

# The Messenger

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



“The sun will no more be your light by day, nor will the brightness of the moon shine on you, for the Lord will be your everlasting light, and your God will be your glory.”

*Isaiah 60:19*

**July - August 2023**



The  
Summer  
Tea Party



*Inside:*



**Fun at Parents & Toddlers**



**The Big Brekkie Team**



**Carrot Cake Recipe**

## July Diary

Sun	2nd	10.30am	Morning Worship and Holy Communion: Revd Jonathan Richards
		3pm	Causeway Service
Sun	9th	10.30am	Morning Worship: Mr Peter Edwards
		4.30pm	Café Church
Mon	10th	10am	Sound it Out
Sun	16th	10.30am	Morning Worship: Revd Don
Fri	21st	7pm	Sing for your Supper
Sun	23rd	10.30am	Morning Worship: Revd Don
Mon	24th	10am	Sound it Out
Sun	30th	10.30am	Morning Worship: Ms Alison Cairns

## August Diary

Sun	6th	10.30am	Morning Worship and Holy Communion: Revd Don
		3pm	Causeway Service
<b>Sat</b>	<b>12th</b>	<b>10am</b>	<b><i>Deadline for September Messenger</i></b>
Sun	13th	10.30am	Morning Worship: Revd Marilyn Tricker
		12.30pm	Church Picnic at Pilton Bluecoat Academy
Mon	14th	10am	Sound it Out
Sun	20th	10.30am	Morning Worship: Revd Don
Sun	27th	10.30am	Morning Worship: Revd Don
		6.30pm	Local Arrangement

### 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)



**Sing for your Supper**  
**Friday 21st July at 7pm**  
**See Page 7**



## Message from Revd Don

Dear Friends

It's amazing to think that other than some sketchy stories of Jesus' birth and childhood most of what we are told in the Bible about his life takes place over just a very few short years. They are years crammed full of activity. Travelling from village to village spending much time preaching and teaching, in Synagogues, on hills and beside lakes, and in people's homes.

We know nothing about what Jesus did before beginning his ministry, perhaps he worked as a carpenter for all that time, perhaps he didn't. Whatever he'd been doing and learning must have been an important part of his life.

Learning from the Law and the Prophets and from the teachers, the Rabbis, of his faith. Learning about God the Father, *no, more* than that, learning to *know* God the Father and Mother, the one who loved him and, as he showed through his own life, loved everyone.

I don't know whether you will be travelling long distances in the next couple of months or whether you will be staying with the holiday makers around sunny (I hope) Barnstaple. Wherever we are I pray that, like Jesus, we will each know God travelling with us, teaching us through the experiences we have and through the people we meet.

And I pray that alongside any travelling we may be doing we will find the space and time, as Jesus did, to simply be with God, enfolded in God's loving presence renewed, restored and revitalised.

May God be with us all,



### Prayers for July

#### July 2nd

God, you are the open arms of acceptance, the warmth of a hearty welcome, the joy of a sincere smile. We cannot see you, and Jesus walked the earth long before our time, yet we know by faith that he embodied your welcoming presence in his dealings with your needy children. We come to you in prayer and adoration for all that you are. Amen.

#### July 9th

We pray for all in authority, that they will be respectfully conscious of the weight on their shoulders, and that they will act responsibly for the people they serve. We pray for them in their personal lives, with the worries and cares that only they see. Lord God, we lift your children before you. May they find rest for their souls. Amen

### **July 16th**

God, we give thanks that you are ever on the move even when we feel stagnant. Your word is not static, your wisdom not sealed and silent; like one who walks constantly, casting seed broadly, your whispers fall around us as seeds on soil. We praise you for Jesus' teaching, which helps us to prepare ourselves to be good soil, fertile for growing the fruits of goodness and grace. Amen.

### **July 23rd**

Almighty God, all-seeing and all-knowing, with confidence we accept your power and authority, knowing that we can always trust in your judgement; for your loving nature pervades creation, and all shall be well – all shall be well. Amen.

### **July 30th**

We pray today that you will pass on to us that gift of making ourselves accessible. Keep us from being a stumbling block to those who would seek you; from using language that puzzles; from actions that confuse; from anything that keeps us apart from your people around us. Your kingdom come, O Lord. Your will be done. Amen.

## **Prayers for August**

### **August 6th**

Gracious God, we can often feel very ordinary and inadequate, worrying that we are not good enough. Teach us in these moments of stillness to treasure ourselves as your creation, and let your hospitable love flow through us to others. Amen.

### **August 13th**

We pray for people who take risks in your name, Lord Jesus – those who take your word where it is most needed – and for people who grapple with faith and doubt. Lord, reveal yourself to them and keep them safe. Amen.

### **August 20th**

Father and Mother God, lover of all, lover of our souls, our bodies, of all that exists: may we live in and through your love as a reflection of you, reaching out in love, as you reach out to your whole creation, restless until all rest in you. Amen.

### **August 27th**

God of change and transitions, as summer comes to an end and many begin or return to places of learning, or to other new routines, we come to you from the place of our own apprehensions. Lord of stability, on whose foundations we build our lives, we come in prayer to anchor ourselves fast to the unchanging rock, so that we may be supported in all life's turning points. Amen.

***Farewell Service for Revd Jonathan Froggatt***

***Sunday 30th July at 3pm at Christ Church Braunton,***

***followed by refreshments***

## **Church Friends**

The Church Friends group at Christ Church was initially set up so that all members would have someone to turn to whenever there was a problem such as illness or any other concern. The Friends also regularly pray for, encourage and support everyone on their lists in other ways too.

Christ Church Friends play a vital role in the Church, they are sometimes the only Church link between an individual or a family who are going through a time of crisis, a time of illness or are suffering from loneliness or depression.

Christ Church Friends provide support with a phone call, or a visit, a message of well done, a smile, a sharing of a time of prayer, all of which can be a valuable means of support and encouragement to us all on our journey of faith.

When the Church Friends Co-ordinator is informed that someone is ill or is in need of support, the Minister is informed, so too is their Church Friend.

At that point the Church Friend becomes the main point of contact and is able to update us all, which makes sure that people, their families or if someone is in hospital the staff at the hospital are not overwhelmed with queries or visits.

Essential to the work of the Church Friends is regular communication between the Church Friend and the Coordinator, who in turn informs and updates the Minister and with permission the serving Elders. Regular contact with the Co-ordinator makes certain that all Church Friends are kept supported during times, which can be quite stressful. In using our pastoral gifts, we are strengthened in our knowledge that God is with us in our caring but that we are not expected to share in Christ's ministry in our own strength, but in the power of his Spirit.

Each and everyone, of us can play our part in supporting the Church Friends through prayer and encouragement. Please pray that in every contact that is made we will create and strengthen the bonds of love that bind our Church Family together.

Blessings,

*Shirley* (Church Friends Co-ordinator)

### **FRIENDSHIP GROUP**

I think we have a very interesting Summer Programme. I understand that 18 members enjoyed the outing for tea on the 12 June – the cakes sounded delicious! I would have loved to have been with you but was dealing with so many boxes to unpack having moved over that weekend. I hope to manage the bus trip on 26 June for our tour of Ilfracombe Harbour. Our first July date is Sunday 16 at the Theatre, 7.30pm - "The Musical Story". If you have any queries relating to the programme, please phone Rose 01271 830824

Look forward to seeing you,

*Rosemary*



**A message from Christian Aid:  
Thank you for helping dreams come true this May**

*As May comes to a close, we celebrate the blessing of our supporters and volunteers alongside everyone who has given, prayed and campaigned with us this Christian Aid Week.*

*Driven by your desire to stand with the poorest and most vulnerable communities around the world, you have come together to help bring transformation to the lives of our global neighbours and we are so grateful for your support.*

*Thank you to our envelope deliverers and collectors, our Big Pea Challengers, our cake bakers and plant growers, our quiz masters and treasurers, our tech gurus and more. Thank you to every single one of you. Christian Aid week happens because of you. Your support has helped people like Esther plant better seeds, secure a fairer price for their crops, and build happier futures for their children.*

*Once again thank you so much for supporting Christian Aid Week this year. With every gift, every prayer, every action, you bring more people the chance to live full lives, free from poverty.*

*With heartfelt thanks,*

*Your Christian Aid Week Team*

Paula and I would like to add our own thanks to everyone who supported this year's Christian Aid week in any way. The Big Brekkie was a lovely event and we were glad to welcome Selaine Saxby MP and Councillor Janet Coates again to support our fundraising and to see what we are doing as a church community.

Christ Church raised the magnificent sum of £928.36 and returns are gradually coming in from the Barnstaple Group of Churches for which we are responsible too.

Your generosity and support are much appreciated.

(photos—back cover)

*Janet & Paula*

**Jen Bishop, Malawi – update from Christian Aid Week 2023**

When I preached on 14 May for the start of Christian Aid week, I shared the agonising story of Jen Bishop, a farmer in Malawi, who has two sons but who can afford to send only one to college. I was asked how much it would cost to sponsor the other son.

I phoned Christian Aid to ask that question but, as I thought might happen, they said that they do not let supporters sponsor one particular person – it has to be through the project. It is possible to donate money and ask for it to go to the Malawi project but not to an individual. However, by a happy coincidence, I received a letter from Christian Aid that same week with an update about Jen. Apparently, her sons are called Innocent and Mathews and it was Mathews who had to stay at home while Innocent went to college.

However, things are looking up for Jen. Christian Aid reports that Jen, a natural leader, chairs Khamalathu Co-operative. Apparently, they did not work well together at first but now they are a strong, efficient team, and their profits are

increasing . By selling bread and snacks, Jen is increasing her own profits and, soon, she hopes to send Mathews to take up his college place. The "pigeon peas" programme has really helped Jen.

You may remember I also talked about the Moshia family, our friends in Tanzania and whose sons we have had the honour of supporting over the years to enable them to go to university. Their youngest son, Jeremiah, graduates this year but, because the graduation ceremony is close to Christmas, Rod and I cannot get to it. However, we heard recently that Baraka, the eldest son, is to marry on September 23<sup>rd</sup> and we are going to be there! Better still, my younger son, Ali, is on school holidays then in Melbourne so he can join us. The airplane tickets are purchased so we are already on the way to join the celebration. I am so excited but now worrying about what I should wear!

*Paula*

### **News from Action for Children**

We are excited to let you know that we will be running a Giant Wiggle Treasure Hunt around Barnstaple on Wednesday 26<sup>th</sup> July 2023 for families in North Devon with Action For Children and the Methodist Circuit.



Families will meet us outside the Barnstaple museum at 10 - 10.30am to collect the treasure hunt map. They will use this to follow a trail round the town finding the knitted caterpillars and the food that the giant caterpillar eats in the book, all hidden in shops around the town.

They will end up at Christ Church in Bear Street where there will be activities and snacks from 11am - 12.30pm.

The event will be free but donations for AfC will be welcome. Anyone who can help on the day, please contact Dawn Williams on:

*Dawn.Williams@actionforchildren.org.uk* – or speak to Eff, Jenny or myself.

*Marilyn*

### **Rainbows**

It has been lovely to welcome our leader Hannah, back to Rainbows after her beautiful wedding and honeymoon. On Tuesday, the girls were challenged to design and make a slide for their "teddies". They worked in small groups and produced a variety of slides. Some accepted adult help and some preferred to just get on with it!



*Eff*

### **Sing for your Supper**

Sing for your Supper (ploughpersons) at 7pm on Friday 21st July.

Numbers for hymns to Jenny Newman, numbers for food to Eff Poole would be helpful but I expect we'll manage!



*Eff*



Making biscuits



'Love your neighbour' hearts



Deep in conversation



The Café Church Band



Very good at bandaging!

Café

Church



Sunday Club

A game about the world



The Pentecost hat



Pentecost flame flags



*"Truly a time of solid joys and lasting treasure."*

Parents & Toddlers



## Young Families Work News

**Café Church** was lots of fun and with its usual happy and friendly atmosphere. 'Fabulous' was one word used to describe our time together! The theme was The Good Samaritan, following a remark made by one of the children – 'I wish we could have the story of...' (Maybe this was an excuse to get out the bandages again and play hospitals!). As always, we explored the story through our worship time together and our activities - not forgetting our word searches! We thought of ways in which we can help our families, our friends and our neighbours, the children very attentive and eager to respond to Don's questions during his talk to us all. Our songs included One more step along the world I go and a very lively YouTube video of He's got the whole world in his hands. Although missing our saxophone in the band, as Christopher was on a well-deserved holiday, we had the addition of another guitarist who we are so happy to welcome into the Café Church band. Activity-wise, the play dough was a must for one or two of the creative children, whilst others practised their bandaging skills on Alison – one of them confidently assuring us that she was 'very good at bandaging'! The food activity was the favourite icing a biscuit, then decorating it with one of the Good Samaritan's coins used to pay the innkeeper. As usual, the biscuit – this time with its edible coin - didn't remain in one piece for long! It was consumed as quickly as ever! On another table were paper hearts for the children to decorate and write on their ideas of ways in which we can show love for others. They joined others on the Good Neighbour tree which spelt out a message to remind us of the story:

*Love your Neighbour, who doesn't Look like you, Speak like you, Pray like you, Love like you.*

So, prompted by one of the children's suggestions, we had a great afternoon with a very special message to take away. We look forward now for more requests from the children. Do come and join us for our next Café Church on July 9<sup>th</sup> at 4.30 pm. You will be very welcome.

**Sunday Club** has been enjoying some good sessions. 'Do you know what your name means?' came the question one Sunday, prompted by the story of Tabitha (whose Greek name was Dorcas meaning deer). We had great fun hearing the thoughts from one another – some of us knew the meaning, some of us didn't! Other Sunday stories included Matthew, the tax collector being called by Jesus to follow him, and when asked why, Jesus replied "People who are well do not need a doctor, but only those who are ill."

Pentecost Sunday Club was celebrated in a variety of ways but with the over-riding message that the Holy Spirit is for all people everywhere. Having played a catching game with the inflatable globe, each of us taking it in turns to identify different countries around the world, we learnt the BSL signs for Jesus and for Everyone, learning that BSL is a language as much as any other. A film clip shown to us from the Madrigal Family was brilliant in emphasizing that whatever different skills we have, whatever language we speak, whatever ways we communicate, we are all part of the same family. Our activity was making Flame Flags with the words 'All people' written on in different languages. It was a very busy fun session – and we certainly couldn't forget afterwards that the Holy Spirit is for everyone!

Another lovely Sunday was round the story of the sending out of the disciples – the children first of all working out what they felt they needed to take on holiday

and then discovering that Jesus sent out the disciples without any luggage!! We painted story stones and made heart frames to frame the faces of those we love. Singing 'Jesus love is very Wonderful' was a time of great merriment and dancing!

Our time in Sunday Club is always greatly enjoyed by the children. They love meeting up with one another, hearing the stories, responding well and chatting together, and these days often completely absorbed in completing the activities afterwards. Refreshments at the end make for a real family time when we love welcoming the parents to join us after church round the table for a cup of tea and chat.

**Parents and Toddlers** has continued to grow having welcomed more families to the group since last month's update. Particular thanks this month go to the parents and grandparents who are brilliant at helping in every way and stepping in whenever they see a need. Our time together is so much enjoyed.

### **Yeo Valley School**

Something we try to do every year is to give the school leavers at Yeo Valley School a copy of 'It's Your Move' - a fun and friendly guide for all those making a move to secondary school. It is an excellent book offering advice and support to what can be a daunting time for some children. Including real life stories of children who have previously made the move, puzzles, quizzes and places to doodle and personalise the book, it also has Biblical content. A Christian ethos runs throughout it. The children always very much appreciate receiving it and it is a good way for us to serve our partner school and its children, and to strengthen our relationship with them.

Good news too is that we already have a booking for their Years 5 and 6 Christmas Concert! Fantastic!

**And finally**, please do come to our Annual Church Picnic on **Sunday August 13<sup>th</sup> 12.30-3.30** which will be held at Pilton Bluecoat Academy. We very much hope that this year the weather will allow us to play games and picnic in their lovely field and make full use of their outside facilities. At least we cannot be rained off, or sunned off or blown away this year as the wonderful news is that we have the use of the school hall. The picnic is a great time to be together as a church family, whether you like to play games or just sit and natter. So do put the date in your diary.

Now sending you every good wish and much love for a very happy, sunny and enjoyable summer. We look forward to bringing you more news in September.

Every blessing,

*The Young Families Work Team*

### **Parents and Toddlers**

Great enjoyment is the fulsome reward for helping at this weekly event. The words from John Newton's hymn seem apt for it is truly a time of "solid joys and lasting treasure", both for the children and all adults attending. There is very much a group identity with everyone fully joining in. The parachute remains a great favourite and the vestibule is ideal for this. We can be seen having fun from the street, whilst the shrieks of delight echo from the roof and can probably be heard at the end of the road. Pushing the seesaw, as frequently requested, I am conscious of its lowly status with the pay being "but a penny a day" according to Margery Daw. But it is great fun!

*Christopher*

## Managing Sharps Waste discarded on the premises at Christ Church

Following from incidents where sharps waste has been discarded in the car park at Christ Church, a sharps waste kit is now provided.

Please would all users and hirers read the standard operating procedure which is displayed on the information noticeboard outside Room 4.

Please contact myself if you have any queries about what to do if you find an item of sharps waste on the premises.

Thank you,

*Maureen Thomas* (Safeguarding Officer)

## What if we all wore one of these?

One Sunday I sat behind the Sunday Club young people and saw this on the back of Ella's sweatshirt: "*Dear person behind me, the world is a better place with you in it. Love, the person in front of you.*"



When I went to thank her afterwards, I saw the front which simply reads "*You are enough.*"

It certainly made my day, and made me think! Well done Ella, and thank you.

*Liz*

## Summer Tea Party

What a lovely afternoon we had! A delicious tea, served to us at the table – an amazing choice of sandwiches, pastries, cakes, cream scones, flapjacks..... It was difficult not to try them all! We had a few stalls too, always fun to have a look and maybe pick up a bargain. Not only did we have a lovely time together, but the afternoon raised much needed church funds. Thank you so much to everyone who baked, prepared and came to support us on the day.

(photos—front cover)



*Joy, Elaine and Liz*

"I would like to say a very big thank you to my friends, members of the church and congregation and the whole of the Ministry team for giving me such a warm welcome back after a very long absence. Also to the people that have been so willing and helpful regarding the use of the church wheelchair which has made it possible for me to return. I am so grateful to you all".

*Chris Bright*

## Amigos Update

*"I will keep you and will make you to be a covenant for the people and a light for the Gentiles, to open eyes that are blind, to free captives from prison and to release from the dungeon those who sit in darkness"*  
Isaiah 42:6-7

Full speed ahead! Since our last news many of the Kira Farm trainees have been home for a two weeks break. And now they are excited to be back! At the end of their first semester the students are always given the opportunity to see their families and hopefully try out their newly learnt skills at home. It is always a time of mixed feelings – some trainees are super excited about reuniting with their families, but others are worried about going back to the hard living conditions they have left at home. This year, as a way of encouraging them before they left, they had assessments on their progress so far. These to help them see how much they had learnt, hopefully giving them confidence to try out their new found skills when they got back home.

Now, later, having returned to Kira Farm and happy to be back, the trainees have started their all important second semester which is very determinant in their lives. The first semester was about learning essential tasks for their chosen vocation, the second one a time of honing their skills by beginning a project. It will be a journey of transformation.

Looking back on the first semester, it was interesting to read that what has been particularly exciting has been the pioneering electrical wiring class, and to hear that it has gone so well. For the first time this year trainees have had the opportunity to learn electrical skills which is such an important step with the ongoing electrification of rural communities (photo opposite).

Elvis was one of those fortunate enough to go away and see his family again. His latest letter came (opposite), once again full of enthusiasm for all the skills he has learnt, and showing his huge desire to help others both at Kira Farm and then when he eventually returns to his community. Just back then, when he wrote; he looked very excited in his picture at the prospect of going home for the break! Hopefully we will hear something about it in his next letter.

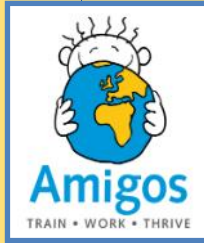
Now - a prayer request from all those involved in the life and work of Kira Farm: *"This semester is very determinant in the trainees lives and we ask that you pray for us all as we embark on this journey of transformation. Today is day one - which we'll all look back to and celebrate for what God is doing".*

*Anthea*

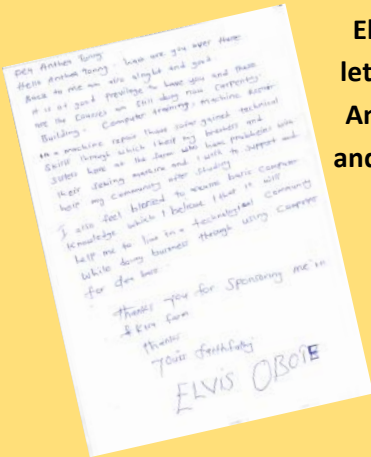
## Causeway

Our Service on June 4th celebrated Pentecost. Michaela introduced our worship by reading her Braille account of the Birth of the Church. Recent happy holiday experiences filled our news time. Waving flags and ribbons accompanied our songs which included 'This little light of mine', 'Shine Jesus Shine' and 'All over the world'. Marilyn's illustrated Pentecost talk focused firstly on the desperate need to tell others about the coming of the Holy Spirit into the lives of those who had just received it and secondly how the disciples, Peter and John, were changed by the Holy Spirit enabling them to take action and becoming bold enough to heal the lame man at the Temple. We each placed a closed paper flower onto water and watched it open, symbolising how we are changed by the Holy Spirit (photo opposite). It was another lovely uplifting time of worship together.

*Gill and the Causeway Team*



The students are back (left)  
Learning electrics (above)



Elvis's  
letter to  
Anthea  
and Tony



A seagull chick is being raised by it's  
parents in Noah's Park



Causeway Service





## News from Dakar May 2023

Hi everyone,

Asalaam Maalekum! I continue to be pretty hopeless with the language! Even French is always a challenge, but I give it a go.

It has been a busy month. The hospital is in full flow, with general surgery, pediatric surgery and maxillofacial surgery. We have had a few patients through our ICU.

Here are 3 of my favourite things from this week:

1) Watching a patient look at himself in the mirror We give every patient a mirror. After surgery they often just stare at it. I always wonder what they are thinking. Many have lived so long with unsightly facial tumours, it takes a while for them to believe it has gone, and that they can now start to walk in a new identify. Freed from their shame.

2) We had a 53-year-old man who had a large cleft lip. He was unusually confident for someone with a facial cleft. Normally adults with a cleft lip, hide away in shame. Often treated as outcasts from their disfigured faces. It is rare you get eye contact. Samber was different. He was just very happy to be here and have surgery to change his face, an opportunity he had never dreamed of. He had never seen or been on a ship and couldn't understand why we didn't sink! He also had never been in a lift. When he got in the metal box it moved, he was very scared for a few moments. When his surgery was finished, he was elated. He had lived with this appearance for 53 years. Now a moment of change for his future and life had come. It was beyond all he could have imagined!

3) The morning Dr's round. This always takes a long time! But in this culture, giving time and relationships are considered higher value than efficiency and task. Dr Gary always gives his patients time. He will always greet them, and ask how their night was, how do they feel about how they look etc. The time spent conversing is as healing as the surgery. Often these patients are outcasts, feeling like they are not part of the human race because of their disfigurements. We aim to help them feel loved again, by our care and attention, as well as clinical/surgical care.



The Coronation: I had the day off on Saturday unexpectedly, after some extra hours the week before. We spent an evening decorating the cafe lounge and cooking British snacks. Another unexpected privilege was an invite from the British embassy here the week before the Coronation to invite the British crew there for the evening to celebrate.



This weekend I managed to get a swim in the sea. The sea has now got warmer so not so hard to get in! The waves were great too. The only thing we had to try and avoid was the jelly-fish! There were many of them!! Difficult to avoid them sometimes! The travel there was also entertaining. We went in a very beat-up looking taxi. Most of the door and window controls came off in your hand when you touched them!

Thank you for your kind support, praying and encouragement!

So grateful for all of you! Love,

*Rachel*

### **Final news from Dakar June 2023**

There are only a few days to go now until I start packing to come home. This week is the last week of surgery, so we are trying to cram in as many patients as possible before we pack up the hospital and make it 'sea-safe'. This ship is better designed for sailing, and we don't have to dismantle the beds. It still involves lots of cleaning and securing things that are not fixed to the walls or floors.

It was my turn to do 'trash management'. Our rubbish gets processed on the ship in order that we leave nothing for the country to have to dispose of. Most stuff goes in the incinerator; the incinerator is very fussy about what it is given! So as an education experience!! Most of us get the experience to monitor what is going into the incinerator! Not the most pleasant of jobs, but as a nurse, I have done worse!

The hospital ends:

Many patients are leaving now as we prepare to close the hospital. We pray that everyone will be healed up well enough in time so that we don't need to make contingency plans for them locally. There are ways to do this, but it can be complicated, and we try not to leave any burden or work for others when we leave.

The future:

I have decided after much thought and praying that I would like to continue on the ship for longer. Sierra Leone will be more of a challenge as the need there is much more evident. Work have very kindly agreed to extend my leave, so I will be returning in August after a break at home, until the end of the year in Freetown.

Thank you all! As always, I am humbled that so many of you are responsible for me being here, and I feel I can only be here with your support whether financial or spiritual or encouragement. I will recommence a monthly update in September. I hope to see as many of you as I can over the summer before my return.

Until next time....Love,

*Rachel*

## **SAINT ANN (OR ANNE)**

Saint Ann was the mother of Mary and grandmother of Jesus. She is the patron saint of grandmothers, unmarried women, married couples and the infertile. Her feast day is 26<sup>th</sup> July.

Ann does not appear in the bible but in the apocryphal gospel of James. In art she is often depicted with Mary, Joseph and Jesus; or with Mary, teaching her to read.

Ann is also revered in Islam where she is likened to Hannah who remained childless into old age. Legend has it that Ann who was also elderly and childless, saw a bird feeding its young and this awakened a maternal longing in her. She prayed to God that it might yet be possible for her to have a child. Shortly after prayer she found she was with child. Her husband, Joachim, died before the child was born. Believing the child to be a boy she dedicated him to a life of service to God. However, it was a daughter she bore, whom she named Mary. Ann's faith was strong and she believed that she had been delivered of a girl for a higher purpose. By the fourth century a belief arose that Mary was conceived without original sin, thus an early belief in immaculate conception.

The veneration of Saint Ann probably began in earnest in the 6<sup>th</sup> century when Justinian built a church in Constantinople in her honour. By the 9<sup>th</sup> century the feast of the conception of the virgin Mary had reached Southern Italy. By the 12<sup>th</sup> century the cult of Saint Ann had reached much of Europe. A shrine at Douai, in northern France, was one of the earliest centres of devotion to Saint Ann in the West.

Although most of what we know about Saint Ann is from legend, it seemed that her popularity arose, especially in the Latin countries, from a need to acknowledge the importance of grandparents in a child's life.

Music to listen to: Johann Sebastian Bach - prelude and fugue for Saint Ann  
E Bolduc - Mass of Saint Ann - Glory to God

## **GLUTEN - FREE CARROT CAKE**

### Ingredients

6 oz (150g) dark brown sugar	2 large eggs
7 fluid ounces (225ml) vegetable oil	5 oz (125g) grated carrot
2 oz (50g) chopped nuts	$\frac{3}{4}$ level tsp bicarbonate of soda
6 oz gluten-free flour plus $\frac{1}{2}$ tsp xanthan gum (or use plain wheat flour)	$\frac{1}{2}$ level tsp mixed spice
$\frac{1}{2}$ level tsp cinnamon	

### Method

- 1 chop nuts and grate carrots
- 2 Mix oil, sugar and eggs together (I used a stick beater for this)
- 3 Sift dry ingredients together.
- 4 Add the liquid ingredients, plus nuts and carrots and place in a lined 7" tin
- 5 Cook in a fan oven 160 fan or gas 3, it will take about one hour, should be ready when cake feels springy and an inserted skewer comes out clean.
- 6 Allow to cool in the tin for a few minutes, turn onto a cooling rack.

I have included recipe for cream cheese topping if wanted:

### Cream cheese topping

One tub of cream cheese (don't be tempted to use low fat as it will be too runny when icing sugar is added)

1 tsp lemon juice                      6 oz (150g) icing sugar

1 oz (25) chopped nuts

Cream the cheese, then add the lemon juice and beat well, gradually add the icing sugar. Spread over the cooled cake and sprinkle with the nuts.



Come and join us for our...



# Christ Church Annual Picnic

Sunday 13th August 12.30-3.30pm  
in the grounds of

Pilton Bluecoat Academy

ALL WELCOME



LOTS OF FUN

Bring Your Own  
Picnic Food, Drink and Seat!

(Inside the school if wet)



For more info: phone Anthea



## Father's Day Service

The service at Christ Church on 18 June was a lovely family event with Don telling us that he planned to take the rest of the day easy and watch the Canadian Grand Prix as it was HIS day! In the family talk he discussed with the congregation what names we could think of for "Father" in other languages and we followed that by singing the hymn "Abba, Father".

Don also took the opportunity to tell us some exciting news about Arthur Bennett who has been honoured by Rotary Barnstaple. Arthur came to the front and explained that he has been awarded Citizen of the Year 2022/23. We all gave Arthur a hearty round of applause. Well done, Arthur: you are a thoroughly good egg! (photo - back cover)

*Paula*

## Notes from the Elders Meeting held on 5<sup>th</sup> June 2023

- \* News of the fellowship was shared and prayers were said for those who are ill, in hospital, awaiting surgery or bereaved.
- \* We were delighted to welcome Barbara and Dennis Rottenbury into Church membership on 4<sup>th</sup> June.
- \* Property: various problems have been brought to our attention and are being dealt with.
- \* All young peoples activities are going well.
- \* Finance: We continue to spend more than our income!  
Total collected for Water Aid was £950.82  
Christian Aid envelopes and the Big Brekkie raised £928.36  
Thanks to everyone for their contributions.

## Pentecost Songs of Praise

Sunday May 30<sup>th</sup> May at 6.30pm was our Songs of Praise service, and what a joy it was!

We had readings from Genesis, Joel, John and Acts, following the activity of the Holy Spirit through the Bible. We had wonderful hymns, 2 chosen because of a particular memory for Joy and Jenny, and other hymns on the Holy Spirit, all played by Carol on the organ and greatly enjoyed by the congregation. In the last hymn 'the spirit lives to set us free' Marilyn led the congregation in a dance around the Church.



A great way to celebrate Pentecost, thank you Don, Carol and all the readers.

*Eddy*

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

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

**Christ Church Minister**

Revd Don Macalister

01271 345313

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

**Website**

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



Breakfast being enjoyed by all



# Big Brekkie



Local MP Selaine Saxby and Deputy Mayor Janet Coates called in



Rod and Chris busy serving rolls



Barbara and Dennis Rottenbury have been welcomed into membership at Christ Church



Rotary Barnstaple has awarded Arthur Bennett 'Citizen of the Year 2022-2023'



Revd John Bland with daughter Janet, on Father's Day