

# The Messenger

"...Well done, good and faithful servant ...Enter thou into the joy of thy Lord."

*Matthew: 25:23*

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



**August 2024**

**Reverend Tony Coates receiving his certificate recognising his  
sixty years of service to the United Reformed Church**



**Sadly, since this photograph was taken, Tony has died.**

**"... a minister with a truly pastoral heart..."**

See page 4 for Rev. John Robinson's tribute

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

## August Diary

Sun	4th	10.30am	Morning Worship and Holy Communion: Rev. Jonathan Richards
		3pm	Causeway
Sun	11th	10.30am	Morning Worship: Local Arrangement
		12.30pm	Church Picnic (see page 7)
Mon	12th	10am	Sound it Out
Wed	14th	10am	<b><i>Deadline for September Messenger</i></b>
Sun	18th	10.30am	Morning Worship: Mr Peter Edwards
Sun	25th	10.30am	Morning Worship: Rev. Alan Telfer
Thu	29th	tbc	Service of Thanksgiving for the life of Rev. Tony Coates
Sat	31st	10am	Open Manse (see page 6)

### Regular meetings :

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

## Changes to Church Meeting Dates

- The September church meeting has been postponed as so many people will be away
- The next Church Meeting will now be on **Wednesday 16th October** at 7pm
- The Annual Church Meeting date has also been changed. It will now be on **Sunday 17th November** following the morning service. This meeting will be chaired by Rev. Stephen Caddick and will include the election of Elders

***Please put these new dates in your diary!***

## School's out for summer!

It's that time of year when pupils and students have their long summer holiday. I can still remember the elation of breaking up with 6 weeks of freedom ahead to enjoy. Those of us for whom school days are a distant memory will also be having breaks from our clubs and societies as they take a summer break. There is something so liberating about the prospect of a rest from commitments and the possibility of some lazy summer days ahead. Having said that I'm writing this in the caravan in a boggy field wondering whether the rain tonight will be as heavy as it was last night!

Whatever the weather, it's the time of year when many of us can take a step back and enjoy a bit more free time and the choices and opportunities that brings. It is so important to take the opportunity to step back and recharge our batteries during the lazy, hazy, crazy days of summer. Some of us are lucky and can go away either to revisit places we love or to explore places in the world we have yet to discover.

Chris and I were fortunate enough to visit Alaska earlier in July and it was amazing. It really is an unspoilt wilderness and the scenery is utterly breathtaking. We saw humpback whales, sea otters, bald eagles, seals and even a huge bear all in their natural, unspoilt habitat. The fjords, glaciers and bright blue skies were the stunning backdrop to all of this. What a once in a lifetime experience for us.

Two days after we got home, we hotfooted it to the annual Methodist Conference held this year in Leeds for a Thanksgiving and Memorial service for all those presbyters and deacons who have died since the last annual conference. It was a beautiful event, so well organised and we were looked after wonderfully from the moment we arrived. The service itself was a fitting tribute to all those including Dad who had dedicated their lives to Methodism and a life of service. We left feeling very positive and refreshed.

I hope you can find some time for rest, renewal and relaxation this summer. I am all too aware that changes to routine are very hard for some people to manage and that holiday times can be particularly difficult for those who must continue to work whilst finding daycare for children who are on holiday from school. Let us support each other and do what we can to ensure we all have the opportunity to enjoy the summertime, whatever the weather!

*Dear God,*

*Thank you for the beauty of this world and the opportunity to see new places and learn more about the natural world. Help us to cherish it and play our part in keeping it safe for future generations.*

*Help us to find time for moments of reflection, rest and renewal without feeling guilty about stepping back.*

*We pray for those for whom a change in routine causes anxiety and uncertainty and remember their carers who take on an additional burden of supporting them through these challenges.*

*May we support each other and care for each other as you care for us this summer and always.*

*Amen*

With much love to you all,

*Janet (Marshall)*

## **Rev Anthony John Coates**

June 2024

This is Tony's 60th year of ordained ministry in the Congregational Church and then as we united with the Presbyterian Church of England and became the United Reformed Church.

He started his academic life at Emmanuel College, Cambridge where he read Modern Languages. Whilst there he received the Call to the Ministry, subsequently going to Mansfield College, Oxford.

On graduating from Mansfield College, Oxford in 1964, he was ordained and inducted as Assistant Minister at the City Temple, London. In 1968 Tony was appointed as Free Church Chaplain at Keele University, where Marilyn Tricker was a student and knew Tony. In 1974 Tony accepted a call to be minister at Emmanuel URC, Cambridge, where he served until 1982. He was then appointed to serve at the World Council of Churches in Geneva as an English translator with many international contacts. In 1985 he received a call which he accepted, to be minister at Redland Park URC, Bristol.

Then in 1989 Tony was appointed to lead at the denomination's headquarters in London as Secretary for World Church and Mission with a team of colleagues in synergy. After serving in that capacity for 7 years, Tony was called to his final pastorate at Hutton and Shenfield Union Church, from where he 'retired' in 2002. His ministry was always supported and encouraged with Anthea's enthusiasm.

In retirement Tony's language translation skills from his first degree, were regularly in demand from international church bodies, ranging from documents to books. He served as Interim Moderator for Bude and Lynton URCs and during the pandemic regularly prepared services for 'Worship at Home'. I would describe Tony as a minister with a truly pastoral heart and concern and I'm sure many would agree.

It is a pleasure and privilege on behalf of the URC to present Tony with his Certificate recognising with grateful thanks his 60th anniversary of Ordination to Ministry. (photo - front cover)

### **Post script**

Since submitting the above Tribute to Tony and only a few weeks after that presentation of the Certificate, Tony passed away on July 12th. In our natural sadness, we also want to give thanks to God for all Tony meant to us and so many; as a minister in the URC District churches and this Methodist Circuit, in addition to his ecumenical translation work with the World Council of Churches.

We remember more recently how initially during the pandemic he carefully prepared Worship at Home services, which were recorded. They became such

a help to those who listened to them that he continued to produce material after the pandemic and they were much appreciated.

We also remember the loving support of Anthea throughout his years of ministry.

Anthea, to you we reach out in loving sympathy rooted in our prayers for you.

### A Prayer

*Heavenly Father, by your mighty power you gave us life, and, in your love you have given us new life in Jesus Christ.*

*We entrust Tony to your merciful keeping in the faith of Jesus Christ your Son our Lord, who died and rose again to save us, and is now alive and reigns with you and the Holy Spirit in glory for ever.*

Amen

*Rev John Robinson, colleague and friend*

The Service of Thanksgiving will be held at  
Christ Church on Thursday 29th August, time to be confirmed.



Dear friends,

Just a short note to thank you all for your generous giving during Christian Aid Week 2024.

As a church we raised a total of £1113.03 from the Big Brekkie and Christian Aid Week envelope donations.

The Barnstaple group of churches (7 in total) which Paula and I also look after raised an additional £658.73. This brings the grand total raised between us to **£1771.76**

Huge thanks to everyone for your support, encouragement and monetary gifts.

"Your gift this Christian Aid Week will help more families fulfil their ambitions. Faith and belief that the world can be a fairer place for all people unites us."

"With God's help you can overcome obstacles and be victorious. We have been through difficult times, but now we make plans for the future." Aline Nibogora

Your continuing generosity and support are much appreciated.

*Janet and Paula*

Your Christian Aid reps: Janet Marshall 01271 373013 & Paula Littlewood 01271 374419

**A letter from the Rev. Dr. Tracey Darling  
our 'to be' Superintendent who joins us in September**

Hello, we are the Darling family – Tracey, Paul and Stefan, and here's a short introduction to us. I (Tracey) grew up in Plymouth, living there until I went to university. It's lovely to be heading back to live in the South West after such a long time.

Paul and I have been married for 28 years, having first met whilst studying for our PhDs at Reading University. Mine was in silanone chemistry, looking for one molecule at -260°C! Paul's research was in radar imaging, which he took into his aerospace career. Our son Stefan is currently writing a Masters dissertation on 'post-work', which imagines what society could look like without jobs. He is passionate about sustainability - I should know because I'm forever being challenged on it!

Before entering full-time ministry, I had been, amongst other things, a Technical Author and Project Manager. I grew up attending St Budeaux Methodist Church in Plymouth until leaving for university, where my faith continued to be nurtured through University Methsocs. I candidated for the Presbyterian ministry in the Methodist Church in 2015-16 and trained part-time at The Queen's Foundation in Birmingham from 2016-2019.

I'm just coming to the end of my first appointment in the Skipton & Grassington Circuit (Yorkshire West District) where I've had pastoral charge of up to six rural churches, alongside being part of various District groups.

I'm particularly keen to help churches find new and creative ways to join in with God's work, as well as supporting people to discern and use their God-given gifts.

For relaxation, Paul enjoys flight simulation and linguistics, whereas I prefer knitting or getting lost in a good novel.

We look forward to meeting you soon and working together for the glory of God in this beautiful part of the country. We are praying for you and ask that you might do the same for us as we move over the summer and settle in.

Every Blessing,

*Tracey*

***We are invited to an "Open Manse" to meet Tracey and family on  
31st August from 10am - 2pm. See poster in church for more details***

**Retirement Announcement**

Rev Stephen has decided that, after much thought and prayer, that as he will complete 40 years in ministry in 2025, that will be the time for him to retire, rather than in 2026 as originally planned.

The Circuit Meeting accepted Stephens' decision, therefore Circuit goes into stationing.

Please pray for all those involved

Come and join us for our...



# Christ Church Annual Picnic

Sunday 11th August  
12.30-3.30pm

in the grounds of  
Pilton Bluecoat Academy

ALL WELCOME



LOTS OF FUN

Bring Your Own  
Picnic Food, Drink and Seat!



(Inside the school if wet)



## The Christ Church Tea Party



Enjoying refreshments  
and fellowship

## Message from Eddy:

“We bought this  
plant with some  
of the garden  
tokens you gave  
us for Don’s  
Retirement. We  
love Agapanthus  
ever since we  
had a holiday in  
Guernsey.”



*It seems to like our garden!*



## Parents and Toddlers

Birthday  
celebrations,  
music, games  
and lots of fun  
are enjoyed by  
all at Parents  
and Toddlers



## Young Families Work News

### Sunday Club

The children have been pleased to add their suggestions for activities to enhance our programme in June and July. This was principally the story of King David from the books of Samuel. We would like to wish the children, their families, our leaders and adult helpers an enjoyable summer break. One Sunday Club leader (together with a second adult) will be present at morning worship on 28 July, the Sundays in August and 1st September to provide informal activities for any children attending morning worship.

### Café Church

With half a dozen people from the church having birthdays within one week, July's Café Church was the ideal opportunity to hold a celebration. Mini cakes worthy of the Great British Bake Off were decorated and the tea menu included home made meringues and also ice cream. Our Duke of Edinburgh Award volunteers organised a brilliant 'pass the parcel' for the children to enjoy.



Café Church takes a break in August with the church picnic being held on Sunday 11th.

This is an ideal opportunity to thank the team of musicians who play for Café Church. This includes Christopher Punt who co-ordinates the suggestions made for each theme and spends time researching appropriate songs. The children's percussion band in July provided a tuneful accompaniment to his suggestions.



*Maureen*

### Parents and Toddlers

We have had a lovely summer term and been able to go outside twice, and also had birthday celebrations. We have four going to school or nursery in September but have recently had two new families join us - but we still have room for more! We restart on Wednesday 11th September.

Wishing you all a good summer.

*Joy*

### Rev. Tony Coates – an appreciation

Christ Church is fortunate in having a collection of Children's Bibles – ranging from board books which fit tiny hands to the 'Youth Bible'. One very well used book is 'The Story Teller Bible' by Bob Hartman. Rev. Tony often took stories from this version of the Bible when preaching, especially when he addressed a younger congregation.

Grateful thanks are expressed by many generations of young families at Christ Church for Rev. Tony's ministry.

*Maureen on behalf of the many generations  
of young families helped by Rev. Tony's ministry.*

## **Notes from the Elders meeting on 5th June 2024**

- Janet Gray opened the meeting. There were no apologies.
- \* News of the fellowship was shared and Janet led prayers for those mentioned.
  - \* It was confirmed that the Digibox is to be used every 2nd Sunday giving Carol a regular Sunday off. More training is planned to enable other people to operate this and Jack will investigate how the sound quality can be improved.
  - \* There was discussion about what services we would like at Christmas, and how to increase attendance at church meetings in the future given the very low numbers now coming.
  - \* The large lectern bible will not be repaired but placed open in the foyer. The high windows at the front of the foyer need cleaning and Kathy will arrange this. There was discussion about how best to display posters and publicity material on the windows in the foyer but no conclusion was reached.
  - \* The target for repair for the internal stained-glass windows has been achieved and the windows removed for the work to be done.
  - \* Circuit is currently in the process of agreeing assessments for next year. Ours may be very slightly less than previously.
  - \* The vestry door code has been changed and work on the cooker completed. Outside painting will be done when weather allows. The carpet in Room 1 is to be cleaned during the school holidays. Weeding has been done again. Work on the outside noticeboard to keep it accurate and up to date has proved difficult. An alternative solution will be needed.
  - \* Several of the Rainbows are ready to move up to Brownies. Someone is needed to run this new group but there are possibilities in the pipeline.
  - \* The afternoon tea party will be held on 15th June. There is a Quiz and Pasty evening on 14th September and the Winter Fair is on 9th November.
  - \* Rev. Benjamin, the new Barnstaple town centre vicar had suggested a "Markathon" reading of Mark's Gospel and invited Christ Church to take part on 23rd June. This will be announced to the congregation and names of those wishing to take part passed to Benjamin.
  - \* There will be a recognition for the members of Sunday Club during a Sunday service in September – date to be confirmed - to acknowledge the children and the part they play in the church family.
  - \* Janet Gray closed the meeting with prayer.

Date of next meeting – 1st July 2024

## Notes from the Elders meeting on 1st July 2024

Reverend Marilyn Tricker opened the meeting with a reading from Luke 12. This was the first in person Elders meeting since Covid. There were apologies from Anthea, and Kathy. Liz was only able to attend parts of the meeting.

- \* Minutes of the last meeting were approved and signed.
- \* News of the fellowship was shared and Marilyn led prayers for those mentioned.
- \* Elaine reported that £555 was raised at the recent church afternoon tea party. She expressed her thanks for the support and help that was given during this event and also thanks for the donations that were made.
- \* Janet reported that £461.57 had been given in the Christian Aid envelopes.
- \* Safeguarding advanced module training is to be carried out in October.
- \* The Sunday Club awards will be made as part of the Sunday morning service on the 15th September.
- \* There was discussion about the planned services for Christmas.
- \* Outside painting and other external jobs will be done when weather allows. New water boiler has been fitted. Stained glass repair work is being carried out. Work on the outside noticeboard to keep it accurate and up to date has proved difficult. An alternative solution will be needed.
- \* The Church picnic will be on the 11th August. There is a Quiz and Pasty evening on 14th September and the Winter Fair is on 9th November.
- \* Thanks were expressed to Liz and Bruce for their work on the Messenger.
- \* During the any other business section of the meeting it was decided that the church meeting set for the 18th September would be moved to another date due to the unavailability of Elders. It was agreed to hold a brief Zoom meeting on the 15th July to decide the date and format of the next church meeting. The church AGM on the 24th November is to start at 12:00 and will include Elders appointment. *(this date has since changed, see page 2)*
- \* Reverend Marilyn closed the meeting with a prayer.

Date of next meeting – 3rd September 2024

### Gluten-Free Bread

To ensure everyone feels welcome and included, we have decided that we will use gluten-free bread for everyone at our services of Holy Communion

*The Elders*



## **Causeway**

On June 2nd Steve led our 'Songs of Praise' Causeway Worship. Our friends read verses from Psalm 150 and Steve spoke about how, where and why we should praise God.

At least 10 of us chose our favourite hymns/songs and shared the reason why our choice was special to us. You'll probably find your favourite amongst those we sang including Shine Jesus Shine, Dear Lord and Father of Mankind, There is a Green Hill, Amazing Grace, He's got the Whole World in His Hands, Lord of the Dance, This Little Light of Mine, I'm Special and Majesty. We even made a fantastic attempt at the Hallelujah Chorus with the help from a CD, Steve conducting and everyone holding up Kathryn's cards with words as we sang. Uplifting and exhausting!

We were all turned into musicians with every variety of percussion instrument, with of course others playing the piano, drums, accordion, violin, guitar, glockenspiel and spoons. Thanks to both Steve and Kathryn for arranging our afternoon of fun music and dance as we offered God our praise.

As July 7th was Sea Sunday our Causeway worship focused on the Bible story of Jesus calming the storm at sea. Three of our friends read the dramatised account from Mark 4:35-41. John Ewington used his artwork to retell this story and other Bible stories about the sea. Many of us shared our interesting and sometimes terrifying sea encounters. With the help of our friends, a huge piece of blue fabric and music we imagined both still and very rough sea.

Jo led our music which included sea shanties, 'With Jesus in the boat' and 'He's got the wind and the waves in His hands'. John told us about the charity 'The Mission to Seafarers' and we took home information and puzzle leaflets.

Before we left, we had the opportunity to dance to the video 'My Lighthouse' and share refreshments.

Rev. Jonathan Richards will be our speaker at Causeway on Aug 4th at 3pm. You will be very welcome if you would like to come and join us.

(photos - page 20)

*Gill and the Causeway Team*

## **Amigos and Kira Farm**

*"Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12*

### **The second semester begins**

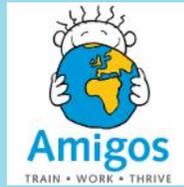
We were delighted to receive a letter from Gloria, our sponsored Kira Farm trainee, after her return from her first semester break back home.

She writes (remembering that these are her unedited words):

*'I am so so greatfull to write the fourth letter with a lot of love my dear sponsors. It has been quite long time to hear from you within holidays. I spent mine in helping my parents with farming like weeding maize, beans and also towards the end of my holidays I got a job of plating peoples hair. so I got some money that could help me and my family to buy some thing like soap, salt, food etc ... my parents and the neighbours were appreciating my hard work with changes like farming, tailoring and sharing good news of gospel of Jesus Christ. as being appreciated that means I am able to change the community and my family with life at home.'*

She goes on to say that the situation at home is not good at all, that the (cont.)

Gloria is very excited to be back at Kira Farm and is determined to do well



Trainees: back for their second semester



Beekeeping is now part of Kira's training programme which aims...

## Kira Farm's New Bee Keeping Project



...to inspire the students to build successful honey businesses

community needs help. Basic needs include food medication and poor shelter, and she sees that change and help can come through her, thanks to all she has learnt during her life on Kira Farm. Her gratitude for her sponsorship is very touching: *'thanks my sponsors. I love the way you love me as my parents. God should bless you abundantly . I am looking forward to hear from next time'* (a letter has been sent!)

*Yours faithfully*  
**ABOTE GLORIA**

Please pray for:

\* The trainees as they navigate this journey and continue to hone skills that will transform their lives - particularly for Gloria so anxious and determined to learn as much as she can to make a difference back home in her community

\* The staff on Kira Farm as they continue to teach, support and look after the trainees during their year on the farm

### **There is a Buzz on Kira!**



Perhaps this is an opportunity to mention a little more about the exciting beekeeping project on Kira Farm. As yet, none of our sponsored trainees has opted to train on the project, but there are actually 18 enthusiastic students enrolled in the training programme. Uganda has in fact a huge potential to increase its honey production as currently the honey it produces is very low compared to domestic demand. So it's great that Kira Farm has introduced the project as part of its training programme – the vision being to train the young people in beekeeping and inspire them to go back to their home communities and build successful honey businesses, ultimately providing employment for other young people. The beekeeping is also taught in conjunction with conservation farming, tree planting and business skills. Rearing bees improves farming through better pollination and helps to look after the environment. The students on the project are actively engaged in learning both in the classroom but also practically at Kira's three training apiaries. They have also already started producing hives and bee suits. These items will soon be distributed to farming communities in Masindi, where there are already 24 people eager to embark on beekeeping ventures. The particular aim for Masindi is not only to improve incomes but also to protect their fields from elephant attacks originating from Murchison Falls National Park. A 'beehive fence' is a win-win opportunity: safeguarding livelihoods and preserving elephants who turn back into the park. Special thanks for this project go to Amigos' partner, Bees Abroad, for their unwavering support in its mission to transform lives through beekeeping.

Let us pray for the beekeeping project that it may be successful and may inspire others to understand its value and become a part of it. Let us also pray for the trainees who will by now have returned to Kira Farm after their time back home that refreshed and encouraged by their visit, they will continue their studies and time on Kira Farm with renewed strength, determination and excitement to learn more.

(photos - page 13)

*Anthea*

**Excerpts from a letter from the URC. Read the full letter in the church vestibule or at <https://urc.org.uk/your-church/guidance-support-for-churches-synods/church-finance/ministry-and-mission-fund-annual-letter-to-local-churches/>**



## Finance

The United Reformed Church  
United Reformed Church House  
86 Tavistock Place, London WC1H 9RT

**To: All members and adherents of  
United Reformed Churches and our Local Ecumenical Partnerships**

Dear Friends,

Firstly, thank you for all your contributions to your local church in 2023. This includes your financial contribution which plays an important part in the life of the whole church through the Ministries & Mission Fund.

As officers of the denomination, it's good for us to be rooted in a local URC (or LEP) congregation and to work out our faith in the local context, as well as across the entire United Reformed Church. On the other hand, it is good for you in local churches to know that those who serve you nationally understand the local church financial issues as well. And there have been some big issues over the last 12-18 months: inflation, a "cost of living crisis" for many, with energy costs rising unprecedented levels etc. Churches and ministers have had the same challenges as so many others.

The M&M Fund of the URC pays for ministers' stipends, training, Assembly costs and all the central support functions for ministry in the URC across three nations. The M&M Fund's main income is contributions from the churches with some top-up from synods, together with investment income and grants etc.

In 2023 the churches continued to support the M&M Fund to a wonderful level, but there also was significant and generous synod support. Overall, the giving to M&M Fund was slightly ahead of budget at £16.3 million. It was also only 2% down on 2022's result. However, we should note that these figures include the synods' extra contributions this year which amounted to £1.9 million, an increased amount compared to 2022.

So, thank you to all who continued to contribute to your local church, thank you to all those churches who met their commitment for 2023 in full, and thank you to all those who, in adversity, continued to treat the M&M Fund as the first priority and paid what they could.

Stewardship of our resources, personally, as local churches and as a denomination is rarely easy, but it is one of the challenges we are called to in making our faith real. As the Spirit directs and as our means allow, can the churches once more continue to respond to the call of our gracious, loving and ever-generous God?

Again, thank you all Yours in Christ,

Alan Yates (Treasurer)  
Vaughan Griffiths (Deputy Treasurer)

## **COMPASSION IN WORLD FARMING**

Many people today will have heard of the tremendous achievement of the work of Compassion in World Farming (CIWF). Battery hens have been banned; veal and pregnant sow crates banned; live export of animals banned in the UK; also the recognition of animals as sentient beings added to the Treaty of Rome. The W in the title has become a reality as well, with links with other animal charities through the world and branches in many countries.

In the late 1960's and early 1970's it's unlikely that many would have heard of the organisation, or if they did, considered it run by cranks. As many charities did, it started in an unusual way. Peter Roberts, the founder, was an ordinary traditional and gentle farmer in rural Hampshire, farming the way of his forefathers, with a mix of chickens; dairy and arable. He was a highly educated man who had been to an Agricultural College. The 1960's was a time of great change for farming. After the Second World War there was an urgent need to feed the people cheaply. One day 'the man from the ministry' arrived on his doorstep and told him the only economic future was for him to change from dairy and mixed farming, into intensive egg and chicken production. He thought about it but didn't give an answer. When he went home to tell his wife, Anna, the shattering news, she replied 'you can do it Peter but without me'. Peter had always taken good care of his animals, but this visit from the ministry probably sowed the seed of the later founding of CIWF. Both were horrified by the thought of animals being used solely as a factory.

CIWF began in their front room, with like minded volunteers to help. Peter and Anna were devout Christians and believed that we have a duty to care responsibly for the creatures we have been entrusted with. Both attended a church nearby and many of the congregation helped with various volunteering duties. When the charity began, their vision that the world in which farm animals were treated with respect and compassion looked a hopeless cause, because at that time animals were mere agricultural products without legal protection. Peter had a fine mind and he brought intellectual discipline to his cause and argued for an agricultural system that would sustain the world.

Undoubtedly, Peter and Anna caught the mood at time, many well known show business people gave their support, including Virginia McKenna, Spike Milligan and many others. Although choosing to be vegetarian as a family, it was never their intention that everyone else should be. They just wanted the farmed animals to be treated humanely with compassion. From a small beginning sixty years ago CIWF has achieved much and heightened the public's awareness of thinking how their food is produced and whether they would enjoy their meals if the animals had not been treated humanely. Peter and Anna showed us that ordinary people can achieve much if they put their mind to it. They never lost faith and believed that they were called by God to do this work.

## RED DRAGON PIE

This is a delicious alternative to a traditional cottage pie and children especially love it. It contains aduki beans, which the Chinese consider are full of health and vitality, just like a dragon, presumably it is called red as aduki beans are red. This dish is useful to serve on Saint David's day because of the association of Red Dragons and Wales. If you can get them dried aduki beans are good, or you could use red kidney beans

### Ingredients

1 tin aduki beans	1 tin chopped tomatoes
1 tbsp cooking oil	1 onion finely chopped
8 oz (225g) carrots (finely chopped)	2 tbsp soy sauce
2 tbsp tomato puree	Salt and pepper
1 tsp dried mixed herbs or 2 tbsp chopped fresh herbs	
1 lb (450g) potatoes	1 oz (25g) butter or vegan butter

Fry the onion and carrots for a few minutes until softened, then add the rest of the ingredients, bring to the boil and simmer for about 20 minutes, season to taste and add a little more moisture if needed. Leave in the saucepan for the flavours to blend whilst preparing the potatoes. Boil the potatoes until soft then mash with the butter.

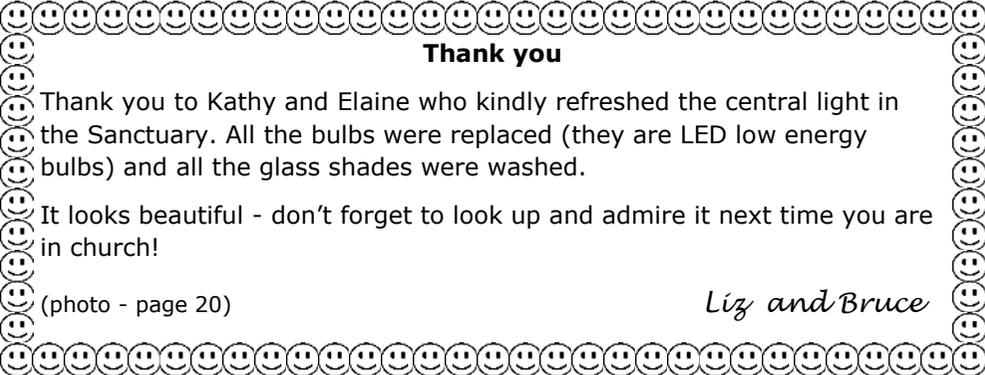
Put the dragon mixture into a suitable dish and roughly place the mashed potato on top. Place in a hot oven and cook for about 35 – 40 minutes until brown and crispy on the top. Any vegetables that you have in the fridge will work, particularly nice with a selection of root vegetables in the winter. This dish will serve four, but freezes well if you wish to have a two person serving. Goes well with a green vegetable such as sprouts, cabbage or broccoli.

Music to Listen to: Lang Lang - A whole new world

Sinfonieorchester TiFiCo - How to train your dragon

(photo - page 20)

*Jennifer*



### Thank you

Thank you to Kathy and Elaine who kindly refreshed the central light in the Sanctuary. All the bulbs were replaced (they are LED low energy bulbs) and all the glass shades were washed.

It looks beautiful - don't forget to look up and admire it next time you are in church!

(photo - page 20)

*Liz and Bruce*

## Events

Our next event is our ever-popular Quiz and Pasty Evening on September 14th. First question at 7pm, so please be there in plenty of time! Teams of up to 6 people - if you're not already a team just come along on the night and make a new one! We always have an evening of fun and laughter, we do hope you can join us.

### Quiz Night

Christ Church Barnstaple

Saturday 14<sup>th</sup> September

First question at 7pm

Teams of up to 6 people

£6 per person

includes light

supper



If you're not in a team, come along anyway and join another team or make a new one!

The Winter Fair will be on Saturday 9th November at 10am - please note the date. We will be asking for items for the gift stall and the raffle nearer the time, but please start collecting any contributions now!

We look forward to seeing you all at both of these big events in our church year, which give us an opportunity for fun and fellowship whilst raising much-needed funds for Christ Church.

*Joy, Elaine and Liz*

### Christmas Tree Festival

Eff and Elaine have signed up for Christ Church to decorate a Christmas Tree in the Parish Church Christmas Tree festival in December.

We would be grateful to receive any homemade 'Christian Symbols' to decorate the tree with, about 2-3 inches long.

These can be made using any materials that you are happy to work with.

For those who use a computer, just put 'Christian Symbols and their meanings' into your search engine and you will get lots of ideas.

Last Year's festival was a great success and it will be good to see a tree from our Church amongst all the others.



*Elaine*

### 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	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](mailto:jcbmar18@btinternet.com)

#### **Messenger Editors:**

Bruce and Liz Seymour      [seymourejs@gmail.com](mailto:seymourejs@gmail.com)

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

**Address:**      8 Bear Street, Barnstaple. EX32 7BU



# Causeway



Everyone enjoying the 'Songs of Praise' Causeway Worship



< Let there be light!

Elaine and Kathy cleaning the centre light



^ The RAF Community plate awarded to Sound It Out

Recipe >

Red Dragon Pie

