

# The Messenger

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

“Now may the Lord of peace  
himself give you peace at all  
times and in every way.  
The Lord be with all of you.”

*2 Thessalonians: 3-16*



**May 2024**



**Easter Day**  
Decorating the  
cross with flowers

*More Easter photos on back cover*

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

**As the June/July Messenger will only be available in print on Sunday 2nd June, we have included the diary for early June here.**

## May Diary

Sun	5th	10.30am 3pm	Morning Worship and Holy Communion: Rev. Sue Macbeth Causeway Service
Sun	12th	10.30am 4.30pm	Morning Worship: Ms Alison Cairns Café Church
Mon	13th	10am 2.30pm	Sound it Out Friendship Group AGM
Sat	18th	9.30am	Christian Aid Big Brekkie (see page 5)
Sun	19th	10.30am	Morning Worship: Mrs Paula Littlewood Christian Aid Family Service
<b>Thu</b>	<b>23rd</b>	<b>10am</b>	<b>Deadline for June/July Messenger</b>
Sun	26th	10.30am	Morning Worship: Rev. Stephen Caddick
			<b>Early June Diary</b>
Sun	2nd	10.30am 3pm	Morning Worship and Holy Communion: Rev. Paul Bate Causeway Service

### Regular meetings :

Tuesdays - Rainbows 5.30pm (Term-time only)  
 Wednesdays - Parents & Toddlers 9.30am (Term-time only)  
 Thursdays - Bible Study 2pm (except 2nd May); Circuit Zoom Service 7pm  
 Fridays - Hobnob 10am (except Bank Holidays)

### Family News from Maureen and Chris

We are pleased to inform you that there will be tea/coffee/fellowship after the service on Sunday 5th May. This is to mark a family celebration.



**Sunday May 5<sup>th</sup> at 3.00pm**  
**Challacombe Methodist Chapel - Closing Service**  
 (and celebrating 156 years of worship in the chapel)

A special time of worship, followed by refreshments,  
 all are welcome to this final service.

## Message from Alison Cairns

Dear friends,

I often seem to be in a hurry or have many things to do. Recently I had two sets of minutes to write up, a church service to prepare as well as meetings, volunteering, feeding the cat plus everyday things. I was feeling anxious. It was all completed with help from prayer and from God giving me the words, and time, I needed. It is not always easy. I am a perfectionist and prefer to have enough time to think things through. When I started thinking about what to include in this letter, I found the following quotation from the missionary Mary Slessor:

"Christ never was in a hurry. There was no rushing forward, no anticipating, no fretting over what might be. Each day's duties were done as each day brought them, and the rest was left with God."

It made me stop and think. Do we spend too much time rushing, fretting, trying to fit in so much? I know that is true of me and probably of many others. Do we relax enough? I read, I listen to music, sing in a choir. Do we seek God and give him our time, our commitment? It is not easy.

We need to acknowledge that God is always there for us. He is in control. He loves us completely and wants us to put him at the centre of our lives. His promise is that he will never leave us. We need to trust God. To invite him into our lives, allowing him to provide comfort, to show his power. We need to discover his promises. We need to leave the rest with God. Ask him, seek him and wait for his guidance.

We find God in worshipping together, in reading our Bibles, in prayer. We need to spend time with God, learning more and more about him, seeking to be closer and closer to him. We need to talk to him and listen for his voice. What is he asking of us?

Proverbs 19:21 says, "Many are the plans in a man's heart, but it is the Lord's purpose that prevails." It is what God has called us to be and to do that really matters. He will show us what that is. We need to let God's plans and purposes shape the things we do, to allow our minds to be transformed and renewed by God, to seek the path God has put in place for us, to achieve what he asks of us. We are reassured by these words from Philipians 4:13 " I can do all this through him who gives me strength."

*Psalm 18:30*

*As for God, his way is perfect:  
The LORD's word is flawless;  
he shields all who take refuge in him.*

Many blessings,

*Alison*

## **Prayers for May**

### **5th May**

Help us to seek God in our daily lives. To seek him in one another, in fellowship with other believers may we speak to and listen for Jesus and be guided by the Holy Spirit. Draw each of us closer and closer each day. We thank you for the good things in our world: the beauty of nature – bird song, trees and flowers, rivers, the sea, local parks. We are in awe at the variety of shapes, colours and scents. We thank you for the joy of living in such a beautiful area with hills, valleys and so much more. We treasure our church family, our friends, our families, neighbours and those we meet in the organisations to which we belong. In Jesus name, Amen

### **12th May**

We pray for those in positions of power. May they be granted wisdom to be fair and recognise the needs of all the people they serve. Allow them to use their power to help other people and make their area and our world a better place. A place where all can flourish and feel safe. Help them, help us, to recognise those in need in our world, our country, our towns and villages. For those who face challenges of loneliness, isolation, illness, anxiety, poverty. Those who are sad, distressed, depressed. For all who struggle and do not know where to turn for help. In Jesus name, Amen

### **May 19th**

Help us to care for your world; to be aware of the challenges of looking after our environment in all our world. May we do what we can, each day – recycling what we can, only buying what we need, sharing surplus things with others, giving of our money, our time, ourselves. Thank you for opportunities to improve our local area, by planting trees, disposing of our rubbish with care, recycling. Thank you that we can make a difference in other parts of the world, by donating money, by toilet twinning, bin twinning, by giving gifts of chickens, medicines, books, educational equipment and other things to be used to help those in need across the world. For organisations including Christian Aid, Tear Fund, Mercy Ships, and so many more organisations which show your love in practical ways. In Jesus name, Amen

### **Prayers for May 26th**

We pray for those who seek to bring peace into your world in situations of conflict. Those working to share your love in so many places where peace is sorely needed. For those who are experiencing doubt, doubt about themselves and their abilities. Those who are struggling to see Jesus, who are finding it hard to follow you; those who want to feel close to you, to feel your comfort, your strength, your presence but feel you are out of reach or not relevant to their lives. For all who feel like giving up, thinking that you have given up on them. Those who feel rejected by individuals by organisations, by churches. Fill them, and us, with your love and presence. In Jesus name, Amen



Christian Aid Week

**Big Brekkie at Christ Church**

**Saturday 18 May 2024**

**9.30-11.30am.**

Please join us for breakfast in aid of Christian Aid (donations are at your discretion). Come along for Bacon or Halloumi Baps and Sausage Rolls or just toast! There will be a list on the Christian Aid noticeboard in the foyer from the end of April for you to add your name to along with any dietary requirements.

**Christian Aid Family Service**

**(and Sunday Club)**

**Sunday 19 May 2024**

**10.30am**

The theme of our service will be "Extraordinary Love". Together we will explore God's love for us and our call to love our neighbour. We will also learn a bit more about life in Burundi, Africa.

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

**Events Group**

Our **Afternoon Tea Party** will be held at the church on Saturday 15th June from 3 - 5 pm, in aid of Church Funds.

Future events—please put them in your diary!

**Quiz and Pasty Evening** - Saturday 14th September

**Winter Fair** - Saturday 9th November (*note corrected date*)



*Joy, Elaine and Liz*

## Moderator News

It has just been announced that the Revd David Downing has been nominated to serve as Moderator of the United Reformed Church (URC) South Western Synod after the Revd Ruth Whitehead was called to local church ministry in Pembrokeshire last year.

David has served in pastoral charge of local churches since his ordination in 1999, and currently serves as minister of Maidenhead and Marlow United Reformed Churches, along with Bracknell and Windsor. He started going to church as a teenager at St John's Hill URC, Sevenoaks, and grew up with FURY (the Fellowship of United Reformed Youth) serving it at local and national levels, including as a member of the National Youth Committee.

After a career in banking, he trained at Westminster College, Cambridge, before being ordained and inducted at Rectory Road URC. He also served at Claremont, Little Eaton, Central URC Derby, Chaddesden, as Chaplain at Derby University, Alvaston, Carlton Road, Mackworth and Repton. (I wonder if Janet and Chris Marshall know him?).

David said: "It is a privilege to be called to share in the ministry of the South Western Synod. I have gained so much from the life of the URC and this call is very exciting. There is also a real sense that God is in this, which is also deeply humbling. I am looking forward to discovering the area, and I can't wait to work with the team, not just in the office, but in all of the churches across the Synod." Speaking on behalf of South Western Synod, Synod Clerk Rachel Leach said: "We are thrilled to welcome David to the South Western Synod to serve as our Moderator. We look forward to working alongside him as he leads us into the future".

On Saturday 23 March, in Basingstoke, Rod and I attended the induction of our friend and former minister, the Revd Dr Michael Hopkins as Moderator of the Wessex Synod. It was a joyful occasion with lots of singing as well as all the "official stuff". The Wessex Synod borders our Synod so, hopefully, we will still get to see a bit of Michael, Rosie and Joanna though they are going to remain living in Farnham where Rosie goes to school.

*Paula Littlewood*

### **The Public Access Defibrillator (Heart Starter)**

The defibrillator is kept in the weather-proof cabinet on the exterior of the premises (wall nearest the door bell). It is available for the church and also by open access to the community. It is registered with a national data base so I have records of when it was used at South West Ambulance Service incidents. If the defibrillator is needed, just take it from the cabinet, switch it on and follow the voice prompts.

I am happy to provide a practical demonstration if anyone would like this.

*Maureen Thomas - Safeguarding at Christ Church*

## 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,

*Paula*

**Update: Thank you so much to those who have already responded to the appeal, we still need about £250 to avoid using the church's reserve funds to pay for this.**

## CHALLACOMBE CHAPEL

You are invited to join us on Sunday, 5<sup>th</sup> May 2024 at 3 p.m. to celebrate 156 years of our Methodist Chapel in Challacombe

This service will also be Challacombe Chapel's closing service.



Worship time story: Breakfast on the beach



My stacking fish

*Cafe Church*



Painting our fish suncatchers



Icing fish biscuits



My fish suncatcher

## Parents and Toddlers



Happy children, parents, grandparents and helpers having fun



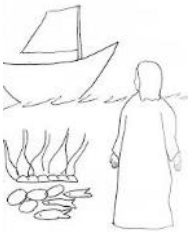




### Café Church

As you came inside the door on Sunday afternoon it was not difficult to guess that the Café Church story was to involve fish! The only thing to wonder was which story?! But how so? On the welcome table, alongside the usual menu choice slip was also another slip asking for names of those people who would like a fish finger sandwich. And by the side of it was small crisp-like packet explaining another of the items on the menu slip. This packet was of 'Fish'n'chips salt and vinegar flavour baked snacks' – reminding the older ones of us of years gone by! So there were two more items added to our already very generous, varied and delicious tea menu. There is always such a wonderful 'meal' at the end of Café Church provided by the ever faithful group behind the scenes in the kitchen, to whom we owe very many thanks.

But I start at the end of Café Church for a change to highlight our refreshments - our meal together - as they are as important a part of Café Church as the other elements! So what was our story to be? Being the end of Easter we of course heard the familiar story of the Breakfast on the Beach! Led by Eff, the children were very attentive, contributing very enthusiastically and knowledgeably to her questions, firstly about the disciples being fishermen when Jesus called them but then going back to the job they knew after he left them.



Helped by the illustrations on the screen they then recounted the story of how Jesus unexpectedly appeared at breakfast time after he had risen, and helped the disciples make a 'miraculous catch of fish' after they were having trouble. The children certainly knew the story. The songs included *Go tell it*

*on the Mountain* and of course, *I will make you Fishers of men*, ably accompanied as always by Christopher and Marilyn.

And of course there were lots of fish in the activities – fish biscuits to ice with a glorious mix of decorations; suncatchers; wooden flying fish and colourful stacking fish to assemble. The word searches even came in fish shapes (!) and adults and children alike joined in the challenge (not fish!) of how many words of 3 letters or more can you make out of the word 'breakfast'? Would you have believed well over one hundred and fifty by one or two people and nearly up to two hundred by one.

Needless to say we were blessed once again with a very happy and relaxed afternoon in a warm and loving atmosphere. Please do come and visit us. Our next Café Church is on Sunday May 12th 4.30-6.00pm. You will be so welcome.

*Anthea*

### Sunday Club

We enjoyed celebrating Easter, especially the gift of our Fairtrade chocolate eggs. During the fortnight's school holiday, we helped sort out some of the games from our store cupboard. Now we are back following the 'Roots' programme about the Acts of the Apostles. We also look forward to learning more about Christian Aid.

## Parent and Toddlers

Our happy group of children, parents /grandparents and helpers have enjoyed the break for the Easter holidays, when many attended the Dear Zoo event in the Pannier Market.

We have had a couple of visiting families in March, hopefully they will return when we start up again on the 17th April.

We are enjoying using the two rooms now and hope to go outside when the weather improves. (photos—page 8)

*Joy*

## Yeo Valley Primary School

We were delighted last term to receive an invitation from Yeo Valley Primary School for someone from Christ Church to go in and take an Easter Assembly. Rev. Marilyn kindly and happily agreed and of course was given a very warm welcome. We very much hope now that, at the school's request, we can come to an arrangement whereby she or others might be able to go into school more regularly for significant days and dates.

With many thanks to you all for your continued love, support and prayers  
Love and blessings,

*The Young Families Work Team*

## Holiday Highlights

April's **Café Church** was held during a lovely sunny afternoon. All the fish related activities that reminded us about those of Jesus' disciples who were fishermen were fun. The decorated fish biscuit was enjoyed before the icing had time to set. We liked the account of Jesus preparing breakfast on the beach for his disciples and can recommend fish finger sandwiches to make a grand finale to the school holidays.

*Bella and Grandma Maureen*

### Action for Children home collecting boxes (lanterns)

Following the very successful "Dear Zoo Treasure Hunt" in Barnstaple last week, I'm appealing for people to take on collection boxes for Action for Children.

These are opened annually (but have been missed because of lockdown) and it would be good to have a few more collectors as we start again. If simpler, we could just collect a cheque or cash from you at box-opening time. Please contact Eff (373543) if you would be willing to join our little group of collectors.



*Eff*



## Dear Zoo

The Dear Zoo day organised by Barnstaple Children's Centre and Action for Children Support Group on April 10th was a great success. The full story will be in the next Messenger, but here are some comments from 2 'Church Grandmas':

It was exciting to join Action for Children and all the people from the Ilfracombe and Barnstaple Circuit in the Pannier Market for the Dear Zoo trail. We had our wellies so didn't mind the puddles as we followed the animals from Rod Campbell's picture book on their adventures round the town centre. Grandma's favourite was the lion with his sparkly golden mane. While we were waiting for a turn on the bouncy castle, we heard someone's Grandad say "I've been talking to the Christ Church lady. She was very nice." You know who you are.

*Maureen*

As one might expect, it was raining again on the day of the "Dear Zoo" Event at Barnstaple Pannier Market, so I suggested to my son that we take the children down to give it a try. We arrived just after 10am and it was already busy with children playing on the bouncy castles, getting faces painted, making lion's faces and drawing at various craft tables, inspecting bugs and playing Lego. There was so much to do, all organised by Barnstaple Children's Centre and Action for Children Support Group. Snacks were on offer and plenty of friendly faces including the faithful crowd from our Church - well done, ladies - it was great event! My four-year-old grandson, Myles, had to be dragged away from the Lego to look at the bugs but then he agreed they were really cool. Two-year-old Cammie loved the bugs too and came away with a marvelous lion's head on a stick. They had both bounced away very merrily. I could see that a lot of work had gone into the treasure hunt too but our two were a bit little to really engage with that - another year! Thank you to all those involved in putting on such a great event for our town's children.

(photos - page 20)

*Paula*

## Causeway

Michaela welcomed everyone to our Easter Celebration and we began by singing *We are here together - one big family*. There was lots of news to share - we welcomed Nick, Mark's friend; and celebrated the birthdays of Robert, George and Mark. We saw a lovely photo of Joy being baptised recently at South Street Church in Braunton. She was supported by her good friend June Phillips, and Gill & Carole were able to celebrate with her on that very special day.

Sharon and David showed us super photos of themselves acting different roles in the play *Alice in Wonderland*. Sharon acted both as a King and a Judge. David acted as a rabbit and took part in the Queen of Hearts dance, and played a great tune on his harmonica. Those of us who went to see the performance really enjoyed it, and appreciated how much practice had gone into producing it. Sarah told us she is getting a new 4 door car. She kindly brought along some cakes, including a delicious lemon drizzle cake which she had made herself - which we all enjoyed at the end of the service.

Michaela had enjoyed a busy Easter weekend with her family, and is getting on well with her new Guide Dog, Athos, who has been with her for 6 weeks. Several people are looking forward to holidays, which we look forward to hearing about when they return. Steve reminded us how we need to thank God for all the happy events in our lives, and also how in difficult and sad times we need to ask for His help, just as Jesus did.

John continued our worship using his artistic skills on the whiteboard to remind us about Palm Sunday, and how Jesus showed His love for us in dying in our place on the cross. The joy that Mary felt when she met Jesus outside the tomb can be ours too, for He has risen from the dead, which means we can all have the hope of eternal life. John then played his spoons along with the hymn *Hail the day that sees Him rise - Hallelujah*; - a challenging and encouraging end to a lovely Easter celebration.

A very warm invitation to you all for our June Causeway on Sunday June 2nd at 3pm.

*Gill and the Causeway Team*

## Amigos and Kira Farm

*There are many plans in a man's heart, but it is the Lord's purpose that will prevail. Proverbs 19:21*

Last month the UK team members Jodie, Tim and Kayte flew out to Uganda on a trip to Kira Farm and rural communities in Masindi with the purpose of strengthening relationships with the Ugandan team, and to see what God is doing in the lives of participants. On their return they set down their thoughts which are so worth sharing: 'Life on Kira Farm is a beautiful blend of tranquility, healing, learning and hard work. It is what makes Kira unique! The latest group of 50 young people are now well settled and are on the path of experiencing healing and realising potential. We met them in a variety of settings - morning devotions, classrooms, fields, caring for animals, tea breaks and evening devotions. They are wonderful young people, who in spite of life's hardships are full of laughter, joy and determination. We have every confidence that they will go on to become community transformers back home. (cont.)





## Causeway

Joy's recent baptism at South Street Church, Braunton



## Amigos News



Home-made bee suits by Kira Farm trainees

Gloria learning farming in the rice field



Thank You: Elaine



Lemon pudding recipe

And now to continue Gloria's story...

We have received another lovely letter from Gloria, the young person we are privileged to sponsor on Kira Farm. It is obvious to tell from her letter that she continues to be thrilled and excited about all the different things she is learning, and greatly loving her time on Kira Farm.

Once again her letter was beautifully hand written and is remarkable when we remember how her education was cut short due to lack of money and family responsibilities. She writes that life is going well for her and wanting to let us know that the first rains have come. This means that everyone on Kira has prepared their gardens and have planted their first crops.

She goes on to tell us that she now belongs to an urban farming family at Kira. It seems that, with them, she has already planted cabbages that are growing well. In her own plot, she has planted maize and has learnt how to mulch and use manure – new methods for her which will do well when she is back home. She has planted vegetables too but as the rain has now stopped they are using an 'irrigation system' to water and to also help germinate the maize. Finally she tells us of learning about conflict resolution which I will pass on in her own words:

*Lastly, let me share with you about the gender equality and conflict resolution. We do speak English when gathered together to control the rate of conflict in KFDC. We do sharing among different tribes to create relationships and friends. We also know that we have different ways understanding. We all know that we speak different languages but are one of brothers and sisters in blood Jesus Christ. We do reconciliation? after mistakes*

*If possible reply me may God bless you abundantly*

**ABOTO GLORIA**

We thank God for Kira Farm and all the amazing work that is being done there, for the beautiful blend of tranquility, healing, learning and hard work which encompasses it.

We thank God too for the commitment of the 50 wonderful young people who are striving to better their lives to enable them to go back home and make a difference to their communities. We pray that they will be given the strength to continue in their determination and desire to overcome the many challenges and hardships they have faced as they go on living their story at Kira surrounded by understanding, love, joy and laughter.

We ask God to bless them and all who live and work or are involved in the life of Kira, particularly thinking and praying for Gloria as she continues to thrive and make enormous strides as she goes on learning more and more. May her happiness, enthusiasm and sense of excitement remain a vital part of her.

*Anthea*

## **Notes from the Elders Meeting on Monday 8th April**

The meeting was chaired by Rev. Marilyn Tricker who read from St John's gospel of Jesus coming to the disciples on the evening of Easter Day and saying, "Peace be with you". She reminded us that we were together in His name and that He might come among us with His words of peace.

- \*Pastoral matters were discussed and prayed for.
- \*A safeguarding report was received from Maureen.
- \*Thanks were given to Marilyn for the Easter Praise service.
- \*There will be an evening Harvest Praise service on 29th September.
- \*The welcome service for Rev. Dr Tracey Darling will take place at Braunton on Thursday 12th September, led by Rev Dr Dan Haylett, chair of the District.
- \*Book repairers to be sought for the pulpit Bible donated in memory of Connie Hill.
- \*A publicity leaflet has been prepared for Christ Church and the wording is currently being reviewed.
- \*The church reserves policy was discussed with money being allocated for ongoing work and an amount to cover 6 months running costs.
- \*It was agreed to proceed with having the car park made safe following the removal of the trees.
- \*It was agreed to go ahead with the repair of the windows in the doors of the small chapel. An appeal is being made for donations towards this.
- \*Repairing the panel on the cooker will cost just over £500. This needs to be done and again donations would be welcomed.
- \*Arrangements have been made for the gutters and roof to be cleaned.
- \*People from church are going to do some painting once weather permits.
- \*The stonemasons to be consulted about cracks in the boiler room and on the balcony.
- \*Next week's Action for Children "Dear Zoo" treasure hunt, and activities in the Pannier Market are part of our Community Links.
- \*Agreed to swap chairs in Alan Finch room with those in the small chapel to see if it would be better.
- \*Rev Canon Dr Benjamin Williams, new vicar at the Parish Church, would like to meet the Elders and this could be done informally at Hobnob.
- \*Meeting ended at 9pm with sharing of the Grace.

Next meeting: Tuesday 7th May

## **SAINT GERTRUDE OF NIVELLES**

Saint Gertrude is considered to be the patron saints of cats, travellers, gardeners, the poor and widows.



Gertrude was born in 626 in Nivelles, a city in modern day Belgium. Her father, Pepin 1, was a wealthy nobleman, Gertrude was the fourth and youngest child in the family. In the Middle Ages families acquired wealth through arranged marriages with other noble families. Her sister Begga, had married a powerful Bishop. Apparently, her father had similar designs for Gertrude and when she was ten years old a banquet was arranged for King Dagobert, during which the King asked Gertrude to marry the son of a Duke. She refused, saying she would marry no man except Christ.

When Pepin died in 640 her mother helped her fulfil her promise and thus protect her from predatory suitors attracted by her family's wealth and power, by building a double monastery in Nivelles, one for men and one for women, her mother appointed Gertrude as the Abbess of the women's monastery. After the death of her mother, Gertrude took over the running of the men's monastery as well.

Gertrude decided that her time and energy could be best spent caring for the poor, sick and elderly and studying scripture. She left the running of the monasteries to other trusted nuns and monks. Her mother left her a considerable amount of money when she died and this Gertrude used to build churches and monasteries.

By the time Gertrude was 32 she had become so weak from fasting and keeping vigil that she sensed her death was near. She withdrew from monastic life and spent her last days in prayer. One miracle that is attributed to her involves an ocean voyage by her Irish monk friends, during which a sea monster appeared and threatened to capsize their ship. Luckily upon invoking the name of Gertrude the monster disappeared and they were all saved. It is not known how Gertrude became the patron of cats, but cats are a popular pet and it was possibly thought they needed a saint. Many paintings of Gertrude depict her surrounded by rodents, it was a time of the black death and monasteries and nunneries were known to keep cats to help limit the population of cats and mice. Also, the life of monks and nuns could be lonely and they may have been kept as companions.

Reading about Saint Gertrude I could see similarities with her feline friends. Gertrude was strong, independent and not afraid to leave the administration of the monasteries to those she thought did a good job, thereby doing what she wanted to do.



## LEMON PUDDING (photo—page 13)

### Ingredients

Grated rind and juice of one large lemon

2 oz / 50g butter

2 oz / 50g golden caster sugar

2 large eggs (separated)

2 oz / 50g self-raising flour

1/2 pint / 300ml full cream milk

### Method

1. Beat the lemon rind, butter and sugar until light and fluffy
2. Add the egg yolks and continue to beat, adding two tablespoons of lemon juice
3. Sift the flour over the mixture and mix in well
4. Whisk the egg whites until stiff and fold into the mixture
5. Pour the mixture into a well buttered deep dish and place this dish into a tin of warm water
6. Cook in the oven gas 6 / fan 190 for about 45 minutes. The pudding should separate into a layer of sponge and a layer of custard

This pudding works well with raspberries to accompany, or lemon shortbread biscuits.

Music to listen to: Lemon Tree - Peter, Paul and Mary

*Jennifer*



### **Thank you**

We thought it might be nice to recognise some of the hard work which goes on - often in the background - week by week to keep our church community and building functioning so effectively. Without this, we could not continue our worship and outreach.

We will include this every month, suggestions welcome.

So, first up - thank you to Elaine for preparing communion for us, and for washing up afterwards with help from Chris and Kathy.

(photo—page 13)

*Liz and Bruce*

## FRIENDSHIP GROUP

Our meeting on March 25th was changed to "Flying as a BOAC Stewardess" but still presented by Linda Guest. It turned out to be a really fun afternoon, listening to so many amusing stories. Linda grew up on a farm and by the age of 8 could drive a tractor. Her desire then was to act and she spent several years successfully performing on the stage. Her next passion was to become an Airline Stewardess. After 4 interviews, in 1969 she joined BOAC.

The training was very strict, including learning how to walk, her correct skirt length and organising her long hair. On one flight she travelled first class and had just 12 passengers to look after, one being Queen Elizabeth II. Linda moved a bag to another position and was quickly asked "to put it back"! It contained the Crown Jewels! Linda travelled world-wide and had an amusing story for every country.

On 8 April our speaker was Vanessa Gillings, a retired Police Officer. Her story went from initial recruitment to retirement, with many amusing stories. When she joined in 1970 at 18, it was very much a male dominated organisation and continued to be for many years. The initial training of 13 weeks sounded similar to the army – putting on her second uniform for breakfast, folding all her bed covers into a neat square, then changing into her best uniform to parade. 30 girls joined – only 18 completed the course! Throughout her career her job changed. She wanted to drive but she had to sit beside the driver not take the wheel – but was allowed to take the measurements at an accident! After 6 months they let her drive! We laughed when she produced two truncheons – one large, one small (men's and women's) – guess which was hers! She set up a group for Child Protection and became Domestic Abuse Officer for 7 years which she found very rewarding and retired at 55. A really enjoyable afternoon.

Our speaker on 22nd April is talking about *Britain in Bloom*, you will hear all about it in the next Messenger!

Meeting in May - 13th: AGM

Please bring Summer Programme suggestions to the AGM and also ideas for our next Winter Programme

*Rosemary*

### **Offertory**

An increasing number of people are donating money direct to the Church account by standing order. Many thanks to all of you.

**If you are a tax payer** and would like the church to claim back the tax on your giving or if you change your address or other details, please contact Janet Marshall or speak to a serving elder.

Cash offerings can be made at Christ Church on a Sunday morning. Gift Aid envelopes are also there if you wish to use one. Thank you,

*Kathy*

## OUR MISSION STATEMENT

Christ Church seeks to express  
the love of Christ for everyone.

### All at Christ Church Barnstaple are committed to the following Safeguarding Principles:

- \* the care and nurture of, and respectful pastoral ministry with, all children, young people and all adults.
- \* the safeguarding and protection of all children, young people and adults when they are vulnerable.
- \* the establishing of safe, caring communities which provide a loving environment where there is informed vigilance as to the dangers of abuse. (Methodist Safeguarding Guidelines, online: [www.methodist.org.uk](http://www.methodist.org.uk))

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

**Circuit Superintendent:** Revd Stephen Caddick      01271 345956

#### **Elders:**

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

Chris Marshall	Liz Seymour	Jenny Newman
Janet Marshall	Shirley Baxter	Staveley 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  
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**Address:**      8 Bear Street, Barnstaple. EX32 7BU



# Easter



One of the beautifully decorated windows



Sunday Club: Distributing Easter eggs

## Dear Zoo Event - Barnstaple Pannier Market



Helping out on the day



Paula and Rod's grandchildren having fun

