have asked they share with us.

Then Years 5 and 6 were due to perform their Christmas Concert in the last week of term. But here the weather once again played its unwanted part. We had to cancel the concert due to the icy conditions. However, all was not lost. As the weather improved, the decision was made to reinstate the concert on the Friday, the last day of term. We were only too happy for it to go ahead. So the church was once again filled with the sound of young people as they recounted and celebrated the Christmas story through readings and song and music. It was such a joy to be able to welcome them back with us and to give them the opportunity to perform to parents and others after all their hard work and preparation. We felt very privileged.

We now look forward to 2023 and all that it will bring, praying for happiness and peace for us all.

With love and blessings from

the Young Families Work Team

(Photos - pages 1 & 8)

Thank you Carol



Over 30 years ago, before all the major building work was done on the church, it was realised that some major fundraising needed to happen.

Along with others, Carol Bolter became part of the Building Fund Committee. The name changed over the years, eventually becoming the Events Committee, and the task of raising funds to enable the work of the church to go on has continued.

What has been achieved has been amazing! From Christmas and Spring Fairs, to using empty shops; auctions of skills; boxes given out to collect loose change; and of course the regular stalls run by Carol, first in the church hall and then outside in the carpark.

Stalls laden with items she collected at car boot sales, and food lovingly baked by Carol.

The result is that over the years Carol has raised over £45,000.

All that in addition to so faithfully playing the organ for us so regularly and for all sorts of other occasions too.



After all these years, Carol has now stepped down from the Events Committee and we would all like to say "a huge thank you" for all you have done and all you continue to do in the life of this church.

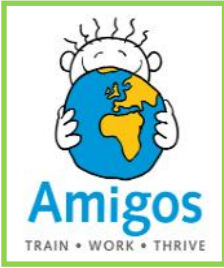


Your commitment and dedication has been, and still is, an inspiration to us all.

Photo - page 20

A New Chapter begins – our latest news from Amigos and Kira Farm

“What you have learned and received and heard and seen in me – practice these things, and the God of peace will be with you”
Philippians 4:9



It was both sadness and a joy to receive the last letter from Richard in December as he went on his way back home after completing his year on Kira Farm. We will miss hearing his cheery updates and his real happiness as he has acquired new knowledge, understanding and skills. Along with the rest of the trainees - his new found friends with whom he plans to stay in touch - he has graduated and now returned home to begin the next exciting part of his adventure. This will see him sharing and putting into practice all that he has learnt, helping to ensure that his family thrives and his community and church benefit. One thing is certain, that their future will be

brighter, thanks to Richard's hard work and all that God has done in his life. Thank you to all of you who have followed Richard's journey this past year and supported him with your prayers.

Richard's letter:

Dear Anthea and Tony and my friends at Christ Church,

How are you doing my dear friends? I have good news, my year has come to an end and I am excited to finally go back home. Allow me to say congratulations to you. We have graduated from Kira Farm together because you have helped me not just financially but also spiritually and encouraging me. It is so sad that this is the last email but I have really enjoyed communicating with you. Although we have not been able to meet physically I feel we have been so connected through our communication.

I am happy to inform you that we finished our graduation ceremony; it was such a lovely day. We hosted some of the guardians and we were able to show them some of the things we have been learning on Kira. I am really so proud of my skills. I have big plans to still work together with my friends from the same village to see how we can help one another in settling back in our villages and also get involved in church.

In my simple words, thank you so much for your great support that has really transformed my life. I am going back home so confident that things will be okay. Unfortunately, I will not be able to continue updating you on how I will be doing but we have been promised that Amigos staff will continue checking on us so I know they will be giving you some updates on how I will be doing.

I wish you a Merry Christmas and a happy New Year.

*With joy,
Richard*

(cont.)

Amigos

Train - Work - Thrive



Richard and friends graduating from Kira Farm

Friends enjoying a cream tea
Page 6



Friendship Group



And now on to the new chapter, not only for Richard but also for Kira Farm as it opens its gates to a new group of trainees from all over Uganda. Hopefully, in the March Messenger we shall be introducing and meeting the new student that we will be sponsoring during 2023.

Our prayers

Firstly, thanking God for last year's graduates!

We rejoice with them in their success, and pray that as they seek to put into practice everything they have 'learned and received and heard and seen', they will remain confident as they step out once again, and as opportunities open up to them, and that their communities will be receptive to what they have to share. And in all that life offers them and the future holds, we pray that they will truly experience the God of peace.

And now, looking forward to 2023

We think of those trainees excitedly coming to Kira Farm for the beginning of a journey of transformation – a life so very different from anything they have experienced before - and pray that they will settle in well, forming strong friendships, be receptive and engaged in their classes and feel God leading them and blessing them.

We pray for the Ugandan team too with unending thanks for their continuing hard work as they teach, love and support all these new students.

And our prayers remain with Richard, now well into the next chapter of his life's journey, and ask God's blessing on him, his family, his church and his community. Amen.

Anthea

Events Group

- We are already looking forward to organising some social and fundraising events for the church family in 2023.
- We are very small in number, now that Carol has sadly stepped down from the organising side of things after so many years. We will miss you Carol, and a huge thank you for all you have done over so many years.
- So far, we have 3 events planned:
 - Cream Tea at the church, in spring or early summer. This will also include a couple of stalls
 - Quiz Night and Harvest Supper on Saturday 30th September
 - Winter Fair on Saturday 18th November
- More details to follow nearer the time. If anyone would like to join us in organising events, we would be delighted to hear from you!

Joy, Elaine and Liz

Notes from Romania

What a year it has been in Romania - a difficult year with the war breaking out in our neighbouring country, things have been fearful for us. With rumours of conflict crossing borders, and fears of public being called into war, things have been at least uneasy. One thing to say is Romania has been a pillar of help for our neighbours crossing over into Romania. We have been so proud to see how Romania has stepped up in helping the Ukrainians whether by food, accommodation or money. There has been a great uprise in people serving. Unfortunately most of our import of food comes from Ukraine so we have to deal with rising costs for food as well as rations of how much you can buy. It has been a struggle for people and our "Adopt a Friend" scheme. We have struggled to buy the necessary needs for our families but by the grace of God we and your help we will continue no matter what.

The family are doing well, all seven of them! Lucian is happy that through the last few years many lost their jobs due to the pandemic but Lucian is grateful that the hotel he works in had remained open and he has continued to have a salary in tough times. The hotel where he works has also opened its doors to Ukrainian refugees who were in need of a place to stay free of charge! The children all have good grades at school and are looking forward to the Christmas holiday.

The family has two new additions this year, being two goats. This is extra income as goat milk is very popular and this will help them. The family live a simple life doing day to day jobs to keep a living. They look after their chickens and pigs and also their vegetable patch which provides them with food which gets prepared for the winter. As the cost of food continues to rise and the lack of fresh produce being imported into the country, the veggie patch is vital for their survival. They look forward for the winter to pass as it is not easy to handle chopping and stacking wood to keep the fire burners going in the very cold weather. Heavy snow brings many challenges.

(Extracts from the Christmas letter from the Romanian charity workers, probably the pastor and his wife who speak and write English and let me know how my adopted family are getting on)

Eff Poole

Tearfund News

Will you continue to join us in prayer and action in 2023?

Thank you for being part of an incredible year of climate campaigning in 2022. We know that the climate emergency is still hitting those living in poverty the hardest, so we will continue to speak up and take action in 2023, equipping churches to do the same through the [Climate Emergency Toolkit](#) and other programmes. (If your church is yet to declare a climate emergency, could this be the year they do?)

Poverty is not God's plan. You are.

LADY DOWDING

Lady Dowding, Muriel, was born in 1908, she was the second wife of Lord Hugh Dowding, former commander in chief of RAF Fighter Command in the Second World War. Muriel had psychic gifts and became a Christian Spiritualist at the age of fifteen. Muriel was well known for her Sunday lunch parties where she introduced influential people to delicious vegetarian food. Muriel was also a soft touch for any animal in need of a home.

Lady Dowding became a staunch supporter of animal welfare and in 1959 launched a campaign called "Beauty Without Cruelty", dedicated to persuading members of the public to boycott cosmetics produced from mistreated animals and to cease wearing animal furs. The Cosmetics produced by "Beauty without Cruelty" are and always have been vegan and are not tested on animals. The company was founded in 1959 by Lady Dowding who was also president of the National Anti-Vivisection Society. In 1963 Muriel set up Beauty Without Cruelty Cosmetics, which became a private company. All the company's products, as well as being vegan, are free from parabens, gluten, toluene, formaldehyde and phthalates. Beauty Without Cruelty (BWC) was very much a pioneer in advocating the use of cosmetics that were entirely natural and not tested on animals. Millions of animals are still killed each year as a result of testing, BWC products are natural and do not need to be tested on animals.

Muriel had fake fur robes made for the late Queen Elizabeth the Second's coronation in 1953. Muriel did not cease the fight for animal rights until the day she died. Beauty Without Cruelty although it is still in existence did not become a huge business success, rather I think it was to act as a torch bearer for others, such as Anita Roddick who opened the first Body Shop in 1976 selling exclusively goods free from animal products, not tested on animals and completely natural. The Body Shop was a huge success from day one and further raised awareness of the plight of animals being tested for cosmetics.

Lady Dowding was also a great supporter, although not a founder of, Compassion in World Farming - an organisation concerned with farming methods that consider the welfare of animals and their environment. Because of organisations such as BWC and Compassion in World Farming we have some of the highest standards of animal welfare in the world and more of an awareness of the rights of animals, who after all, were here first.

Music to Listen to: Camille Saint-Saens The Carnival of the Animals

WALNUT ROAST WITH STILTON CAULIFLOWER CHEESE

Walnut Roast Ingredients

6 oz (150g) walnuts (plus a few extra to scatter on the top)
1 slice wholemeal bread
1 onion, finely chopped
1 oz (25g) butter or margarine
1 clove garlic
1 tablespoon tomato puree
2 tablespoons fresh chopped herbs or 2 tsp dried herbs
1 free range egg

Stilton Cauliflower Cheese Ingredients

1 small cauliflower or equivalent of large cauliflower

½ pint milk

4 oz Stilton cheese

1 oz (25g) butter or margarine

1 oz (25g) plain white flour

A little mustard, horseradish sauce and pepper if desired

- 1 Fry the chopped onions and garlic in melted butter or margarine, add tomato puree and mix well
- 2 Chop the nuts, easiest in a food processor if you have one, if not a sharp knife
- 3 Crumb the slice of bread
- 4 Place all the ingredients in a bowl and mix well.
- 5 Add the beaten egg and bind together, add a little stock if the mixture seems too dry
- 6 Press into a greased 8" 20cms round tin with a spring release, or whatever size tin you have which will be the size for the mixture
- 7 Cook in a pre-heated oven for about 20 minutes at 180 Fan, Gas 4.
- 8 Remove from the oven but keep in the tin.
- 9 Make the cauliflower cheese in the usual way, grating or crumbling the Stilton cheese. Steam or lightly cook the cauliflower.
- 10 Drain the cauliflower and scatter the florets on the top of the nut roast. Cover with the sauce and a scattering of nuts.
- 11 Put back into the oven for a few minutes to brown and crisp the nuts.
- 12 Serve with vegetables or a crispy salad

Jennifer

Causeway

As you can see from the photo on page 8, all our friends had a part in the Nativity Story. Rev John Ewington gave a beautiful illustrated talk on the names given to Jesus. Carols, mince pies, cards and lots of chat filled our festive afternoon in December.

We are now looking forward to our next Causeway Service on Feb 5th at 3pm at Christ Church when Rev Don and Rev Marilyn will share Communion with us.

All are warmly invited to come and join us.

Thank you to all who support us.

Wishing you every blessing for 2023,

Gill and the Causeway Team





SOUND IT OUT

2023

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	9 th	23 rd	July	10 th	24 th
February	13 th	27 th	August	14 th	NONE
March	13 th	27 th	September	11 th	25 th
April	NONE	24 th	October	9 th	23 rd
May	NONE	22 nd	November	13 th	27 th
June	12 th	26 th	December	11 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,



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

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Sound it Out Christmas Lunch



**Rachel Greenland sets sail
for Mercy Ships**



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Cauliflower & Stilton Bake Recipe



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“A huge thank you for all you have done and all you continue to do in the life of this church.”

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