

The Messenger

Christ Church Barnstaple
Methodist & United Reformed Church

“See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come...”

Song of Songs 2: 11-12

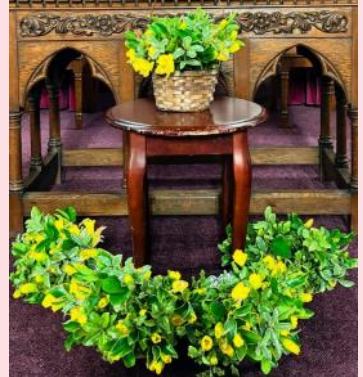
April 2024



Singers working up an appetite at 'Sing for your Supper'



Making fruit rainbows at Sunday Club



Daffodils for all on Mothering Sunday

April Diary

Sun	7th	10.30am 3pm	Morning Worship and Holy Communion: Revd Alan Telfer Causeway Service
Mon	8th	10am 2.30pm	Sound it Out Friendship Group
Sun	14th	10.30am 4.30pm	Morning Worship: Mrs Shirley Baxter Café Church
Wed	17th	10am	Deadline for May Messenger
Sun	21st	10.30am	Morning Worship: Revd Jonathan Richards
Mon	22nd	10am 2.30pm	Sound it Out Friendship Group
Sun	28th	10.30am	Morning Worship: Revd Marilyn Tricker

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)

Thank you



I would like to thank everyone who has offered prayers for me and Staveley and made enquiries whilst I have been ill.

I am now on the road to recovery.

Pauline

Congratulations

Well done Janet and Chris on your recent success with Bideford Town Band. Coming 6th out of 18 in your first competition since being promoted to the new section was a great result!

We hope your concert on 12th April goes really well (see Janet or Chris for more details)



Message from Revd Jonathan Richards

Dear Friends,

Trying, today, to type this message for the April edition of The Messenger I am conscious of the date. As I sit at my computer, it's the 14th February. So, it's St Valentine's Day and, this year, is on the same day as Ash Wednesday, the beginning of Lent. In the last century this only happened in 1923, 1934 and 1945. In this century it will occur once more in 2029. This begs the question, 'does it matter?'

By tradition, St Valentine's Day is about letting people know they are loved. What then of Ash Wednesday? Well, I believe that Lent, in every year since Jesus began His mission and ministry, is about two aspects of love. The first is recognising that God so loved, and still loves, each of us that He sent Jesus to live among us. By living among us Jesus experienced our temptations, trials, pain and suffering. Yet, more than that, Jesus underwent temptations for 40 days and nights to show He, and only He, could defeat Satan to give us the remedy to sin and failure (see Hebrews Ch 4 vs 14 to 16). The other aspect of love, to be found in Lent, is our endeavour – often unsuccessfully – to follow Jesus' example of fasting and discipline throughout Lent, because we recognise Jesus' love for us and try to show our love for Him, by fasting or seeking to follow Him more closely.

When you read this in April, Easter Day, on 31st March, will be past. The Gospel reading for the 7th April (the first Sunday after Easter) is about two of the resurrection appearances of Jesus to the disciples gathered in the upper room. Thomas wasn't present to witness the first appearance and refused to believe the others, when they told him they'd seen the risen Jesus. A week later Thomas was there when Jesus appeared again. Jesus invited Thomas to put his fingers into the holes in Jesus' hands and put his hand into the hole in Jesus' side. What is so important is that Jesus didn't condemn Thomas; nor does Jesus exclude Thomas from being an apostle because he doubted. Jesus simply said, 'Stop doubting and believe.' Indeed, if you read all the resurrection appearances, in all four gospels, you'll find many times that the disciples and Apostles doubted what their eyes saw and beheld. Like Jesus did with Peter, in John Ch 21, He acknowledged their faults, failings and doubts, and loved them and forgave them anyway. Importantly, He used them to be His witnesses to the world, despite their failures. He calls each of us too, despite the sense of failure that many of us feel.

For each of us, the message from Jesus is the same. I know you; I love you; I died for you. But, says Jesus, I rose again to bring you new life and the promise of eternal life. This is the real joy of the Easter Story we've just celebrated, and can continue to celebrate. No matter who or what we are, or what we have done, if we honestly confess our sin and seek to follow Jesus, He will always love us, even if we have been made to feel a sense of abiding failure by other people. As Jesus says in John's Gospel Ch 6 and vs 37 'Who ever comes to me I will never turn away.'

(cont.)

May the knowledge of the risen Jesus, who loves each one of us, fill you with His peace and joy and the knowledge that you are dearly loved and precious to the Lord, now and always.

Jonathan

Prayers for April

7th April

Lord God, we give grateful thanks that we can celebrate the true meaning of Easter. May we follow Jesus' example of complete trust and commitment to your will. Lord Jesus, you showed us that it is not just starting any work that matters. Rather, it is completing the task, as you did, by going to the cross and rising again, that set an example for us and gained us the promise of sins forgiven and eternal life. May we be prepared, in faith, to follow your example and set self aside to work for the salvation and good of others and bring Glory to you our God and Saviour. Amen.

14th April

Lord Jesus, scripture says your disciples doubted when told of your resurrection, but believed it as they met with you in the following days. May we know, even if we have times of doubt and fear, you offer to meet with us. You do it in prayer; Bible reading; in listening for your voice in stillness and in fellowship with others, if we honestly seek your presence. Help us trust your words, that even if doubts persist, you don't leave us, but as with your disciples, you continue to love us, unconditionally. Amen

21st April

Lord God, your Son our Saviour Jesus Christ gladdened His disciples by His resurrected presence, during their pain and grief after His death on the cross. Holy Spirit, Jesus promised to send you from the Father. Grant us to know the comfort and truth of the Risen Jesus by your indwelling presence bringing peace and joy even in times of grief, loss, despair or pain. Amen.

28th April

O Lord our God your word (1Jn 4 v 7&8) says you are Love and we are called to love one another. Lord there are people we may not like, sometimes not even liking ourself. Guide us to look at them and our self through your eyes. May we discern that though they, and we, may do that which is against your will you continue to love us anyway. We ask that, through the loving eyes of Jesus, we may see others and ourself as you see us: children of the living loving God who saves us through the merit of Jesus Christ, your Son, our resurrected living Saviour. Amen



Christian Aid Week 2024 – 12-18 May

Seven days, so many ways to make a difference.

Every Christian Aid Week, people across Britain and Ireland raise funds, act and pray for their global neighbours in a celebration of hope for a fairer world.

This year's appeal runs from 12–18 May and is focussing on the organisation's work in Burundi, one of the most densely populated and poorest countries in Africa. Heavily reliant on agriculture, it's also one of the least prepared to combat the effects of climate change, including droughts, floods and landslides. The global cost of living crisis has intensified the challenges: more than 70 per cent of the population live in poverty and more than half of children are chronically malnourished.

Christian Aid has been working in Burundi since 1995 when it first offered humanitarian assistance to people surviving the civil conflict. Now, alongside local partners, the organisation helps establish Village Savings and Loans Associations (VSLAs). These community-led groups mean people can save and borrow money, making small businesses possible, offering reliable and diverse incomes so families can eat regularly, get medicine when they need it, and build safer homes.

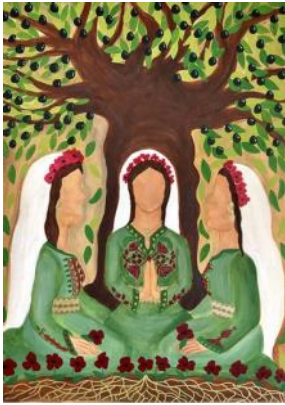
Thirty-five-year-old Aline Nibogora is the chairperson of a VSLA which supports some 25 families in a remote village, in Makamba Province. Aline escaped an abusive marriage only to find herself on the streets begging for a place to stay.

Her life changed when she went to a three-day, Christian Aid-funded community workshop. With a small start-up loan, Aline began trading avocados and peanuts locally. She's now a grocery wholesaler and living on her own plot of land where she's building a home for her family. In the next five years she hopes to expand, so one day she can buy a mill. This will provide a source of income without the need to transport heavy goods over long distances.

"I don't want my children to have a painful life like mine, remembering it makes me weep. I could never have dreamed I would one day have a brick house and be a successful businesswoman, able to feed and clothe my children. This is a plan and I will do it; I am a woman who is an achiever."

Our Christian Aid Big Brekkie is on Saturday 18th May at Christ Church. Please come along for cereal, breakfast rolls, tea, coffee or juice and a morning of fellowship. A sign-up list will be in the foyer for you to add your names in due course.

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



World Day of Prayer Service

This year's Barnstaple Service was held at Barnstaple Baptist Church and was well attended by people from a good variety of denominations, including a strong contingent from Christ Church. It was prayerful and meaningful, also poignant as the service had been prepared by the Christian women of Palestine before the current troubles.

The service was followed by a delicious afternoon tea provided by the Baptist Church.

(photo - page 20)

Eff

Are you missing Church services?

Did you know that if you are not able to attend the Sunday morning worship at Christ Church on a regular basis, you can join us by reading our Worship at Home service. This is produced every week by either Paula, Shirley or Rev. Sue; we are so grateful to you all for this ministry.

It follows a fairly traditional order of service, usually including a call to worship, prayers, a reflection, and even a hymn - sometimes with a link to YouTube so you can sing along!

You can find it on our website: <http://christ-church-barnstaple.org.uk/>

or it can be emailed to you, please contact Liz Seymour if you would like to be added to the mailing list : seymourejs@gmail.com

Liz

If you are unable to come to Church services, you might like to know that, as well as the Worship at Home service that we provide, our friends at Muddiford URC would be happy to let you join their streamed services. The services are held every Sunday at 10am and you can watch, listen and join in from wherever you are, so long as you have Wi-Fi.

They also record their services and can make these available to you.

If you would like to be added to their email list of participants then please email Paula at paula_littlewood@btinternet.com (with an underscore between first and second names). You do not have to join in every week but, once you are on their list, you would automatically get an invitation.

We find it a great resource when we are away from home or feeling poorly.

Paula

Stained glass repairs – can you help?

You may not be aware that two panels of stained glass in the door between the Small Chapel (at the back of the Sanctuary) and the stairs up to the gallery, are damaged and in quite urgent need of repair. We have got a quote to carry out repairs which will be in the region of £1,100. I am in the process of applying for a grant but we need to show that we can raise 30% of the cost which is £330. If we have to, we can pay the money from our church funds but we are running at a deficit so, if we can find the money without doing that, it would be a bonus.



I know things are tight for many people so please do not respond to this appeal unless you feel you are in a position to help. If you can make a contribution, however small, that would be wonderful.

Please either put cash in an envelope marked "For Stained Glass" and put it in with the Sunday morning offertory or pay the money into the Church bank account with a reference "Stained Glass". If you need the account details or have any queries, please speak to Kathy Jeacock.

Thank you,

(photo—page 20)

Paula

Ifracombe and Barnstaple Circuit:

Barnstaple Children's Centre + Action for Children Support Group

Barnstaple Pannier Market Wednesday April 10th 10.00am – 4.00pm



A few of the knitted creatures already gathered for Dear Zoo – more welcome!

Monkey, Elephant, Giraffe, Lion, Snake, Dog, Camel, and Frog.

Craft activities, face painting, and visitors from Exmoor Zoo in the Pannier Market. Volunteers needed from the churches (for an hour, or longer, on a rota) to help with crafts in the Pannier Market and chat to people.

Please contact: Heather Bolt 01271 376912

or Revd Marilyn 01271 830869



Recent art work beautifully created by the Rainbows group

Café Church



Decorating our Mothering Sunday cards



Young Families Work News

Café Church activities on March 11th took us straight away into our theme for the day – ‘time’ – ultimately leading us into realising how Jesus always had time for us. We certainly though did not forget that it was Mothering Sunday too. The usually top of the list favourite food craft – this time a chocolate cookie world with one half of it decorated to depict day- time and the other half night- time – was almost(!) overtaken in popularity by the ‘Time Challenge’! This activity, run by Maureen and her grand-daughter was great fun, much enjoyed by everyone and giving the opportunity to use up some of the children’s boundless energy. *(For those not able to experience it, do please read Maureen’s helpful description at the end of this paragraph!). Other creative activities, word searches and colouring centred around ‘Jesus always has time for me’ including a wearable ‘watch’. There were also further opportunities to make or decorate something for mum or grandma or someone very special. The worship, led by Marilyn, focused on Jesus always having time for everyone, however much is needed, for instance when he was interrupted by the woman in the crowds, whilst on his way to heal Jairus daughter. And of course she emphasised the importance for us all to give time to others in whatever way we can, but particularly by stopping to listen. For the prayers people were given the opportunity to contribute in their own words which some of the children did movingly and spontaneously. Songs included very fittingly Praise Him in the Morning etc, and Kumbaya. After the usual super tea the adults went home with their Mothering Sunday flowers and the children with an Easter book – Three Friends and the Miracle Man. It had been a very happy church family afternoon. (photos - page 8)



**About the 'Time Challenge': Thank you very much to everyone who helped make the 'Time Challenge' such a fun activity. Individual participants were set five challenges, each to be done over 30 seconds. There were hops and all kinds of jumps plus scooping up "ball pool" balls and stacking Jenga bricks. Everyone took turns to achieve their best and the spectators offered encouragement. Special thanks to Bonnie for her guidance in making the jumping so much fun. And thank you to you Maureen for the game and the explanation.*

Anthea

Parents and Toddlers

Historically, in transport and some other industries long experience meant one was deemed competent by a process known as "grandfathers rights" rather than formal tests. As a double grandfather myself I assumed such deeming to be a passport to the toddler group.

No such luck! I suppose being a man in a women's world was a starting handicap. Then I was brought down with a bump by the miniature audience gradually walking off as I played nursery rhymes on saxophone. Some of the girls gave me those looks mother reserved for door-to-door salesmen.



But patience brought its reward. A two-year old girl resolved to test me in practical ways. First week she gave me her coat to put on her. Then last week I received a steely look as she handed me her socks. Then, with mission accomplished I got the broad smile. Think I now have acceptance as part qualified.

Seriously though, I so much hope our junior clients enjoy their time here as much as I do. What a tonic are these sessions!

(photos - page 8)

Christopher

Christopher - you are much loved by the Toddler families. The children love your music, and your home-made cakes!

Joy

Sunday Club

After sharing the story of Easter from Mark's Gospel, our April programme covers the first chapters of the Acts of the Apostles. The 'Roots' series includes a poster to help us understand about Peter & John healing a man in the temple plus Philip & the Ethiopian leader. The first fortnight of the month is the school holiday which will make a welcome break.

We are also enjoying finding different ways of serving the fruit we have for refreshments.

(photo - page 1)



"Peter and John heal a lame man." Acts 3:1-26

With love and blessings,

The Young Families Work Team

News from Kenya - continued from March.....

Once the new biology lab had been built, it was decorated, storage cupboards built, new desks and benches installed and equipment moved in. Everyone was very pleased with the result. New water tanks were installed to supply the lab and the pump installed is working well.

A very dramatic event happened when a bus full of F1 student refugees arrived at the school from a camp on the Kenya/Sudan border a few hundred miles to the north. Many of the students do not know who their parents are, or even if they are alive. It is believed that many of them are orphans. They had been sent to the school by the Jomo Kenyatta Foundation who will pay for their education. Each of the girls arrived with brand new items such as mattresses, buckets, shoes, clothes and personal effects so they are well provided for. However, consternation was created when it was found that none of them had any underwear....it is so hot in Turkana that as little clothing as possible is worn! They were welcomed into the school and the other students are wonderfully supportive and they settled well.

A farewell meal for Richard was prepared by F3 students. They baked wonderful cakes, made delicious salads to go with the chicken, rice and chapatti from the school kitchen. There were lots of speeches, photos and goodbyes before Richard was able to finally get into the car and set off for Kisumu airport, where there was just time for tea and more farewell cake before checking in for the flight.

(photos - page 20)



Elaine

RISE

I would like to invite you all to join in with the Rise Prayer Initiative. This takes place every Tuesday morning from 8 - 9am and involves 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 us 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 in 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

Causeway Worship on Prayer

Our Causeway Worship on March 3rd began with Michaela's welcome to everyone, especially those who hadn't joined us before. Rachel led our news and we were thrilled to hear that Athos, Michaela's new guide dog, has arrived and is doing well. Many of our friends are busy rehearsing for their performance of Alice in Wonderland. Alison's prayers gave thanks for all our activities and included prayers for those who were unwell.

Marilyn led our worship which was inspired by and followed the World Day of Prayer which took place on the 1st of March. The 2024 World Day of Prayer was prepared over two years ago by Palestine. Our table at Christ Church on Sunday featured Palestine with its real olive tree and sample of olives and olive oil. Candles and the words Peace Be Still completed the display. Marilyn gave us lots of interesting details about the World Day of Prayer including the fact that 170 countries joined in. We sang Come on and celebrate, remembering that so many people across the world had sung it on Friday during the World Day of Prayer. Marilyn focused on the story of Jesus in the Garden of Gethsemane. Jenny read the account beautifully from Matthew 26, verses 36 to 41.

Our songs were accompanied by piano, violin and a huge selection of percussion instruments. We placed tea lights into each other's hands as Marilyn prayed for peace, and we sang 'Put peace into each other's hands' (Singing the Faith number 712), followed by 'My peace I give unto you' (Mission Praise number 477) Our worship concluded with singing and signing 'He's got the whole world in His hands'. After our cup of tea, all took home their tea light and their 'Put peace into each other's hands' bookmark . Do join us for our Easter Causeway Worship on April 7th at 3pm which will be led by John Ewington.

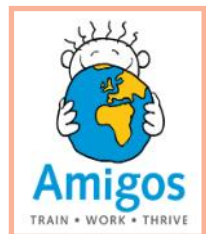
(photos - page 13)

The Causeway Team

Amigos and Kira Farm

I am delighted to introduce Gloria Abote, the young trainee that Christ Church will be supporting during this coming year on Kira Farm:

Gloria is 18 years old, a quiet shy reserved young woman. She is the youngest of five children, having been brought up by her single mother who is a peasant farmer. She helps with her siblings on their 3 acres of land, growing food for themselves and occasionally - when the maize harvest is good - selling it to buy basics like soap and medicines. When not working on their own land she works on other people's to earn some income. Life is hard but they manage. Gloria attended government school before she had to drop out, loving maths and hoping one day to be a teacher. She was very happy when she was told she had been selected to go and study at Kira. She wants to study tailoring and hairdressing because they are popular in her village and can easily make a lot of money.



Life in Kira farm is so fantastic she says, where she enjoys at least 3 meals a day including breakfast, she sleeps very comfortably, and the bathing shelters are wonderful. She is an Anglican and goes to church every Sunday. In the future she plans to open her own workshop and make a lot of money to build her own house and support her family. She would also train her friends in the skills she has learnt from Kira Farm. In the future she hopes to get married one day and have about two kids!

We have heard from Kira Farm that Gloria is thriving and enjoying learning skills Life there is apparently buzzing with energy, with the warm weather of this season adding to the vibrant atmosphere (sounds great!). Now Gloria herself has written her first letter to us – a lovely letter full of happiness and appreciation and obvious excitement about her life at Kira and what she is learning. It is a very neatly handwritten letter which I am reproducing here in her own words:

I am very excited to write to you all this letter for what you have done in my life. I am here by the name ABOTE GLORIA from Lira district. I am a Langa by tribe. How is life taking you all over there. From my side things are now moving well due to your grate support on me. I would like to appreciate you all for making me to stay at Kira (KFDC). While at Kira I am learning a lot of things like Hairdressing, Farming, Medicinal and Tailoring as my best course. Not only that but I am also learning more about cultural and traditional practices.

I am very happy because I came to KFDC when I don't know how to stitch but now I can do stitching and I have a hope that by the end of this year I would be the best in tailoring as my lovely course.

Staying at KFDC is also amazing because we are knowing each and everythings that makes life better.

ABOUT my studies, I stopped in p.7 and I dropped out of school because my mother was not able to pay my secondary level. My father died while I was only two years young. I would like to take this time to appreciate you for surrendering what you all have and sponsors for me. I pray that God should bless you all, and everythings you will be doing should be blessed.

Yours Faithfully, ABOTE GLORIA

We thank God for having brought Gloria to Kira Farm, for her commitment and enthusiasm, and we pray that all may continue to go well for her and that she may be greatly blessed.

(photos - page 13)

Anthea

Events Group

Something to look forward to!

Our **Afternoon Tea Party** will be held at the church on Saturday 15th June from 3 - 5 pm, in aid of Church Funds. Many thanks to Elaine and Eff for organising this.



Future events—please put them in your diary!



Quiz and Pasty Evening

Saturday 14th September

Winter Fair

Saturday 9th November



Joy, Elaine and Liz

FRIENDSHIP GROUP

Since our last meeting a group of us went to the theatre to see *The Mousetrap*. I think we all enjoyed it.

On March 11th our session was called 'Know your Local Library', presented by Jane so enthusiastically. There is something happening every day except Monday. "Reading is alive and well", there are e-Books, free access to computers – on Tuesday specialist help is available.

I loved that children are still very enthusiastic – I remember my Granddaughter getting her award for reading 100 books. There is a children's library with activities during the week, this could help mothers, with a free activity and an opportunity to meet other parents. Something which touched me was that they provide soup to those in need, who come in.

I would suggest you pop into the library and pick up a leaflet giving lots of information on "what's happening during the week". Some examples include 'Singalong-a-library, Knit & Mix, Bounce & Rhyme and the Café. A very lovely session given by Jane Petch, Senior Supervisor – Innovation & Development. I am sure her presentation was enjoyed by all present.

Meetings in April:

April 8 - Tales of a Retired Police Lady - Vanessa Gilling

April 22 - Britain in Bloom - Sue Harrison

Best Wishes to you all,

Rosemary

LOIS AND EUNICE (Mother and Grandmother of Timothy)

I find the mention of Lois and Eunice in the bible interesting and significant, perhaps because I am a mother and grandmother myself.

"I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also."

They are mentioned by Paul in 2 Timothy 1 v 5. They are not praised for acts of martyrdom, great sacrifice or oratory skills but for their steadfastness in keeping the faith. Little is known of either woman, we know that Eunice was a Jew who had converted to Christianity, her husband was a Greek who did not support her Christian faith. Lois was probably a widow who lived with her daughter or daughter-in-law, she was also a Christian. It is not difficult to imagine that the easiest way of keeping family harmony would have been to keep their faith silently, but instead they chose to instill Christian values into their son and grandson.

Following the example of his mother and grandmother Timothy became a believer. He was very devout and was disciplined by Paul in the faith. It is possible the Paul was a friend of the family and considered Timothy his spiritual son.

In Proverbs 22 v 6 it states "Start children off the way they should go, and even when they are old they will not turn from it." This is as true today as in Old Testament times. Lois and Eunice would have been familiar with Old Testament teachings and were able to apply their knowledge to their Christian faith. The inclusion of them by Paul is important as he is acknowledging the relevance of the feminine influence. In biblical times, as is still largely true to this day, women usually have the day to day care in the early years and the opportunity for them to instill good or "God" values in a child cannot be overestimated.

The two women were acknowledged for their faithfulness and serve as a good example of the way in which it is possible to influence the young. Not of course by indoctrination, but by following the example of Jesus in all we do. Whether or not we are mothers or grandmothers, God places us in positions in families and societies where we can follow the Christian life and be an example to others if we so choose.

HOT CROSS BUNS (photo - page 20)

Ingredients

1lb (450g) strong plain flour

2 level tsp easy blend yeast, or two packets of 7g each

1/4 pint of tepid milk

1/2 level tsp ground mixed spice

1/2 level tsp ground nutmeg

3 oz (75g) butter

6 oz (150g) mixed dried fruit

1/2 level tsp cinnamon

2 oz (50g) caster sugar

2 free range eggs

1 level tsp salt

For the glaze

4 tbsps (60ml) milk and water

3 tbsps caster sugar

Method

1. Sift the dry ingredients into a large mixing bowl.
2. Rub the butter into the flour mixture. Add the sugar
3. Beat the eggs with the warm milk and add to the dry ingredients, together with the fruit
4. Knead until the sides of the bowl are clean, if you have a mixer with a fixed head beater and dough hook this is ideal to use
5. Brush the top lightly with oil, cover and leave in a warm place to double in size. This is quite a rich mixture so may take a while
6. When the dough is risen, gently knock back, cut into 12 pieces, shape into a round and place on an oiled baking sheet
7. Carefully brush with oil, cover with polythene and put in a warm place to double in size
8. There are several ways to mark the cross, simply cutting a cross shape with a sharp knife, use strips of shortcrust pastry, or make a water and flour paste and pipe a cross on the top
9. Place in a fairly hot oven, Fan 190 / Gas 6 for about 15 minutes
10. Brush the top of the buns with the glaze and leave to cool. To make the glaze, gently heat the liquid and sugar until dissolved then rapidly boil until thick and shiny looking.

Music to listen to Bach: Saint John Passion
Irving Berlin: Put on your Easter Bonnet

Jennifer

News from Norah Bellot Court



Some of the pupil chaplains from Our Lady's School visited our "Rainbows" group. We had a quiz, and played dominoes and 'bird bingo' together. Fun was had by all.

Sound it Out

We continue to support each other and have fun at Sound it Out. Why not come and join us? See page 2 for dates.

Good news - Fullabrook CIC (The Wind Farm) have given us a grant for £500, for which we are very grateful.

Sally

Notes from the Elders Meeting on Wednesday 6th March

The Elders Meeting was chaired by Rev. Stephen Caddick

- News of the fellowship was shared, and those of concern were prayed for
- The PAT testing of electrical items has been completed, some things may need updating
- Finance: our Reserves Policy was discussed, the Finance Committee will review the cost of planned maintenance. We will be going onto new gas and electricity tariffs this year, so costs will increase
- Property: Steveley will continue with outside maintenance tasks, as weather permits. Steveley was thanked for all the work he has done, and continues to do
- Rainbows: 12 very enthusiastic Rainbows continue to enjoy coming regularly, and are very happy
- Parents and Toddlers continues to flourish, grateful thanks expressed to Joy and her team
- Christian Aid Big Brekkie will be held on Saturday 18th May as part of our Christian Aid week events. Paula will lead our morning worship the following day
- Declutter Day planned - the Elders will have a declutter and tidy-up on 23rd March, to be followed by a Spring Cleaning Day - date to be arranged

Next meeting: Monday 8th April

The Messenger

The Messenger is available in digital form and can be emailed - this version is in full colour and looks really great. It also saves on paper and printing. If you would like to receive The Messenger in this way, please let an Elder 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.*

Circuit Superintendent: Revd Stephen Caddick 01271 345956

Elders:

Alison Cairns (Church Secretary) 343154 alisoncairns@hotmail.com
Kathy Jeacock (Church Treasurer) 373555

Chris Marshall	Liz Seymour	Jenny Newman
Janet Marshall	Shirley Baxter	Steveley Dawson
Anthea Coates	Eff Poole	Elaine Stevens

Pastoral Team (Church Friends):

Shirley Baxter Elaine Stevens

Room Bookings: 371808

Circuit Administrator: 379116

Christian Aid Reps:

Janet Marshall and Paula Littlewood
Janet: 01271 373013 jcbmar18@btinternet.com

Messenger Editors:

Bruce and Liz Seymour seymourejs@gmail.com

Website: www.christ-church-barnstaple.org.uk

Address: 8 Bear Street, Barnstaple. EX32 7BU



2024 World Day of Prayer

News From Kenya

The farewell meal for Richard was prepared by the F3 students and included 'thank-you' cakes



Appeal: Stained glass windows need repairing in the Small Chapel

Tempting.....Hot Cross Bun Recipe

