

The Messenger

Christ Church Barnstaple
Methodist & United Reformed Church

“There is neither Jew nor Gentile,
neither slave nor free, nor is there
male and female, for you are all
one in Christ Jesus.”

Galatians 3:28

October 2023



**Who could resist!
Hobnob's new flag
enticing people in
on Friday mornings**

<http://christ-church-barnstaple.org.uk/groups-2/hobnob/>



**Mercy Ships update from
Rachel Greenland**

October Diary

Sun	1st	10.30am 3pm	Morning Worship and Holy Communion: Revd. Don Causeway Harvest Service
Sun	8th	10.30am 4.30pm	Morning Worship: Revd Jonathan Richards Café Church
Mon	9th	10am 2.30pm	Sound it Out Friendship Group: Fire Safety
Sun	15th	10.30am	Morning Worship: Revd. Don, to include the Re-commissioning of our Worship Leaders
Tue	17th	2pm	Church Friends meeting
Wed	18th	10am	<i>Deadline for the November Messenger</i>
Sun	22nd	10.30am 4pm	Morning Worship: Local Arrangement Circuit Service and Holy Communion at Fremington
Mon	23rd	10am 2.30pm	Sound it Out Friendship Group: Talk by Peter Christie
Sun	29th	10.30am 6.30pm	Morning Worship: Revd. Don, to include the Re-dedication of our Church Friends Oasis Service

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)

A message from the family of the late Revd. John Bland

Thank you so much to you all for the tremendous love and support shown to us following Dad's death on 23rd July. The celebration services here and in Derby meant so much to us and we felt they were both a fitting tribute to Dad and a huge help to us in moving forward whilst acknowledging all that Dad meant to so many people.

Special thanks to Don for his loving care and the opportunity to talk about Dad and his life in preparing the service. We had quite a few laughs and quite a few tears together!

Janet, Chris & Elaine

Message from Revd Don

Dear Friends

I remember when I was a child reading Aesop's fable about an old crow who was out in the wilderness and very thirsty. He'd had nothing to drink in a long time when he came to a jug that had a little water in the bottom of it. The old crow reached his beak into the jug to get some of the water, but his beak couldn't quite touch the water. So what did he do? He started picking up pebbles one at a time and dropping them into the jug. As more and more pebbles accumulated in the bottom of the jug the water level rose until finally the old crow was able to drink all he needed.

That's a parable about the way that God has chosen to work through us. Each of us dropping in our own pebbles, helping with Sunday Club, serving teas and coffees after services, giving someone a lift to church or the hospital, playing for services, visiting a lonely neighbour, praying for someone. Utilising the gifts that are ours to serve in the ways we can. It may not always seem that important, but as the pebbles accumulate and the level of the water rises, so our faith becomes more active and refreshing to those around us. When we pray the Lord's Prayer as we do almost always in our acts of worship we pray for God's Kingdom to come and God's will to be done.

Each one of us has our God given part to play in building God's Kingdom and I encourage us all to add our pebbles to the jug by offering and using our gifts. Let's help each other, our neighbours, our world, to drink of the water of life.

Grace and peace,



Prayers for October

1st October

Loving God,

in an ever-changing world, we come to you for stability.

In a world of so many choices, we come to you for guidance.

In a world so full of knowledge, we come to you for wisdom.

In a world awash with rights, we come to you to discern our responsibilities.

In a world of countless opinions, we come to you to discover what you think, that we may be faithful in our promises and wholehearted in our service – in Jesus' name. Amen.

8th October

Holy God, Father, Son and Spirit, creator, sustainer, empowerer, we worship you. We give you thanks for all that is beautiful: for all that is fruitful, for all that is lifegiving, for all that is precious. And we thank you too for entrusting us with the privilege and the responsibility of passing on the baton of your creativity and your ministry of care for all you have made. Amen.

15th October

Generous God, we kneel in awe at your willingness to draw us into your fellowship; in wonder at your gracious invitation to join the feast of life; in gratitude at your care for each one of us; in humility for your faithfulness towards each one of us. Father, Son and Holy Spirit, we kneel and worship and adore you. Amen.

22nd October

Dear God, we thank you for your gift of forgiveness, and that you remain loyal to us, even when our loyalties drift elsewhere; that, in spite of our mistakes, your grace ensures your imprint on our lives isn't fully erased; that, because of your love we can be confident in belonging, and begin again with your blessing. In Jesus' name. Amen.

29th October

Creator God, may we love, cherish and care for creation as you do. Jesus, servant, king, may we love and seek out those in need, those in danger – as you do. Holy Spirit, spirit of freedom, may we love and free people from all that robs them of purpose and confidence – just as you do. To your glory. Amen.

Oasis – a service of healing and wholeness

A time of quiet reflection, music and prayer
Sunday October 29th at 6.30pm

"God is our refuge and strength, an ever-present help in trouble ... be still and know that I am God" (Psalm 46 v. 1 and 10)



These are difficult times for many of us, perhaps in our personal lives, or in our families – maybe times of grief, anxiety or change. They are also challenging times for our local communities and for our church and the Methodist circuit of which we are a part. At Oasis we take time to be still before God. We bring to him our prayers and concerns; we open our hearts and minds to receive his blessing and peace for the challenges of the days ahead.

*Be still
and know
that I am
God*
-PSALM 46:10

Anyone willing to join a small group to plan for Oasis – we'll be meeting one Thursday afternoon in early October, contact me to find out more.

Marilyn

**A prayer from Christian Aid
for those affected by the earthquake in Morocco.**

God, our refuge in times of trouble.
You told us to pray always and not to lose heart.
We pray for our neighbours in Morocco.
We pray for you to comfort those affected by the earthquake.
For those who have lost loved ones, homes and all they know.
Bring solace in their grief, healing in their pain and help in their time of need.
Let those in need know they are not alone;
May your light shine through the darkness.
And bring hope and strength.
We pray for provision for communities
who now face an uncertain future.
Open our hearts,
May they be full of compassion.
Draw close to those who need you today.
In the name of Jesus,
Amen



Causeway

Deacon Joan lead our Causeway worship on September 3rd on 'Friendship' as suggested by Michaela. The afternoon was packed with examples of acts of worship: the story of the friendship between three friends, Mary, Martha and Jesus as read to us by Sharon from Luke 10 verse 38 to 42; a passerby helping Carole when she fell in Bear Street recently; a stranger guiding Michaela to church a few months ago, when her guide dog had to rest at home; a friend offering open arms to comfort Marcheale who had lost a dear friend recently; visiting friends etc.
One of the highlights of our News Time was the excitement that a beautiful brand-new facility for the disabled had been opened at Arlington Court enabling one of our families to spend time in that beautiful location, sheer joy! Joan spoke so well and Sandy's Friendship bracelet idea worked well. Extra ones were taken home for friends.
Kathryn's version of the simple song 'God loves you and I love you' - with signing from Joan - was beautiful. Of course we had to sing one of our favourites 'What a friend we have in Jesus' - we even danced to the jazz version at the end. Fantastic!

Do come and join us on October 1st when we celebrate harvest at Causeway.

(photo—page 13)

Gill and the Causeway team

Newsletters from Rachel Greenland - August 2023

About to sail:

In a few hours we will set sail for another part of Tenerife! We need to 'bunker' for fuel to have enough to take us to Sierra Leone. Due to the stormy seas on this side of the Island, we need to sail to Santa Cruz to be refueled. If all goes to plan, we should be sailing toward Sierra Leone by tomorrow. Our arrival to Freetown is planned to be on Tuesday 22nd August.

For the last week, it has been great to be reunited with ship friends, both recent and many years ago! The ship is in a port in the middle of a very barren part of Tenerife. We have made it off the ship to go to a local town, having lunch there and a swim in the nice warm sea. We also climbed a small mountain called 'red mountain'.

Every day we do some Team Leader preparation. I am tasked with leading some of the sessions on living well on-board, spiritual preparation, and how to lead well. The team is mostly the same as in Senegal, but there are a few new members, and it is good to hear and share each other's experiences to learn from each other. The rocky sea has not been so much fun! We have snapped 11 mooring lines, and we are currently being kept in position by a tug boat! Another unexpected surprise was finding the ICU was empty! Completely empty! So much work to be done when we arrive there. There was a lighting problem, so all beds and equipment needed to be removed during shipyard maintenance. I hope we can find it all again.

Praying people, please pray for:

- Calm seas! It is expected to be pretty rough initially. I am on the Emergency Medical Team during the sail, so I would like a nice calm sail!
- For last minute preparations in Freetown as the team on the ground there make last minute plans for the ship to arrive.
- That we have enough hospital staff to start up the field service safely.

Another Newsletter from Rachel - sent on 31st August 2023

Arrival in Freetown, Sierra Leone

We left Tenerife with a surreal view of the forest fires burning fiercely in the mountains. As we departed, we watched the fire-fighting planes loading up with water to fight the spread of the fires. It was a sad last view of Tenerife, and hard on the Tenerife people.

The sail was pretty smooth, and the weather was mostly sunny.

We arrived in Freetown last Tuesday. Thankful for a good sail and even some sightings of sea life, which always brings much excitement! A few excited dolphins jumping out of the sea to say Hi along the way.

Although this is my 5th time in Freetown, the previous time was in 2011, when I had a very short visit. I came for 3 consecutive years, in 2002, 2003 and 2004, so it was special to see the hills of Freetown and the green mountain back-drop. I have enjoyed many countries over the years, but Sierra Leone is one that always stands out in my memories.

The day after we arrived, a ceremony for our arrival took place on-board. The President of Sierra Leone attended, which was a great honour for us. I was a



guide for the tours of officials that came through the ship. I got to see the president as he came through the ICU.

Our first walk out of the port gate and onto the streets was sobering! The poverty is very evident. This area of the city, people live in metal shacks at the roadside. The streets are very busy, chaotic and very noisy. It gave us sensory overload!

There is something I love about it too!



A welcome addition since last time is the arrival of the Ke-Ke's (3 wheeled motor transport of Sierra Leone) These have now replaced the taxi's, and become the chief way to get about. They are good fun, although slightly on the scary side when inside them! It feels like you are driving down a James Bond movie set. The speed is not appropriate for the amount of obstructions, whether people, motorbikes, wild dogs, market wares or other Ke-Ke's. Add in a road full of

massive pot-holes due to the current rainy season, and open roadside sewers, it is a journey to ignite your prayer life.

Some of the local nurses came and had a tour on the ship. Many of them will be partnering with us on an educational programme. Our training team will work with them in their hospital, and some will have the chance to spend some time working with us on-board also. In the local hospital, only some nurses get paid here! On qualifying as Registered Nurses, they commit to working for 2 years, but this is all voluntary!! They earn no money for 2 years. Even after 2 years, it is very hit and miss when they get paid!



We have approximately 300 local people coming to work alongside us as translators and other roles. In the hospital they assist on the wards with some of the tasks such as giving out meals, making beds, playing with the kids etc. Over 50 of them are local healthcare workers, unable to get jobs. They were so excited to come and work on-board!

I had a very special moment on Wednesday, when a patient from 2004, came to visit the ship. I remember her being on-board as she was 6 years old at the time, and had a terrible facial tumour. Now her face looks amazing! It was hard to tell she had ever had surgery. I took her for a tour of the hospital, and we discovered she wants to be a nurse, having been inspired after her experience on the Mercy Ship. She chatted to some of the other nurses about why they became nurses and why they wanted to come and work here.

The first patients will come on-board next week for blood tests, radiology imaging and preparation for surgery. We will be training our translators, who also assist us in caring for these patients, and educating the new nurses on how things work here and the differences between working at home and on the ship. The first patients will be admitted on 10th September, and it will quickly ramp up over the next few weeks to increase our capacity to provide help for as many patients as impossible over the next 10 months, while the ship is here. It is very exciting! Thank you for your support and your prayers. We need them.

Love to you all back at home,

Rachel

Xxx

(more photos—back page)



Word Search fun



Anyone for seconds?

Café Church

Hidden Treasures



Putting our personal treasure finds on the tree



Treasure box



My treasure cake and box



Café Church is a relaxed café-style service with creative activities, time of worship and a delicious tea.

<http://christ-church-barnstaple.org.uk/pbhwdyaakn/cafe-church/>

Young Families Work News

Sunday Club

Review of our summer holiday programme of a Bible story from the 'Roots' schedule and the childrens choice of activities show it was appreciated by participants and their families. As the children settled back to school and under-5s activities at the beginning of September we resumed our usual programme from *Roots* – Bible story, song, prayer and activity sheet. *Roots* has been revised for Autumn 2023 onwards. In particular it now features a colourful, full-page illustration for the weekly story and the children have liked the ones for September. Our craft activities were selected to be included, along with those of the Rainbows, in the Harvest Festival Childrens Window display – thank you to everyone concerned for their contribution.



Maureen

Café Church

Our very beautiful theme on the 10th September was Hidden Treasures – a follow on from Eff and Jenny's lovely service which had been inspired by the theme of the Methodist Prayer Handbook. We became aware of so many different treasures to think and talk about, treasures that we and others keep and look after in special places, or those we find in everyday life - in creation and in so much we see around us if only we look. Other examples of God's gifts to us were seen and found in the treasure hunt leading into the worship, things we all, as Christians, want ever present in our lives – fruits of the spirit – honesty, love, patience, wisdom, all written on cards for the children to find. Happiness and joy, although words found on the treasure hunt cards were further evident when it came to the music and the songs! (which were maybe a little different from usual!) The children (and adults too!) just loved the Christian Conga joyfully showing off their special talents (also treasures) as they danced round together. *'This is a catchy songa, we sing it to the Conga, we dance and sing, to Christ the King...'* (words and music by Captain Alan Price). Such fun! Our worship appropriately finished with singing a song written by John Hardwick which is sung regularly in many schools, reminding us how special each one of us is to God. We are his treasure.

*'Nobody's a nobody believe me 'cos it's true...
Nobody's a nobody, especially not you
Nobody's a nobody and God wants us to see
That ev'rybody's somebody and that means even me.*

In the creative activity time, the children put together and decorated Treasure Boxes to take home, and of course the food craft was as popular as ever, the children decorating Treasure Chest shaped cakes with colourful edible jewels – though that particular treasure wasn't kept and looked after for long! *'All good gifts around us'* was sung as grace before our usual delicious and colourful tea. It was a fitting end to a lovely afternoon in which we know there were so many treasures – hidden and otherwise.



Anthea

(cont.)

Parent and Toddlers

On Wednesday 13th September we returned after our summer break, 9 happy children and parents/grandparents. Amazed how much they have all grown. We are looking forward to a fun term.

Thank you to our wonderful parents and children who help with pick up time, and this week to George who played his guitar. Thanks also to our wonderful team and Elaine and Maureen who also help out.



We have room for a couple more families if you would like to join us.

Joy

With many thanks to you all for your continuing support and prayers. Love and blessings,

The Young Families Work Team

VOLUNTEERING OPPORTUNITY

OUR COURT NEEDS YOU!



**Norah Bellot
(Retirement Living with Care)
Vicarage Street
Barnstaple EX32 7ES**

We need new volunteers to help us provide activities for our residents.

Volunteering opportunities include helping to run our various Chat, Coffee and Quiz groups, Indoor Bowls, Bingo, Seated Exercises, join our "Friday Club" team of volunteers or come up with a new activity.

We are always open to suggestions.

In the first instance contact: Sally via email:

sally.blackmore@mha.org.uk

or phone and leave your contact details on 01271 379787 and I will get back to you.



Not long now until the Winter Fair! We will be serving lunches again as they were so popular last year. Donations of NEW items for the gift stall, and raffle prizes would be gratefully accepted now. Please bring books, puzzles and Christmas/craft items from November, and cakes on the day before, or the morning of the Fair.

Offers of help for the stalls would be much appreciated, either 9.50 -12 or 12 - 2.10. That way everyone gets a chance to look round, and enjoy a lovely lunch!

Many thanks for your support,

Joy, Elaine and Liz

News from Amigos and Kira Farm

"I planted the seed, Apollos watered it, but God has been making it grow. So neither the one who plants nor the one who waters is anything, but only God, who makes things grow". 1 Corinthians 3:6-7

Letter from Elvis at Kira Farm...

It is great to hear that our sponsored trainee Elvis Obote has been learning and growing in both skills and spirit at Kira Farm. The following is an extract from his recent letter telling us about his present priorities:

'The second rains have come and I am planting rice in my plot. this last harvests were good and I harvested two sacks of maize from my plot and we are enjoying its flour.

I am also practicing and learning urban farming where I have already planted my tomatoes onto two ridges of 10x20 feet and each ridge contains fifty plants they are doing well at their flowering stage and I expect the best harvests, Thank you for sponsoring me in Kira Farm

Thanks

yours faithfully

ELVIS OBOTE'

Other Kira trainees are also busy preparing their plots and planting for the second season. We pray that they will continue to apply the conservation farming skills they have learned and bring God very much into their work. Other excellent news: The results from last year's assessment of the 2022 students have finally arrived. Last November, the Directorate of Industrial Training (DIT) assessed the standard of the 2022 trainees' skills in building, carpentry, and tailoring. The results came with the excellent news that all the young people achieved the top grades of A, B+ and B. And to quote from the Amigos newsletter: 'To have this excellent independent Government assessment also inspires this year's trainees to put their all in, and excel, knowing that the hard work is all worth it. In addition to the conservation farming, business, conflict resolution and life skills training they are receiving, trainees know they will achieve a recognised qualification!'

Tools wanted

Should you have any used tools or sewing machines you no longer need, Amigos will be very grateful for them. The young people in Uganda need them to learn their craft and transform their lives and the lives of others. There is now a new collection point in North Devon from where the first lot of used tools have now been collected. Should you have any that you would like to donate, please get in touch with the Amigos Office at 3, Boutport Street, or email:

info@amigos.org.uk

Only God makes things grow (thinking back to the Bible verses) ... Much of Amigos' work in Uganda involves training people to plant seeds and then nurture them before hopefully seeing them bloom. The verses at the beginning, chosen from Corinthians, sum this up. In their partnership with God, Amigos 'have a part to play but only God enables it to be successful'.

And to finish, a request for prayer from the Amigos team: Please pray that everyone involved in our work - staff, Kira Farm trainees, sponsored children and their families, and rural communities - will be faithful in carrying out their tasks but put their trust in God. Thank you for your prayers that continually remind us of how to partner well with God so that His kingdom comes.

Anthea



Causeway Service



**Lentil and Chickpea
curry recipe - page 17**



**This colourful display
of daisies at a recent
Sunday service,
reminded us of a
bowl of sunshine**



**Left: Elvis learning
about growing trees**



**Right: Trainees
preparing for second
planting**



An Uplifting Chance Meeting

I recently decided to visit a new hairdresser in the town. During our opening conversation we immediately realised that we recognised and remembered each other and with her permission I would like to share her heartening story.

A few years ago, Carolyn attended our 'Parent and Toddler' group with her son Jacob, who I am sure some of you will remember. This was during a traumatic episode in her personal life and at the time she didn't feel she could share her problems with anyone. Then one Sunday she attended Holy Trinity Church and a feeling of peace and calm came over her. She said she engaged in conversation with a lady that led to her sharing all her troubles.

Since then, it has led to her giving her life to Christ, she has been baptised, teaches in the Sunday School, and is happily remarried and enjoying life.

She is convinced however that the seeds of her faith were planted during the time attending our group at Christ Church. She said that it was an environment where she felt safe, and appreciated the welfare and kindness shown. She enthusiastically added that the whole atmosphere within the group made her question her life and search for answers. She was pleased to tell me that her friend, who also attended the Parent and Toddler Group has committed herself to Christianity.

We had a wonderful chat whilst she did a really good job with my hair. It was so reassuring to hear her recall those formative times and the realisation that people are influenced by friendly actions as well as lengthy sermons. It often can be the way we live our lives and share friendship that can have an influential effect on others.

I left not only pleased with my new look but enriched that our Group's hard work had left such a lasting impression on someone's life.

Sandy

In search of a Hot Tub!



This is a strange request but does anyone have a reasonably easily moveable hot tub the church could borrow just for a couple of days?

This isn't for my personal use but for an act of worship we are planning some time in the next couple of months.

If you do and would like more information please let me know.

With many thanks, Don.

Revd Sue Macbeth's morning worship on 3rd September was all about pilgrims, and she sends us this:

A Pilgrim's Prayer

If some things do not happen as they are scheduled,
Lord may I remember that I am a pilgrim not a Tourist!
If I should get tired and inclined to become short tempered,
Lord may I remember that I am a pilgrim not a Tourist!

If my meal in a foreign country may not be to my particular liking,
Lord may I remember that I am a pilgrim not a Tourist!
If any delays should occur and I should become anxious,
Lord may I remember that I am a pilgrim not a Tourist!

If some other pilgrim is making noise so that I cannot hear the guide,
Lord may I remember that I am a pilgrim not a Tourist! when I ask that person
to be a bit more quiet.
If someone takes a better seat or more choice place,
Lord may I remember that I am a pilgrim not a Tourist!

If I find myself last in line or waiting,
Lord may I remember that I am a pilgrim not a Tourist!
If the person in front of me buys the last item which I really wanted,
Lord may I remember that I am a pilgrim not a Tourist!

If I should get a chance to help another person, who always seems to be
annoying me,
Lord may I remember that I am a pilgrim not a Tourist!
If someone is always the 'last one on the bus' and I am always on time,
Lord may I remember that I am a pilgrim not a Tourist!

But Lord especially let me remember that what I find objectionable in another
is really what you oft times find objectionable in me.
And let me remember this and forgive the other,
As you are continually forgiving me

"Keep yourself as a pilgrim and a stranger here in this world, as one to whom
the world's business counts but little. Keep your heart free, and always
lift it up to God."

Thomas a Kempis

Notice spotted in another church's car park:

"No parking. Forgiveness is our business,
but don't make it harder than it already is".



Yehudi Menuhin and the Yehudi School of Music

Yehudi Menuhin was an American born violinist of international acclaim. He was born on 22 April 1916 to Jewish Lithuanian parents. From his mother, he was descended from a long rabbinical dynasty. His was quite a religious family and his mother held strong views of right and wrong and a belief in a fair chance for all, whatever their religion or none.

Whilst pregnant with Yehudi and looking for an apartment to rent she was informed by a prospective landlady that "you will be pleased to hear that I accept no Jews". Unwilling to live a lie, his mother said no thank you to the apartment and decided then and there that if she gave birth to a son he would be called Yehudi the Jew.

The family were very musical and Yehudi started to play the violin at aged four. Both his sisters became concert pianists.



Yehudi was a sensitive boy who grew into a caring and empathic individual. During the war he performed for Allied soldiers. He was accompanied on the piano by Benjamin Britten when he played for the surviving members of concentration camps. In 1947 he went to Germany to play concerto concerts with the Berlin Philharmonic under Wilhelm Furtwangler, he was the first Jewish musician to do so in the wake of the Holocaust. This was an act of reconciliation, informing Jewish critics that he wanted to rehabilitate Germany's musical spirit.

Furtwangler had been criticized for conducting in Germany during the Nazi era, but Yehudi strongly defended him, noting that he had helped a significant number of Jewish musicians escape the country.

He had a long and deeply personal relationship with Ravi Shankar whom he first met in 1952. We can see that Yehudi was truly an international man, with him there was no barrier of race or religion. He was a great believer in a fair chance for everyone.

In 1963 Yehudi founded his school of music for exceptionally gifted children from all over the world. Many individuals in the years following World War II were keen to help form a fairer world with opportunities for all rather than a privileged few. Much of Europe had been devastated by war and Yehudi wanted as many as possible to have a chance for an excellent education.

The school was founded in Stoke d'Abernon in Surrey. The school was in its first premises for a year when it moved to permanent premises nearby. The site was chosen for its easy accessibility to London and remains in the much enlarged site to this day.



In part the model was inspired by the Central School of Music in Moscow, but never intended to be a copy. It has always been the school's ambition to be 'needs blind' in its admission process and parents are charged fees in accordance with their ability to pay.

Amongst his many achievements in the musical world Yehudi considered the school to be his greatest. When awarded a lifetime peerage in 1993 he chose the title Lord Menuhin of Stoke d'Abernon. He is buried in the grounds of the school.

After his death in 1999 a massive fund-raising drive took place to make possible the construction of a state-of-the-art concert hall - The Menuhin Hall. This was opened in 2006 by the cellist Mstislav Rostropovich. The hall showcases performances by the pupils as well as master classes. The school has over 750 'friends' of the school who assist with finances and with their presence at concerts to support the pupils. The school boasts a long list of former pupils who have become well known performers or composers. All of them nurtured in a caring and inspiring musical environment. The most easily recognisable being Nicola Benedetti – violinist. I expect there will be many more and Yehudi was right to be proud of his achievement.

Music to Listen to: Elgar's Violin Concerto, played by Yehudi Menuhin, conducted by Sir Edward Elgar

Lentil and Chickpea Curry

Ingredients

I can chickpeas
6 oz (150g) red lentils
2 finely chopped onions
2 cloves garlic crushed
1 tsp ground cumin
1 tsp turmeric
1/2 – 1 tsp chilli powder
2 tablespoons fresh chopped coriander
1 lemon - quartered
Water
Oil

Method

1. Heat the oil and sauté the onion until almost cooked. Add the garlic. When all cooked remove half the contents for later use.
2. Add the spices and 2 tablespoons water, cook until liquid has evaporated.
3. Add the chickpeas and lentils and mix well, cover with boiling water, reduce heat and cook until lentils are soft, add more water if necessary.
4. When the mixture is ready, season and add the rest of the onion mixture and scatter the second tablespoon of coriander on top.
5. Serve with quarters of lemon, wholemeal rice or naan bread if desired.

I decided on this recipe as Yehudi Menuhin was a vegetarian and could not understand any kind of cruelty to man or beast. It is said that he particularly liked Indian food because of it's spicy deliciousness. Hope you enjoy it.

Jennifer

Notes from the Elders Meeting on 13th September

- News of the fellowship was shared, prayers said for those unwell, their carers, and the bereaved
- Safeguarding: More help is needed in Sunday Club
- Worship Group: Digibox training is being organised; Christmas services have been planned
- Circuit Leadership Team are planning for 2024 when we may have only one Minister for the Circuit
- A projector is needed, Circuit to be approached for possible funding
- Community Links Project: possible projects are being discussed
- Finance: we are still not in a strong position
- Property: removal of the trees in the carpark is now urgent
- Eco-Church: work towards the Silver Award to possibly be put on hold while we are so busy
- Church Website: has been updated, now gives better info on services and groups to anyone looking to come along

Next Elders meeting: Mon 2nd Oct

The Messenger

The Messenger is available in digital form and can be emailed - this version is in full colour on every page and looks really great. It also saves on paper and printing. If you would like to receive The Messenger in this way, please let Revd. Don have your email address. This is the ideal way to send The Messenger to friends or family who are not local, and saves you the cost of postage!

This digital version is also available on our church website:

<http://christ-church-barnstaple.org.uk/http-christ-church-barnstaple-org-uk-wp-content-uploads-2019-11-november-2019-pdf/>

The paper copies will remain free of charge as we don't want anyone to feel they can't afford a copy. However, if you feel able to contribute, there is a collection box with the paper copies in the vestibule.

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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dasmacalister@icloud.com

Elders

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Kathy Jeacock (Church Treasurer) 373555

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Janet Marshall
Anthea Coates

Liz Seymour
Shirley Baxter
Eff Poole

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

Website

www.christ-church-barnstaple.org.uk



Friendship Group at Gill and Roger Greenland's house



Will and Hannah ...

...visited Tony and Anthea at their home recently



Red Mountain



Ready: ICU



Arrival party



Past patient visited



Meeting the President