

The Messenger

“...And surely I am with you always, to the very end of the age.”

Matthew 28:20

Christ Church Barnstaple
Methodist & United Reformed Church



June 2023



Christian Aid Service - Led by Janet & Paula

Offering our time, talents, prayers and money are all part of our worship. We give thanks for all these during our morning service. Although we have returned to the offertory bags being passed round during the service, we do not want anyone to feel uncomfortable if they don't put anything in - which could be for a number of reasons.
We know God values whatever we offer Him, in whatever way we can.

June Diary			
Sun	4th	10.30am 3pm	Morning Worship and Holy Communion: Revd Don Causeway Service
Sun	11th	10.30am 4.30pm	Morning Worship: Revd Margaret Johnson Café Church
Mon	12th	10am	Sound it Out
Tue	13th	2.30pm	Worship Group Meeting on Zoom
Sat	17th	2.30 - 4.30pm	Christ Church Summer Tea Party
Sun	18th	10.30am	Morning Worship: Revd Don
Tue	20th	6pm	<i>Deadline for July/August Messenger</i>
Sun	25th	10.30am 6.30pm	Morning Worship: Worship Leaders Evening Worship: Revd Jonathan Froggatt
Mon	26th	10am	Sound it Out
<p style="text-align: center;">Regular meetings :</p> <p>Tuesdays - Rainbows 5.30pm (Term-time only)</p> <p>Wednesdays - Parents & Toddlers 9.30am (Term-time only)</p> <p>Thursdays - Circuit Zoom Service 7pm</p> <p>Fridays - Hobnob 10am (except Bank Holidays)</p>			

Farewell Service for Revd Jonathan Froggatt
Sunday 30th July at 3pm
at Christ Church Braunton

Message from Revd Don

Dear Friends

I clearly remember the shock I had when, in my mid-thirties, I returned to full time study for a degree in theology. I was suddenly faced with the prospect of exams again. I always far preferred researching papers to sitting exams so my heart goes out to those who are experiencing the pressure of them at the moment.

For those revising for and sitting exams it can be a strange experience (to put it mildly). One young lady in the middle of her GCSEs expressed it well when she said that when she sat down for her first GCSE and was told to turn over the paper there came the sudden realisation that "this is it", this is what she has been working for all this time. She said she felt as though there ought to be a fanfare to announce the arrival of this momentous moment, but instead there was just the call to silence from the adjudicator.

It's strange isn't it that there are some occasions in life when we know that "this is it"; this is the moment when things change, or this is the moment when we have made a decision or taken an action that will have a real affect on our life.

And yet, there are other momentous moments that can pass completely unnoticed, only to be seen in retrospect. We find that a decision has been taken that seemed no decision at all but the ripples of it are felt for years.

If we were to worry about such things too much we would become incapable of taking any decision or performing any action. It is such an old cliché perhaps I shouldn't even say it, but I will because I believe within our relationship with God there is deep a theological truth to it, all we ever need do is our best, all we ever need be is ourselves.

Then within God's relationship of love and grace, having done our best and been ourselves, we need to let go and allow the peace of God to fill our hearts and minds. And that is true for us all, no matter whether today feels momentous or just ordinary.

Grace and peace,

A handwritten signature in black ink, appearing to be the name 'Don' followed by a period.

Prayers for June

4th June

Living God, You invite us to go on the greatest adventure ever.
Meet us today as we come to you in prayer. May we rest in your giant loving arms and know your presence with us.
May we find safety and security there.
Raise us up that we may find strength when we are weary and energy when we are faint,
so we never fail to praise your holy name.
Amen.

11th June

Pour your compassion, Almighty Father,
on all those whom we know who are ill.
Each one is precious to you and each one carries a special burden.
Give the strength that will take them one more step on their journey.
May they receive the attention and help they need and be spared the delays and uncertainties that all health care brings.
Most of all we pray that they will be accompanied by people who really understand their needs and who are willing to share the compassion and grace that makes everything possible;
through Jesus Christ our Lord.
Amen.

18th June

Forgive us, creator God, if our story is not as you want it to be –if it is marred or dishonest, if it is littered with mistakes, if it gives the wrong impression of who you are. Forgive us if our story does not really reveal the love, care and compassion you have for all people. Forgive us if our story stops people coming to know you, or to find in you redemption, forgiveness and new life. Forgive us if our story doesn't express how much your story matters to us.
As long as we live, may our stories be a vehicle for your never-ending love.
Amen.

25th June

Lord God, you have borne our pains, shared our journeys, and offered us unconditional love. You have breathed your Spirit into us, blessed us with the gift of your Son, you have sacrificed so much for us. We adore you and offer you our lives.
You have given us a vision of your kingdom, have offered us a way of life worth living, a loving to share, a presence at all times. We adore you and offer you our lives.
Amen.

Christ Church Summer Tea Party

Saturday 17th June

2:30 - 4:30pm

At Christ Church Barnstaple

Refreshments



Stalls selling Books, Cakes,
Puzzles and "Good as New"

Please come and enjoy an afternoon
of fellowship and a delicious tea,
to support the work of Christ Church

Please see page 10 for more details of items needed - thank you

**Rachel Greenland's newsletter:
Dakar on the Global Mercy April 2023**



Asaalaam Maalekum! ('hello' in the local Wolof language). Sadly I can still only say 3 words!. The patients are always amused when I try my greetings. I am not gifted in languages!

It has been a good month here on board.



Easter was a special weekend, and although I was working on a late shift, I got to take part in a few of the activities on-board, including the sunrise service, the garden of gethsemane and the Easter lunch (which was more like a banquet!). Totally amazing.

Since the first 3 weeks of opening, when the ICU was open more than anticipated, it has been steady since. It has been good to be on the maxillofacial ward again, and I've enjoyed orientating the new nurses and some of the new Charge nurses. I'm still challenged by the computer systems! But getting better.

Patient updates: Our little 18 months old 'Fama' whom I mentioned in the last email, as she was very sick in ICU, did really well and went home earlier last week. It was very special to see her go home after such a battle to save her a couple of weeks before. She really had us on our knees for a time! The handprint reminded us of God's answered prayer and how precious every life is.

We also have another young patient (aged 6). His name is 'Saliou', and he has been here for 6 weeks already. He had a tracheostomy due to radical facial surgery to reconstruct his face, following 'noma', a flesh-eating disease which usually eats away at the face. It is 90% fatal, so he is a survivor. The survivors often are left with severe facial disfigurements.

Saliou is a wonderful little boy who has been through so much in his little life. He also has signs of being traumatized, most likely from the effects of the condition itself and the painful rejection and shock of others when they have look at his face. He had his 4th surgery today to help reconstruct a better look to his face, but he will need at least 2 more operations. He is also the ward entertainer and has become like D ward King!

The other day he was 'stickering' (Yes this is a verb – it means to empty the '1000 sticker book' and transfer the stickers to beds, cupboards, floors, walls and especially onto other people!). He saved himself one which was the picture of a donut! Because it had a hole in the middle, he placed it on the end of his tracheostomy! So that he could still breathe!! He is a bright lad!

Another heart-warming moment this morning was watching the eye patients, many who are nearly completely blind, making their way up the gangway requiring a lot of assistance! Then imagining how their lives are going to change so much today when their cataracts are removed in a few hours time. Last week when they took off the eye patches of a patient after her eye surgery, she stood up in excitement and said (translated) 'I can see!! I can get married at the weekend!!

We have had some challenging moments here:

Some political unrest and rioting in the city, meant we had to stay on ship for a couple of days.

Some container delays slowed things in the Operating Theatre for a while, but we are now back on track. Some very long surgeries have also given the tired theatre team some very late nights.

Interesting moments:

At times living on a ship can have interesting moments.

Like the 0300hrs arrival of a container of supplies.

Because it was refrigerated container, it needed to be loaded there and then. So the majority of us who live on deck 6 woke up with the loading crane above us. It sounded like the engines were revving up and I thought we might be sailing! Relieved to see the dock still there!

Lighter moments:

When shifts start at 7am, getting up early and going for breakfast beforehand is a challenge, but to find bread rolls in the shape of a hedgehog! Cannot help but smile.

One of my favourite days is Thursday, as I am happy to see the tradition of 'Thankful Thursday' has continued. We share at handover one thing we are thankful for. Mine is often 'friends and family' as I feel gratitude for all of you at home. Thank you for your support in finance, praying and encouragement. All are valued so much. Thank you. God bless you all.



More news next month.

Love,

Rachel

(photos - page 20)



Praying people please pray for:

- The healing and good result for Saliou our 6 year old.
- Strength for the hospital teams with often long surgeries and juggling theatre lists so that no patient gets missed out.
- That the patients will have healed hearts as we heal their physical

bodies. Some have been through so much.

Café Church

Finished birds



Birds in the mustard tree



Decorating birds

Sowing my mustard seeds



Saying the grace together

The band



Great fun was had by all with the big parachute

Parents & Toddlers

Young Families Work News

Café Church. Following the Coronation we had thought that it would be appropriate to have 'King of Kings' as our theme but then felt that everyone might be crowned out by then, so decided to change the theme to the 'Kingdom of God'. A very wide subject yes, but it was decided that for the story and worship Don would concentrate on the parable of the mustard seed and the parable of the yeast. It was a very relaxed time of worship, hearing the parable, and talking about how something as tiny as a mustard seed could grow into a tree as much as 3 metres or more – a wonderful illustration of how God's kingdom has grown and is still growing here and throughout the world. So what better song to choose than 'All over the World God's Spirit is moving' which many of us sang with great gusto! Our other songs were 'I am a new creation' and very appropriately one from YouTube: 'Faith as small as a mustard seed can move mountains' <https://youtu.be/HPyIxzfn-Oo> - a song into which we were all drawn, copying the actions and the signing – so much so that we had to do it all over again!

The activities included cress heads – drawing eye catching faces on paper cups, with cress seeds scattered on top ready to grow into the 'hair'; making sweet flavoured sandwiches (have you ever made a banana and a strawberry one – delicious!), modelling with play dough and decorating beautiful, very life-like looking birds with a variety of sparkles and feathers. The children took these forward at the end of worship perching them on the leafy tree which was waiting for them under the pulpit – 'a tree, so that the birds of the air come and perch in its branches'.

The kitchen team - though a little depleted in number – were as efficient as ever producing plates of delicious food - ending up this time with a cornet of home-made ice cream. What an amazing treat!

Activity time was noticeably very focused, everyone very much concentrating on whatever they were doing, but after worship and tea we had the usual burst of high spirits and letting off steam before the children reluctantly left for home. There weren't as many people there as usual but the afternoon still had the same happy, warm and comfortable feel about it.

Our next Café Church will be on Sunday June 11th at 4.30pm. Do come. You will be very welcome.

Sunday Club like Café Church went through a quieter period this past month - what with Bank Holidays and celebrations and visits to London and late nights and barbecues and... But whatever size the group we still had a good time. One sad thing was that the children missed Paula's special Power Point presentation in church on Christian Aid Sunday and the opportunity to plant their own peas afterwards...However, another time.

(cont.)

Stories enjoyed on other Sundays were the Road to Emmaus using Bob Hartman's Open the Book material with its interactive and repetitive 'Walking and Talking' still ringing in (my) ears. Drawing round feet was fun too! A much loved Sunday was the story of Jesus as the Good Shepherd. The children heard how shepherds protect their sheep at night lying down at the sheepfold entrance to act as a safety gate and how too, just as sheep hear their shepherd's voice and follow him, Jesus wants us to listen to him and follow where he leads us.

The activities included the children making their own swinging gate with card and paper, and also icing buns (a great favourite!). They were allowed to ice one for themselves with the words 'I am loved' and the other to give away with the message 'You are loved' to show the chosen person that Jesus loves and cares for them. A message for us all.

Parents and Toddlers

Our group has grown to 9 families and they are a lovely group. They all love to help especially when it is pack away time.

We are able to use the wet room for crafts and play dough. Sometimes we have a fun time in the vestibule with the parachute! (photo - page 8)

Chris is bringing in different instruments for our music session.

Thanks so much to all our helpers, if you would like to help we would love to see you.

We look forward to updating you all next time. Meanwhile we hope you are enjoying the sunshine, and send you our continuing thanks for your interest and support.

Best wishes, love and prayers,

The Young Families Work Team



Summer Tea Party



Our first event of 2023 is our Tea Party on 17th June. We hope this will be both a social occasion for friendship and fellowship, but also as an opportunity to make a gift towards Church funds.

We are looking forward to seeing you all for afternoon tea, good conversation, and a bit of shopping! Stalls will include Books, Puzzles, Cakes and "Good as New".

Donations for all of these are urgently needed. Please bring cakes on the day, all other items as soon as possible.

Looking forward to seeing you there,

Joy, Elaine and Liz



News from Kira Farm and Amigos

A second letter quickly followed on from the first from our sponsored student Elvis – a long letter very carefully written by hand. There is no doubt how hard Elvis is working and relishing every opportunity to learn new skills which he is so obviously and rightly proud of. Great news too that he is already using what he is learning and has learnt to help others! What a lovely friend and neighbour to have...!

Elvis' letter – copied as he wrote it:

Dear Anthea Tony and Friends at Christ Church

Hello Anthea Tony

How are you over there?

Back to me I am also alright and good. It is of good privilege to have you and these are the courses am still doing now. Carpentry. Building. Computer Training. Machine Repair Conservation Farming

Right now I am experienced what am doing in Carpentry. I have learnt how to make joints which has given me a great experience of making over a great thing like cupboard and door frames.

Since I am now getting experienced in Joints on the side of building am about to be called an engineer because of skills I have in raising up different walls For the sake of farming my plot is well and near full of greater crops and I know am ready for a greater yield.

And in machine repair. I have so far gained technical skills through which I help my brothers and sisters here at the farm who have problems with their sewing machines and I wish to support and help my community after studying.

I also feel blessed to acquire basic computer knowledge which I believe that it will help me to live in a technological community while doing business through using computers for data base,

Thank you for sponsoring me in Kira Farm.

Thanks

Your Faithfully

ELVIS OBOTE

Other good news from Amigos is that they are planning to scale-up their tree planting programme which has been going so well. It is now in its third year and they are approaching 1 million trees being planted. Up to now, the programme has only been operating in Kaliro in the east of Uganda although the need is countrywide.

However, with other communities in Uganda already expressing an interest in this vital programme, it is hoped that the goal of planting 3,375,000 trees in three years will be accomplished. (photos - page 13)

Please continue to keep the work of Amigos in your prayers with special thoughts for Elvis and all those who live and work on Kira Farm.

Anthea

Causeway

Our 7th May service celebrated King Charles III coronation. The tables were attractively decorated and we all enjoyed a special celebration tea party. This included delicious sandwiches, meringues, cakes, trifles and a tasty fruit punch.



We then sang "God Save the King" before Steve Richardson explained the significance of several of the items which King Charles had been given during the coronation. For example, the rod of equity and mercy reminds the King of his important spiritual duty to treat people fairly and mercifully, just as God deals with us. We ended by singing "Majesty, worship his majesty", reminding us that we worship and serve "Jesus who died, now glorified, King of all kings". Steve ended the service with a blessing, and we were all given a memento of the coronation to take home. It was a truly memorable afternoon. (photos - page 13)

Our next Causeway Service will be at Christ Church on June 4th at 3pm when Revd Marilyn Tricker will be our speaker.

Our July Causeway Service will be on July 2nd.

Do come and join us, all are most welcome.

Gill and the Causeway Team

Eco Church

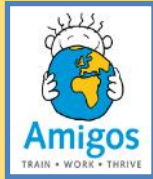
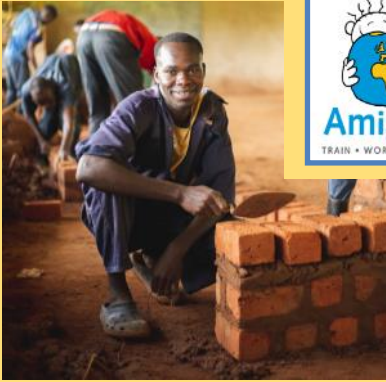
At an Elders Meeting last autumn we decided to put our Eco Church work "on hold" until the spring whilst there was so much else to do and so many folk were poorly. At our last two Elders meetings we have discussed how to restart this important part of our Church life and work.

Until now, I have done this on my own, but other churches have a small group of interested people who work together – and I think this would be a good idea for Christ Church too. We need to look at all aspects of our church life and worship, and continue to work towards our Silver Eco Church Award.

So if anyone is interested in joining me to look at what we should do next (or would like to know more about it) please let me know.

Many thanks,

Liz Seymour



Elvis, learning to build a wall



Tree planting planning meeting

Rosemary, Elaine, Janet and Celia led the 'Local Arrangement Service' on April 23rd



The friends enjoyed a 'Mercy Ships' talk

Friendship Group

Causeway Service



"It was a truly memorable afternoon."

Friendship Group

On 24th April a well-supported meeting was fortunate to hear from Pastor Barry and his wife of their voluntary work with the Mercy Ships Charity. They use hospital ships to deliver free world class health care in Sub-Saharan Africa. Nine out of ten people do not have access to safe surgery. 50% of the world's population live in poverty and 17 countries are below the poverty line. Every job on the Mercy Ships is staffed almost entirely by volunteers who give their expertise. As well as Doctors and Nurses it includes cleaners, kitchen staff in fact everyone.

One of the first jobs Barry and his Wife were given was the preparation of the vegetables for the day for the whole of the staff on the ship. This we found quite amusing.

We heard how people were given treatment for eye problems, dentistry, cleft lips and palates, tumours, club feet, childhood injuries, burns, etc. Many of these problems caused people to be isolated from their villages. I found it extremely moving seeing the pictures of 'before and after' operations. One little baby was very malnourished as it had been unable to suck and would probably only live for 2 weeks. Before they were able to operate, a way had been found to feed the baby to ensure it was strong enough for the operation. We then saw the successful result of the operation and the look on the Mother's face. She was so happy. A great deal of babies are born with this and it is thought, many mothers catch Malaria which affects the unborn baby. 100's of babies are born with a cleft lip.

As well as the hospital ships, Mercy Ships Charity is responsible for setting up health care clinics on land.

I remember hearing from Gill Greenland's daughter, Rachel, about her role as a Nurse on The Mercy Ships and church members have supported her in this wonderful work she is doing. There are six theatres on her ship and surgeons come from all over the world. Rachel is now back on the new ship which will stay in dock for 10 months.

I will remember this presentation for ever as I'm sure others present will too. We have received a lovely letter of thanks for our contribution to the charity.

We don't have any dates for the Summer programme yet, more details next month. (photo - page 13)

Rosemary



*Mercy Ships is a global Christian charity that follows the 2,000-year-old model of Jesus to bring hope and healing to those suffering from disability, disfigurement, and disease. We deploy hospital ships and partner with African nations to transform surgical systems and provide free surgery to those most in need.
We believe every person is valuable.*

<https://www.mercyships.org.uk>

Christian Aid Week 2023

14 – 20th May



As I write we are at the beginning of Christian Aid week and have just enjoyed an inspiring Christian Aid service led by Paula Littlewood.
(photo - front cover)

Thank you Paula for reminding us that the people of Malawi are just as much our neighbours as those we live alongside in Devon.
May the seeds of hope we plant this Christian Aid week grow and inspire our fellows here and worldwide.



Paula and I have distributed collection envelopes to the Barnstaple group of churches for which we are responsible.

The plant sale at Braunton raised the magnificent sum of £454.40 for Christian Aid.

We hope the Big Brekkie is as much fun as it was last year and raises plenty of money for the cause.

Collect for Christian Aid Week

God, gardener of Eden, who flung stars into space and nurtures the tiniest plant, lift our hopes and dreams above the loss and damage of our suffering planet, that we might share your long-dreamed vision which values the pea as much as the plant.
Fill us with your life-giving hope and inspire us with your creative Spirit now, and in the age to come.

Many thanks to you all for your continued support.

Janet Marshall

SIBELIUS

Sibelius was born into a Swedish speaking family and was known as Janne. It was not until 1863, two years before Sibelius's birth that Tsar Alexander II decreed that Finnish should be the national language of Finland and available on an equal basis to court litigants.



His father died whilst treating an epidemic of Typhus when Sibelius was two. He also had an elder sister, Linda, and a brother yet to be born, Christian. On the death of his father the family, who were left with substantial debts, were forced to sell up and go and live with their mother's widowed mother and two aunts. Sibelius was brought up in a decidedly female environment, the only male influence being his uncle Pehr Ferdinand Sibelius, who was interested in music, especially the violin.

Uncle Pehr 'loaned' Janne his first violin. Earlier he had started learning the piano, he did not enjoy the formality of the lessons and the exercises which he was given to practise. He alleviated the boredom by improvising. Once he had tried the violin he much preferred the freedom of sound he was able to produce and harboured a deep wish to become a virtuoso violinist. The dream was finally brought down to earth in his early twenties. He had earlier suffered an injured shoulder which held him back somewhat, he also accepted that he had begun work towards becoming a virtuoso violinist too late.

In 1874 Janne was sent to a Finnish speaking preparatory school, this enabled him in 1881 to continue his education at the Finnish-language Hameenlinna Normal Lyceum. Although doing reasonably well in mathematics and botany he proved to be a rather dreamy and absent-minded pupil. He had to repeat a year of school and finally succeeded in passing the school leaving exam in 1885 when he was able to study at the university. He begun by studying law but had far more interest in music and soon switched to music altogether.

As a boy, his family had rented a lakeside home for the summer holidays each year. Janne loved this time and spent any rainy day composing music for himself and his siblings and any other friend who might be able to join in. He had an inherent love of nature and of wildlife and I think this apparent in his work. In the autumn of 1888 Sibelius met his future wife, Aino, she was the sister of a friend from the music institute and said to be the most beautiful woman in Finland.

Aino was from a very political family and discussions were lively about independence for Finland, this may have sown seeds of nationalism in his future writing. They eventually married on 10 June 1892. Aino and Janne had six daughters, the third of which, Kirsti, died aged two from typhoid.

They were married for 65 years and it is considered that Aino was the power behind the throne, she was a beautiful and intelligent woman who chose to spend her life supporting her husband.

Sibelius embarked on his first symphony in 1899 at a time when his patriotic feelings were advanced by all the restrictions imposed by Nicholas II on the powers of the Grand Duchy of Finland. In February 1900, their youngest daughter died. Perhaps by way of distraction this did not stop Sibelius composing, he revised the 1st Symphony and in 1901 began to write his 2nd Symphony. The Violin Concerto was finished in 1905.



Sibelius was a very spiritual man with a strong sense of justice and fair play. It almost seemed that the forests and lakes of Finland were his church. Despite challenging life circumstances and battling his own personal demons, he achieved much both musically and nationally.

GRANNY BAILLIE'S MOIST FRUIT CAKE

Ingredients

- 12 oz (300 g) plain flour
- 2 level tsp baking powder
- 1/2 level tsp bicarbonate of soda
- 6 oz (150 g) ounces vegan margarine
- 4 oz (100 g) soft brown sugar
- 1 level tsp mixed spice
- Medium sized mug fruit juice, water or beer
- 16 oz (400 g) mixed fruit
- 6 oz (150 g) golden syrup or mixture of syrup, treacle, jam or marmalade.
- 2 eggs

Method

1. Grease and line 8" (20 cm) tin.
2. Sift flour and dry ingredients into a large mixing bowl.
3. Put all the other ingredients into saucepan (allow to cool)
4. Pour fruit mixture into dry mixture, add eggs and mix thoroughly. Turn into tin and bake in a pre-heated oven 160 degrees for approximately 2 hours. Allow to cool in the tin.

(photo - page 20)

Jennifer

Notes from the Elders meeting held on Tuesday 2nd May

- News of the fellowship was shared and Revd. Don said prayers for those in hospital, unwell at home or bereaved.
- Several safeguarding issues were discussed and appropriate action will be taken.
- Worship. There will be no Oasis service this quarter as the date coincides with Rev Jonathan Froggatt's farewell service.
- Property. Ongoing day-to-day issues are being dealt with. The Quinquennial Inspection has been carried out and a report issued. There is nothing major to report but several things need to be dealt with within the next 12 months, including a spring clean and de-cluttering!
- Parents and Toddlers, Sunday Club and Rainbows are all doing well.
- Sunday July 30th Rev Jonathan Froggatt's Farewell Service at Braunton.
- Sunday 24th September, Harvest Praise.

Become a Dementia Friend through Alzheimer's Society

Through the following link, volunteers and friends of Sound It Out can watch at least two of the videos and register as Dementia Friends:

https://www.dementiafriends.org.uk/DF_WEBC_PartnerVideos?page=videos-for-organisations#.ZBBTvBTP02w

Use this code to show you are supporting Sound It Out: Sou26572
Use the postcode for Christ Church EX32 7BU to help us identify how many are getting involved. People don't have to come to SIO to get involved through us, so feel free to pass this on. When you enter the details on the website, do not put a space at the end.

Please let me know that you have watched the videos so that I can order a badge and an action card for you. Please send me your full name and the date you watched. Thank you,

Sally

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. 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

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Website

www.christ-church-barnstaple.org.uk



Left, Fama in ICU and her handprint, reminding us of how precious every life is. Above, Fama going home (and happy Mum).



Easter Sunday Sunrise
Service on deck



Christ Church members Eff, Elaine and Joy
by Pulpit Rock, St. Mary's, Scilly Isles



Granny Baillie's
Moist Fruit Cake