

# The Messenger

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”  
*Galatians 6:9*

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



*All Saints' Day*

**November 2023**



**Rev. Don recommissioning Eff and Jenny as Worship Leaders on Sunday 15th October**



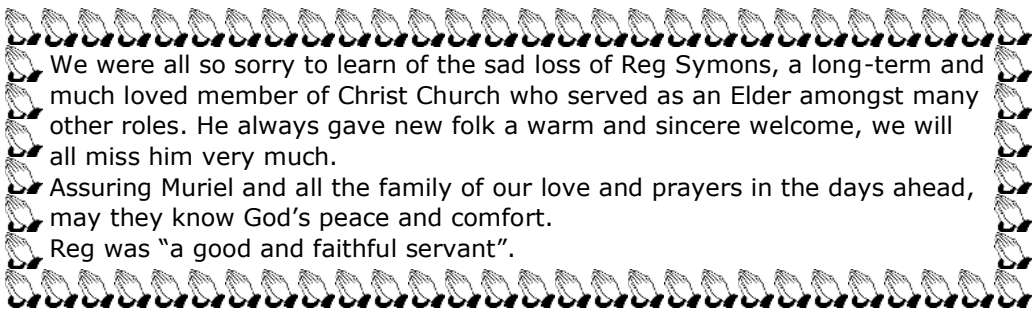
**Harvest at Christ Church**



**Café Church: Crafting fun**



**Recipe: Harvest Cookies**



We were all so sorry to learn of the sad loss of Reg Symons, a long-term and much loved member of Christ Church who served as an Elder amongst many other roles. He always gave new folk a warm and sincere welcome, we will all miss him very much.

Assuring Muriel and all the family of our love and prayers in the days ahead, may they know God's peace and comfort.

Reg was "a good and faithful servant".

### November Diary

Sun	5th	10.30am	Morning Worship and Holy Communion: Revd Don
		3pm	Causeway Service
Sun	12th	10.30am	Morning Worship: Revd Jonathan Richards
		4.30pm	Café Church
Mon	13th	10am	Sound it Out
		2.30pm	Friendship Group: Mrs Smudgers Kitchen
Sat	18th	10 am - 2pm	Winter Fair
Sun	19th	10.30am	Morning Worship: Revd Jonathan Richards
Wed	22nd	10am	<b><i>Deadline for the December/January Messenger</i></b>
Sun	26th	10.30am	Morning Worship: Revd Don
		1pm	<b>*** Annual Church Meeting***</b>
Mon	27th	10am	Sound it Out
			Friendship Group: Christmas Lunch
<b>Early December Diary</b>			
Fri	1st	7pm	Barnstaple Jubilee Singers Christmas Celebration
Sun	3rd	10.30am	Morning Worship and Holy Communion: Revd Don
		3pm	Causeway Carol Service
Mon	4th	2.30pm	Friendship Group: Christmas Flowers

**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)

## Message from Revd Don

Dear Friends,

November is a month for remembering; loudly and joyfully on November the 5th, and quietly and solemnly on November the 11th.

In many ways, for most, the reason for remembering the first event is merely nodded to in passing as being simply a good excuse for a party and to watch fireworks. I hope and pray that will never become the fate for our act of Remembrance on the 11th, at least, that is, until wars are no more. Occasionally people ask me why we still go on remembering people and events of sixty or ninety years ago. The reasons are simple but profound and I believe give us a greater understanding of self-sacrifice as well as a need to work for reconciliation, healing and peace.

Remembrance must not end with the World Wars but must go on and on, from generation to generation, as war follows war and as humanity continues to fail to get the message of love that Jesus and many others have tried to preach, even to the point of death. What are we prepared to give our life for? For our loved ones, our country, our faith, our God? But how can we love a God we have never seen if we don't love the neighbour we see regularly?

The greatest revelation of God's love for me is Jesus who gave his life for people who had no faith in him whatsoever – no, that's not right, it is Jesus who allowed his life to be taken by people who had no faith in him at all so that at last they may see the infinity of God's love for all peoples of all faiths.

In your prayers please pray for the community you are a part of that it may be enriched by people of all faiths and nationalities, growing together in greater understanding of the God of love.

Grace and peace,



## Prayers for November and early December

### 5th November

Today, we pray for all who feel isolated.  
In their uniqueness, they may also feel alone.  
This is most of us, some of the time,  
but it is some of us most of the time.  
God of encounter, may we all turn with love and interest  
towards those who have been isolated.  
God of encounter: hear our prayer. Amen.

### 12th November

Today, God, we pray for those in grief. Someone was living who is now not living, and our hearts mourn in the wake of their lives and their presence in our lives. May we have hope. Not saccharine, not silly, not soppy.  
We pray for hope. Hope that we may live in the light of their great lives, and in the hope of seeing them again, in the kindness of heaven.  
God of encounter: hear our prayer. Amen.

### **19th November**

We praise you, majestic God of light.  
We thank you for your light in our lives;  
for the love light in your created people,  
shining in the faces of those we know and love;  
for the light shining in the words and actions of all who know you,  
and use their time and talents to serve well;  
for the joy that pours in, lights up and empowers us  
when we let go and trust you with all we have.  
We praise and thank you, loving majestic God of light. Amen.

### **26th November**

You are our Father of glory, maker of heaven and earth and the  
God of our Lord Jesus Christ.  
Our Lord is a great king, the rock of our salvation and our  
shepherd, rescuer of the lost.  
By the power of your Spirit, you grant us wisdom and insight.  
Father, Son and Holy Spirit, our adoration knows no bounds. Amen.

### **3rd December**

Eternal, faithful, mighty God, your potter's wheel spins  
and we are formed by your loving hands.  
We are fired in the awesome heat of your radiant glory,  
glazed with the rich grace of your Son,  
and filled with the power of your Holy Spirit.  
Eternal, God, you are the potter, we are the clay.  
We are fired and ready for use, as we wait  
for the glory that is yet to come. Amen.

## **Letter from Revd Stephen Caddick**

### **RISE**

I would like to invite you all to join in with the Rise Prayer Initiative beginning on Tues 3rd October. This will take place every Tuesday morning from 8 - 9 am and will involve praying together in small groups or alone at this time each week. Everyone can be involved in this . Perhaps you could invite others from your fellowship to join with you at home or open your church for an hour on Tuesday mornings.  
If anyone would like to join Sharon and me at the manse you will be very welcome. I know not everyone is comfortable praying aloud in groups and that is ok too. At the start of the prayer time it will be good to begin with a time of focusing on how great our God is before a time of praying for the needs of our churches and circuit. I hope to post a few short words that may be read as you meet together on the circuit website each week.  
I am very excited to see how this develops, where God will lead us as we begin this venture together. Put a reminder in your diaries, phones, calendars, tie a knot in your hanky and remember when we rise on Tuesday mornings that our prayers will rise to God and He will cause our expectations, hope and faith to rise.  
Please consider how you can be involved with Rise. If anyone would like any guidance or further information please contact me. I am sure that God will bless us as we prayerfully seek Him together,

*Revd Stephen*

## From the Plymouth and Exeter District E-News - Oct 2023

### Finding God in New Ideas - A Message from Revd Dr Daniel Haylett

Dear friends,

Recently I had the privilege of sharing in a Circuit service at Woolacombe Church in the Ilfracombe and Barnstaple Circuit. We were celebrating 130 years of the current building which is now used by another denomination whose main outreach work is with young people who come to skateboard in a room under the main worship space. The church hosts an impressive skate ramp which is busy during the week and draws young people and adults from around the area, with a growing congregation being attracted by the bible studies, house groups and other activities on offer.

It was a joy to be part of a congregation from the Chapel and the Circuit, where we reflected that it was unlikely 130 years ago the members of Woolacombe would have imagined their mission being lived out in this way! We celebrated the seasonal nature of how our buildings are used – not to shape us, but rather to be shaped by our sharing in God’s mission. We gave thanks for the opportunities we are given for holy risk as we listen and respond to God’s call to us to serve the present age.

It won’t be a skate ramp in every church building. But it is a reminder of how we are invited to use the gifts we’ve been given to serve those around us, and to live out the mission we’ve become part of. I give thanks for the imagination and grace that has allowed others to take on a mission that has emerged, and pray that I, and we together, may be as open to God as those who have laid down one way of life in order that new life might flourish.

With every blessing,

*Dan*

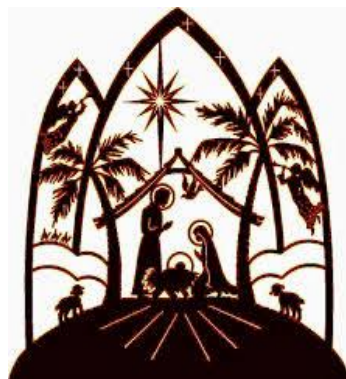
### **Church Windows for Christmas**

We are looking for volunteers who are willing to be involved in decorating the church window sills for Christmas.

The windows will need to be decorated in time for the first Sunday in advent which is Sunday 3<sup>rd</sup> December. If you would like to be involved or have ideas to share, please contact me. All help and thoughts welcome as we look forward to celebrating the birth of Jesus.

Thank you,

*Alison*



## **Circuit Leadership Team Meeting**

To all Churches:

The following list is a brief summary of the items discussed at this meeting, to help you see the work going on across the circuit on your behalf.

- Caterpillar Trail – Hailed a great success.
- Finance report given by Eff Poole, covering assessments and what help is available from District.
- Treasurers Meeting to continue to be held on a quarterly basis.
- Braunton Elders meeting attended by Rev Don and Rev Marilyn.
- The Invitation profile has been completed and sent off for consideration.
- Safeguarding is continuing to be kept up to date and training for this and EDI is always under scrutiny.
- Circuit Meeting Membership (Trustees) it was agreed that the Circuit Meeting should be asked for an update of data for the Charity Commission Website.
- The closure of Emmanuel on September 3rd was noted and how to move this forward was discussed.
- There was discussion over the now closed Bishops Tawton site and what should be done next. The site is to be visited and checked over and an inventory to be made for items left. Some gardening to be organised. The Manse at Moor Lea was considered for let and will be taken to the Circuit Meeting for discussion.
- New worship initiatives were outlined by Stephen. These will be mentioned in the plan and on the Circuit Website.

Stephen's letter of understanding was mentioned and a support group for him is to be organised

### **Trees at the entrance to our church.**

The Elders recently took the decision to have the two trees at the entrance to the church cut down. The reason was that the tree roots had caused damage to the paving and we were concerned that the damage was getting close to the building with a risk of damage to the church itself. The unevenness of the paving is now visible.

Further work on repairing the car park is needed and thought given to any new "green" options. No-one likes to see trees cut down but it was essential on this occasion. We hope you will all understand our reasons for taking the decision.



*Alison*

# Winter Fair

Saturday 18th November

10a.m - 2p.m

Crafts

Christmas  
Decorations

Gifts



Cakes

Books



Games and  
Puzzles



Light lunches served 11.30—1.30

Teas, coffees & cakes

## Events

We had a fantastic evening at the Quiz, with 8 teams and a Pasty & Shortbread Supper. Thanks to our Quiz Master Dave Stevens who brought a lovely selection of questions. Congratulations to the winning team - "Five Candles". We raised £245 for church funds and had a lot of fun, many thanks to everyone for their support. (photos—page 13)

Now the Winter Fair is almost here; we still need raffle prizes, books, puzzles, crafts and Christmas items please. Also cakes and biscuits on the day.

See you there!

*Elaine, Joy and Liz*



**Making and showing our sand pictures**



**Planting bulbs**



# Café Church

**Theme:  
Four Seasons**



**Making chocolate nests**

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



# Parents and Toddlers

<http://christ-church-barnstaple.org.uk/groups-2/parents-and-toddlers/>



## Young Families Work News

### Café Church

This month at Café church we looked at the four seasons. As usual the church created such a warm and welcoming place to come along to, with varied activities and lots of friendly faces. It is always, personally, my favourite time of the month.

The tables were set up with word searches and pictures in the theme of the four seasons and there were many enjoyable activities set up for all ages. The children seemed to particularly enjoy making the sand art pictures with so many lovely colours to choose and enjoy. Muscari bulbs were being potted, and the best table of all was where the children were able to make a nest with chocolate covered Rice Krispies and carefully placed more chocolate eggs on top.

Following on from our activities we had some music, including the wiggle song which of course the children love and some of the adults too. All were encouraged to get out of their seats for a wiggle.

Don then spoke with us about the different seasons and what we enjoy most about each one, from the blooming of flowers to a hot chocolate on a winter's evening. During this we discussed and were taught every once in a while to stop and appreciate the beautiful world God has gifted us. We also learned the origin of the word 'holiday', which derives from the words holy day, a time for rest and reflection, which was particularly apt for the theme. And of course we finished this lovely evening off with a lovely tea. The food, as always, was amazing and definitely represented all four seasons. We had pigs in blankets, minced pies, fresh apples and salad. A wonderful way to end a true celebration of the four seasons and its bountiful beauty.

*Amelia and George*

### Sunday Club

We are continuing to make the most of the 'Roots' resources which have suggestions for weekly activities for under 5s to those of Secondary School age. Our own group of children are progressing at their schools so we have revised how we run the session on each Sunday morning. We remain all together in the Alan Finch Room (Room 1) for Bible story, music and crafts. After the children have had their snack, they are able to make their choices from our range of puzzles and games while their families enjoy fellowship. We do also have toys and activities appropriate for any under 5s attending.

*Maureen*

### Parents and Toddlers

We have a new recruit who is just 12 weeks old. He hasn't joined in singing the nursery rhymes yet, but I'm told we have to be patient! His big sister – pictured here – brought her own baby, so has made an early start on mother craft. A positive change since I parented a toddler is that instead of real pastry they now have play dough as demonstrated by the young man in my other photo. I am sure many of you will recall the suspicious combination of grey pastry and unusually clean little hands – and then the dreaded admonition that "You've got to eat it." One of the lost joys of parenting?!

*Christopher*



It's unbelievable to think that Christmas is not that far away! So this coming month our thoughts will be turning towards planning for this joyous season, and the special ways in which we will be retelling, remembering and celebrating together the wonderful story of the Nativity. More next time!

Meanwhile, our ongoing thanks to you all for your love, support and prayers for our work. Love and blessings,

*The Young Families Work Team*

### **Friendship Group**

On October 9<sup>th</sup> we began our Autumn Programme and it was lovely to see many of our members present, including 3 who had been unable to come for some long time.

Our speaker was Sallie McKay-Roper from Devon & Somerset Fire & Rescue. It proved to be very interesting for us all. Sallie took us through rooms in our homes where we could incur a fire. She gave her audience time to ask questions after each aspect and they in turn were able to ask her questions. So many ladies had not ever had a free fire inspection and many booked one at the end of her talk. I think many of us felt we could make some changes where we could be susceptible to fire risk e.g. leaving our kitchen door open at night or charging items. I am guilty of that – charging my phone. It was a real pleasure having Sallie to speak and the whole group was buzzing at the end of her talk.

By the time the next Messenger is out we will have had a return visit by Peter Christie on October 23, I am sure you will have found that interesting.

Nov 13      Mrs Smudgers Kitchen  
Nov 27      Christmas Lunch – Williams Arms  
Dec 4        Christmas Flowers

*Rosemary*



### **Barnstaple Jubilee Singers**

**Christmas Celebration at Christ Church**

**Friday 1<sup>st</sup> Dec. 7.00pm**

***Guests:* Torrridge U3A Ukulele All Stars**

**Donations for NDADA and Christ Church Barnstaple**

**Tickets £5 on the door**

**Refreshments - Raffle**



## **Make Polluters Pay Action Day held 23<sup>rd</sup> September 2023**

Margaret Robinson was joined by a good number of people from local churches at the Clock Tower in Barnstaple in support of this Christian Aid campaign.

*"Right now the poorest and least responsible communities are paying for the impacts of the climate crisis. But by making polluters pay this could change"* is Christian Aid's message.

Unfortunately the local MP Selaine Saxby was unable to attend as planned because of security concerns but Margaret and others went to her office later to deliver the petitions that had been signed.

### **A prayer for the Middle East**

O God of all justice and peace, we cry out to you  
in the midst of the pain and trauma of violence and fear  
which prevails in the Holy Land.

Be with those who need you in these days of suffering;  
we pray for people of all faiths - Jews, Muslims and Christians  
and for all people of the land.

While we pray to you, O Lord, for an end to violence  
and the establishment of peace, we also call for you to bring  
justice and equity to the peoples.

Guide us into your kingdom, where all people are treated  
with dignity and honour as your children, for to all of us  
you are our Heavenly Father.

In Jesus' name we pray.

**Amen.**

The Very Revd Canon Richard Sewell, Dean of St George's College Jerusalem.

*Your Christian Aid reps are Janet Marshall 01271 373013  
and Paula Littlewood 01271 374419*

### **Revd Don's Retirement**

As you know, we are sadly saying goodbye to Don and Eddy at the end of this year, but plans for marking this are well underway (more info next month). If you would like to know more, or if you wish to contribute to their leaving gift, please contact Alison Cairns.

## Harvest Causeway

Thank you to Christ Church for leaving the magnificent Harvest display and Food Bank collection for a week for us to share at our Causeway Harvest.

It was a privilege for us all to add our tins of food to the Food Bank table as we arrived. News was shared for the first time by some of our friends and Steve led us in prayer. Jo accompanied our singing of 'All things bright and beautiful' and 'We plough the fields and scatter'. Carolyn Ousley reminded us that the words of the chorus of the latter hymn were actually displayed in the Sunday Club and Rainbows Harvest windows! 'All good gifts around us are sent from heaven above'. We read our Harvest Bible verses in unison, then Sharon and Robert read two further verses. Steve really helped us understand and appreciate these readings from both the Old and New Testaments and kept us amused!

Again we enjoyed the jazz version of 'What a friend we have in Jesus' that we heard last time, but on Sunday as we formed a circle Elaine led us in our dance movements including waving scarves, yellow streamers and bunches of wheat. A real celebration of Harvest!

Our refreshments included Harvest Cookies containing fruits and nuts of the harvest. Thank you for making them Jennifer, they were much appreciated. Finally the items of fruit brought by friends were peeled and chopped by many of us to make fresh fruit salad, a little given by many making something large and delicious!

Do join us next time, 3pm on Nov 5th, when we will be celebrating our gifts & talents with Marilyn, and at our Christmas Causeway on Sunday Dec 3rd.

*Gill and the Causeway Team*

## Amigos and Kira: A visit to Masindi, and Kira Development Plans



It was so uplifting to read in Amigos recent prayer news that the highlight of a recent trip to Masindi for one member of the visiting team was finding all Kira Farm's former trainees, "still focused on making their lives better and those of the people around them. They were all running very successful businesses, taking good care of their families but also training other people in different skills". These people were fulfilling the desires we have heard expressed many times in letters from the trainees we have previously sponsored and even two or three times from Elvis, the trainee we are presently sponsoring. I wonder if the team met anyone in Masindi previously known to us!

This visit by the Amigos Uganda team came about following the increased awareness by Amigos that God is calling them to develop their work ('God has new horizons for us'). They spent a week together in communities in Masindi to evaluate what has been achieved and to hear what their dreams are, hopefully finding ways of taking the work further. They saw too how well Amigos' community farming groups, supported children and their families, and Kira graduates worked together and mutually supported one another. Aware now that there is significant room for growth, they are looking to how Kira Farm can be developed in the future to serve the whole vision of Amigos better - the Kira master plan. The hope is that this master plan will be in place by December ready for when funds are available for development. We look forward to hearing more...

Our prayers, as always, are with Amigos and all associated with it, giving thanks for all that has been achieved so far with the development plans, but particularly now for the Uganda team and board as they prayerfully consider how Kira Farm can be developed to take Amigos forward in the next few years.

*Anthea*

# Causeway

## Harvest Service



Singing: "We plough the fields & scatter"



Making fresh fruit salad



### Christ Church Quiz Night

Legendary Quiz  
Master Dave  
ensured a fun  
night was had  
by all whilst  
raising money  
for church  
funds



Winning Team:  
5 Candles



Spot the  
Difference  
Removal of  
the trees  
from the  
car park for  
structural  
reasons  
Page 6





How de bodi? (How are you?). De bodi fine (I'm fine) - This is the Krio welcome. It's based on English, so there is a chance I may do better at learning it. It is also my favourite of all the languages.

The first patient Our first patients arrived on ship on 11th September, which was our first day of surgery. We started with maxillofacial (head and neck) surgery and plastic reconstructive surgery (mainly post-burns patients). The night before surgery started, we had a prayer-through walk (or prayer flood as I prefer) through the hospital. It was a special time of the whole crew joining in to commission the hospital, and our need for God to help us navigate through these next few months. Just before surgery started, Dr Sarah (our Chief Medical Officer) also prayed over the loud-speaker throughout the ship, and the hospital staff lined the hospital deck and joined in.

On the day of the first surgery, I was orientating 2 new nurses. We had the privilege to take the first patient Emmanuel, to theatre and also see him back on the ward afterwards. He was so happy to get his surgery!



'Open house' (Hospital) One of the final events before opening was the 'open house' (or open hospital), where all the crew could come and have fun in the wards and theatres, pretending to be surgeons and nurses. Mollie and I did our usual 'injection station', where crew injected oranges with apple juice! We also set up the ICU for Mr Ted, which the ship kids loved.

Another of our brave patients was a lady called Halliatou, who had a huge tumour protruding from her mouth. She was having a struggle eating and drinking as her oesophagus and also trachea, were beginning to be crushed by the tumour. The tumour was benign in nature but would have killed her before too long, due to slow starvation or suffocation. I usually work on the maxillofacial ward (as many of these patients are high dependency criteria). But I am helping out on the plastic surgery ward, which is nearly all pediatrics! It has definitely been fun though. The day is frequently interrupted by loud African music and dancing - nurses, patients and their care-givers!

We have had more visits by VIP's. One tour that I was involved in leading, was a group which included the Health Minister. He came through our ICU and asked several questions about the patients on the wards and what types of patients needed ICU care.

Beach trip The weekend before the hospital opened, we got to go on an overnight trip to a local beach. The beaches are stunning here. It is rainy season still, but we did get mostly sunny hot weather, although also experienced torrential rain too! Freetown itself is quite a crazy place, even driving around the streets in a vehicle can be a little overwhelming!

Yesterday there was a showing on the ship of the movie 'Blood diamond' which

was about the horrendous civil war in Sierra Leone. 2 of our Sierra Leone crew members also shared on the film and how it was from their perspective. One of them was a young boy when he was kidnapped by the rebels and taken away to the jungle. He never saw his parents again, and has no idea what happened to them. This nation has endured years of unimaginable pain. It is important that we have an awareness of some of what happened as we care for these people in the hospital.

A local hospital. Finally, a sobering moment this week was a visit to a local hospital. This hospital was instrumental in the Ebola times and took many infected patients. One of my friends worked there 6 years ago and returned to see how it was going. They were so delighted to see her. It was encouraging that things had progressed over these last few years - now 6 doctors instead of 1. The hospital specializes mainly in women & children. The hospital was not by any means the worst that I have ever seen. There was a positive atmosphere, the people in charge were caring, and wanting to progress and do the best with what they have. The wards and other clinical areas were very cramped, with 2 children to a bed, and their Mum's too! There was no oxygen in the wards, even in the emergency area. There were 2 oxygen concentrators, which they shared around the children. There looked like there were 10 babies needing oxygen. They only had one O2 Sats probe, that was held together with tape. It was hard to take it in! They said they really wanted to develop an HDU. I immediately wanted to get one of our many spare oxygen cylinders from the ship and take it straight over when I saw these little weak struggling babies with malaria and pneumonia! I am currently looking at any option to help this hospital.

Well that is it for now. More next month!

Thank you ('tell Papa God tenki') for reading this, and for your interest and prayers and support. I am so grateful for you.

Love , *Rachel* xxx

(photos - back cover)

### **Please can you help?**

We urgently need volunteers for next year's rota for serving teas and coffees after the Sunday morning service - please see Pauline if you can help.



We also need folk to sign up on the new Flower Rota which will be on the notice board in the vestibule as you go into the sanctuary. If you are able to bring flowers, or contribute towards them, we would be very happy to give you more information. Thank you,

*Pauline and Gill*

## **SAINT CECILIA**

Cecilia was a third century Roman martyr. Very little is known of Saint Cecilia and most of that is legend. Cecilia (also known as Cecily or Celia) is the patron saint of music, poetry, hymns, roses and birdsong. Her patronage of music apparently came about because at her wedding she heard the sound of heavenly music playing and she sweetly sang in her heart. She is often depicted in art playing an organ.



Her popularity really began in the fifth century. Legend has it that she was a noble Roman, who as a child had vowed to remain pure. She was married against her will to the then pagan, Valerian, she told him that an angel of God had asked her to remain pure. Valerian said he would respect her wish if he could see the angel. Cecilia told him he would only see the angel if he were baptized. On his return from his baptism he found Cecilia in conversation with the angel. Cecilia then converted his brother Tibertius, who also saw the angel. Both her husband and brother in law were martyred before she was. After their deaths she distributed all her possessions to the poor, this so enraged the prefect, Almachius who ordered her to be burned alive. When the flames failed to touch her she was beheaded.

Cecilia was truly a friend of the poor and destitute and was much mourned when she was murdered. The pope at the time had her house converted into a church. In time a church was built in Rome in honour of Saint Cecilia.

So far as we are aware Cecilia did not perform any miracles. At that time miracle performing was not a requirement to becoming a saint, an individual just had to be a thoroughly good person who loved Jesus and cared for the poor.

Music to listen to: Luna by Anna Lapwood

Saint Cecilia Mass - George Gounod

## **HARVEST COOKIES**

Several people asked me for the recipe for Harvest Cookies, I thought the easiest way of giving it to them would be writing it for recipe of the month. The amount given makes quite a lot, suitable for sharing at Harvest Festival or another even, but it is quite easy to halve. I have not tried but I think it would work with gluten-free self-raising flour as well.

### INGREDIENTS

6 oz (150g) self-raising flour	1 tsp mixed spice
8 oz (200g) rolled oats	8 oz (200g) butter/baking margarine
2 free-range eggs	3 oz (75g) brown sugar
3 oz (75g) caster sugar	2 oz (50g) walnuts (chopped)
4 oz (100g) raisins or dried cranberries	1 tsp vanilla essence
grated rind of 1 orange	

(cont.)



## METHOD

1. Cream the fats and sugars together until light and fluffy, then gradually add the beaten egg and vanilla.
2. Sift the flour and spice together, add to the beaten mixture, together with the oats, walnuts, raisins and grated orange peel. The mixture will feel quite stiff.
3. Using two large prepared trays place walnut sized lumps on the tray, evenly spacing them. I squashed them down a bit with a fork as they don't seem to spread evenly on their own.
4. Bake at 180 Electric, Gas 4 for about 12 - 15 minutes.
5. Cool on a wire rack.

Originally this was an American recipe which I adapted, the cookies remain slightly soft and chewy, it is how the Americans like them.

(photo - front cover)

*Jennifer*

### **Notes from the Elders Meeting on 2nd October**

- \* News of the fellowship was shared and Prayers were led by Don
- \* A 'Card Machine' is to be purchased in time for use at the Winter Fair.
- \* Sue Parsley will give training for the use of the Digibox. If there is anyone who would like to help with operating the Digibox please contact Alison Cairns.
- \* The current telephone line in the church is to be discontinued. A mobile phone will be purchased for use in case of an emergency.
- \* Paula Littlewood has volunteered to take on the 'Worship at Home' services when Don retires.
- \* Community Links Project. Investigations are underway to develop a café at the church to be run by Pathfield School. This will hopefully be a partnership between the Church and the School. Legal advice is being sought.
- \* Property. Work has been done on the flat roof and the guttering. The trees in the car park have been felled as the roots were undermining the foundations. We have had an estimate for lots of electrical/light fitting/replacement bulbs work that needs doing, hopefully the work will be carried out soon.
- \* Young Peoples work continues and all is going well.
- \* The church Quiz was a huge success, thanks to all who helped and took part. £245 was raised for Church funds.
- \* Winter Fair is on 18th November.
- \* RISE : a Prayer initiative to pray for our church and circuit (see page 4)
- \* Christmas services were arranged. (see page 18)

Next meeting: Tuesday 31st October

## Recommissioning of Jenny and Eff as Worship Leaders

What a joy to celebrate the continuing faithful service of Jenny and Eff as Worship Leaders in our Circuit at the service on 15th October. Jenny has been a Worship Leader for 22 years, and Eff for 18.

They made responses about their calling, including a promise to “..promote the Glory of the Lord” to which they responded “with God’s help, we will”.

As a congregation we promised in return to encourage them and support them with prayer.

Thank you Jenny and Eff for your dedication and commitment.

(photo - front cover)

## Christmas Services at Christ Church

Sun 3rd at 3pm: Causeway Christmas Service

Sun 17th at 6.30pm: Carol Service

Sun 24th at 4.30pm: Christingle

Mon 25th at 10.30am: Christmas Day Family Service



## 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*



**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

[dasmacalister@icloud.com](mailto:dasmacalister@icloud.com)

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Chris Marshall  
Janet Marshall  
Anthea Coates

Liz Seymour  
Shirley Baxter  
Eff Poole

Jenny Newman  
Steve Dawson  
Elaine Stevens

**Room Bookings** 371808

**Circuit Administrators** 379116

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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)

Prayer-through walk



Dr Gary & patient

First patient for head & neck surgery



Fun with the ring on beach day



Staff & patients dance party



The church was beautifully decorated



Harvest



Revd Don, age 16, sporting orange jeans which were mentioned in a recent sermon