

The Messenger

“Peacemakers who sow in peace
raise a harvest of righteousness”

James 3:18

Christ Church Barnstaple
Methodist & United Reformed Church



September 2024



Enjoying the sun and
lots of fun at the
Church Picnic!



What was the theme at Causeway?



Sound It Out: Enjoying 50s & 60s songs

September Diary

Sun	1st	10.30am	Morning Worship and Holy Communion: Rev. Stephen Caddick
		3pm	Causeway Service
Sun	8th	10.30am	Morning Worship: Pastor Jason Thorpe
		4.30pm	Café Church
Mon	9th	10am	Sound it Out
Sat	14th	7pm	Quiz and Pasty Evening
Sun	15th	10.30am	Morning Worship: Mrs. Paula Littlewood
Wed	18th	10am	<i>Deadline for the October Messenger</i>
Sun	22nd	10.30am	Morning Worship: Local Arrangement
Mon	23rd	10am	Sound it Out
Sun	29th	10.30am	Harvest Festival: Rev. Dr. Tracey Darling
		6.30pm	Harvest Praise: Rev. Marilyn Tricker
Regular meetings :			
Tuesdays -		Rainbows 5.30pm (Term-time only)	
Wednesdays -		Parents & Toddlers 9.30am (Term-time only)	
Thursdays -		Bible Study 2pm; Circuit Zoom Service 7pm	
Fridays -		Hobnob 10am (except Bank Holidays)	

Welcome Service for Revd Dr Tracey Darling, our new Superintendent
This is at **Christ Church Braunton** on
Thursday 12th September at 7pm

Reminder: 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!

**Excerpts from a United Reformed Church
email - 6th August 2024**



Reflecting on Tragic Events

One of the hardest things about being a minister is knowing that, sometimes, there are no words. I've had to conduct tragic funerals – suicide and death by misadventure are always difficult - two will stay in my mind forever; an 18 year old who took his own life in the aftermath of a relationship breakdown and the other, a young man in one of my congregations where we'll never know the reasons why he took his own life. I've taken funerals of those who have injected or drunk their lives away and funerals where there was no one except the undertakers who stepped in to mourn. Thankfully, I've never had to officiate at the funeral of a person who'd been murdered - let alone a murdered child. I can't begin to imagine the pain and grief of the parents of Elsie, Alice, and Bebe slain whilst dancing last week. We hope and pray that the new heaven and earth that the author of Revelation wrote about includes a place for little children to dance.

Since those tragic deaths we've been given no time to process the shock as riots erupted in Sunderland, Rotherham, Liverpool, Tamworth, Belfast, Middlesbrough, Manchester, Stoke on Trent and, last night, in Plymouth. Rioters targeted Black and Asian people, asylum seekers even seeking to set a hotel on fire where they are housed, and have shown particular hostility to Muslims. Social media influencers stoke the flames for their own ends, using the tragedy of murder to manipulate and incite violence. Even children have been rioting. We hope and pray that the promise of tears being wiped away in the hereafter includes provision for that solace now; that there is a place where children can grow with healthy values and attitudes.

The writer of Revelation promised the old order would pass away; we long for change, for the tired, narrow minded, hate-filled rhetoric about immigration and asylum to pass away; for a world to come to pass where no one needs to flee rape, war, poverty and climate change but, in the meantime, hope that the values of our society will include love, tolerance, and diversity. We hope and pray that these words come true and there's a place where children are safe.

Prayer

*O Suffering God,
we long for a place of healing,
a place where children can dance without fear,
a place where the refugee is safe,
a place where diversity and difference are welcomed,
a place where Muslims can declare your greatness,
a place where strangers are welcomed,
a place where terror is no more.*

(cont.)

*We long for the tears to be wiped away,
for you to hold Elsie, Alice and Bebe in your love,
for you to suffer our anger and to share our speechless grief.*

*We long for peace O God for those frightened by these riots,
especially those who have fled here for safety
only to be met by hostility and murderous rage.
We long for grace for wounded police officers,
and wisdom for our political leaders
that they learn when to speak and when to remain silent,
and we long for astute perception for judges and magistrates as justice is
given.*

*Remind us O God,
that there is a place where healing, justice and renewal are found
and that we must work for it now. Amen.*

Andy

The Rev'd Andy Braunston - Minister for Digital Worship

Safeguarding Training: Advanced Module

Thursday October 10th 9.30am – 4.00pm

(time may be adjusted)

at Christ Church Barnstaple

This course will be run by Chrissie Slaney (District Safeguarding Officer)

This is required training for:

- All ministers, Local preachers and worship leaders
- Lay pastoral leaders
- Leaders of Church groups which include children, young people
or vulnerable adults
- Safeguarding officers

***Please speak to Maureen Thomas or Marilyn Tricker
if you think you need to do this course***

Bible Study resumes on 5th September in Christ Church Barnstaple

Dear friends,

please note Bible Study is to resume on Thursday afternoon 5th September 2024 at 2.00pm for an hour. However, you will be made welcome even if you are unable to be with us at the start or can't stay until 3.00pm, or if you want only to come along once. Our primary study is going to be 'Second Peter,' but if you have a question or verse that is not understood; seems wrong or is of concern in some way please feel able to come and ask about it. If you have a question, it's likely others may be wanting further help about the same piece, too. Nothing is too silly or childish.

Scripture is, sometimes, hard to understand especially if we haven't been blessed with instruction on the culture, language and religious tradition from which the passage has been drawn. There are Bibles available for everyone, or you can bring your own preferred version. In addition, we always make sure the page number is announced for each passage we are going to examine. Some of our group can find their way around a Bible faster than me, others take a little longer. Finding the right place is not a competition! We seek to move together so that each of us can learn from each other. And you might like to know that, even though I've been leading Bible Studies for over 50 years, I've found I **always learn something** every time we meet.

No-one is expected to speak or read a passage, if they prefer not to do so. Indeed, there are no expectations placed on anyone. Bible Study is not about hard work or being set tasks to do at home. What Bible Study can do, however, is help us see and believe just how much God loves us as individuals; to grow in faith and trust in Jesus and experience and know the indwelling and guidance of His Holy Spirit to comfort us, especially when life is tough – which, at times, is an experience that happens to all of us. Kind regards,

Jonathan (Rev'd Jonathan Richards)

Quiz Night

Christ Church Barnstaple

Saturday 14th 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!

Sunday Club



Everyone received a medal!



The Church Picnic



Young Families Work News

Sunday Club

We enjoyed our informal time together during August 2024. In particular we were helped by learning why we sing "Once in Royal David's City" during worship on 11 August. We'd had the story of King David during July up to the time he had Jerusalem built as a city.

We start the new academic year on the 1st September with the account of King Solomon and the building of the temple. For the beginning of Autumn term during the rest of September, we celebrate Fair Trade fortnight and Harvest Festival. Sunday Club join with the rest of the congregation in welcoming the Rev. Tracey Darling and her family.

A day of sunshine and fun - the Church Picnic

Café Church takes a break in August while we enjoy the fun of the annual church picnic. For 2024, August 11th proved to be sunny with a breeze that kept picnic time from getting too hot. As always we are grateful to Pilton Bluecoat Academy for welcoming us to their outdoor area with special thanks to Simon and Rosa of premises management.

There was so much to enjoy with the school field and climbing frame at hand. Games with hoops, bean bags and the various rackets & balls added to the fun. We concluded in raising our voices in outdoor worship and singing before it was time to go home (not that anyone wanted to). We were delighted to welcome Anthea, who had provided much of the preparation guidance, together with her friend, Janet. Much appreciation must be expressed to everyone who worked so hard to provide such a happy occasion.

Maureen

P.S. (from *Anthea*) Thank you Maureen, it was indeed a delight to be at the picnic, to see and chat to dear friends and to watch the children playing so happily. But I would also like to add my thanks to Maureen on behalf of everyone – particularly the children – for sorting and getting together the hoops and beanbags and balls etc which the children so enjoyed playing with, and for as always providing us with the meticulously done Risk Assessment – and for generally making sure it all happened. Thank you too to Marilyn for transporting everything and for leading the worship. It was indeed a lovely happy sunny afternoon!

Parents and Toddlers

We are on a well deserved break, returning on Wednesday September 11th. We wish Frank and Frederick who are starting school and the two Arthurs best wishes as they start at full time nursery. We have had 2 new families join our friendly group but look forward to more families joining us. Contact us for more information.

Joy

Thank you for your continuing support and prayers,

The Young Families Work Team

Gallivanting in the Galapagos Islands

After some two years of planning, Rod and I finally made it to the Galapagos Islands in June via Quito and the Cloud Forest in Ecuador. It turned out to be an amazing adventure where we encountered the most delightful wildlife. In the Cloud Forest the emphasis was on hummingbirds but we also saw many different varieties of birds including a Black Vulture, Barred Hawk, Masked Trogon, Golden-headed Quetzal, Woodcreepers and Woodpeckers, Barbets and Tanagers plus a splendid Plate-billed Mountain Toucan. My most exciting meeting was with a young Bespectacled Bear who had got separated from his family and enjoyed the delights of the compost heap. Bananas were aplenty and these attracted Tayras plus an Olinguito – a rare species of mainly nocturnal animal, only first recorded in 2013.

On the 5th day of our holiday, we flew via Guayaquil to Baltra, the island that is home to the airport for the Galapagos. Something awful happened in my right ear as we descended and I ended up as the first patient for the ship's doctor who took swift, if not painful, action and syringed my ears and prescribed antiseptic ear drops! The next 6 days were filled with the wonder of meeting the enchanting wildlife on various islands and exploring the sea. I was blown away by all the different species of Iguana and I think Charles Darwin was very unfair when he called them "clumsy lizards"! I think Rod's favourites were the awesome Albatross and various varieties of Booby who would nest wherever they felt like it even if that was in the middle of a path! All the creatures were very friendly and not phased at all by tourists gawping at them. In the sea, I swam with turtles and sealions and even met a large Stingray but I kept my distance from him!

On our trip we met a lovely couple called Debbie and Jim Mangan who live in Barnstable, USA. As they rightly informed us, our Barnstaple is twinned with their Barnstable. What a small world we live in! Debbie is a Rabbi and a retired hospital chaplain so we had a lot to talk about. Jim is a pharmacist and Director of Pharmacy at 2 hospitals so he and Rod had a lot to discuss. I am hoping to persuade our Town Council that we should visit the USA as "twinning representatives" at some point in the future!

Our last stop was to stay on one of the inhabited Galapagos Islands, Santa Cruz, for 5 nights. It was lucky that we did this as Rod had got a bit of food poisoning and needed a few quiet days with a book near the comfort of a loo. I visited Tortuga Bay which reminded me a bit of Woolacombe Beach but with the addition of Marine Iguanas who were returning from their morning at sea. I also took a boat to the island of Santa Fe (the Ecuadorian equivalent of visiting Lundy from Bideford!). There I could tick off the last of the "Big Galapagos Fifteen"- the Santa Fe Iguana. Such an adventure and so many memories; I feel humbled by all that we saw and immensely privileged that we could make the trip.

(photo - back cover)

Paula



Thank you for believing that change is possible

"Your support of Christian Aid helps to make the impossible possible. Thank you".

This is the message in the most recent mailing received from Christian Aid which shares news about the positive change that has been created as a result of the generous giving of time, money and resources.

Thanks to you 105,500 people across Turkey and Syria received support following the earthquakes in February 2023 and 7,500 children received warm clothes, stationery, toys and toiletries.

Thanks to you 5,900 children in Syria are restarting their education following the February 2023 earthquakes.

Thanks to you 316,402 people in Gaza received food, water, shelter and sanitation.

Thanks to you people in Gaza have received medical relief against all the odds.

(For every £1 received Christian Aid spends 86p on life-changing work and 14p on making that work possible).

What brings you Hope and Comfort in troubled times?

Thank you again for your most generous support,

Janet and Paula



Christ Church Barnstaple

Harvest Praise!

Sunday September 29th

6.30pm

Time to praise God for the blessings all around us.

If you would like to choose a hymn or a reading, please contact Rev. Marilyn before Sept. 20th

Causeway

The theme for our August Causeway service was of course the Olympics. Reverend Jonathan Richards based his talk on our Bible reading from Hebrews 12 v 1-3 which Gemma read for us.

We all thoroughly enjoyed our training session of exercises each linked to an Olympic activity led by Liz Seymour.

Holidays featured in our news time, Marilyn lead us in prayer and Kathryn accompanied our worship songs including *This little light of mine* and *Be bold, be strong*.

The highlight came when Jonathan presented us all with a medal depicting the cross and the torch inscribed with the words '**I'm a winner. Jesus loves me**'.

More fun and actions came at the end of our service with the Hokey Cokey!

Do come and join us for our next Causeway service on September 1st at 3 pm.

Gill and the Causeway team



Quiz and Pasty Evening



We look forward to seeing you at our Quiz Night on Saturday 14th September. First question at 7pm, doors open at 6.30pm so please come early!

We hope you will be able to raise a team of up to 6 people from your group of friends, from one of the groups you attend, or neighbours. Spread the word, we look forward to seeing you .

If possible, please let us know if you have got a team, or you can just turn up on the night and we will help you to make up a new team.

Pasty supper with vegetarian options, please let one of us know your dietary needs to help with catering.



Winter Fair - Saturday 9th November 10a.m. Please start collecting items for the Gift Stall and Raffle. If you can help on the day, please see one of the Group.

We look forward to lots more fun and fundraising!

Joy, Elaine and Liz

Worship Group

I would like, on behalf of the Worship Group, to thank those who organised the Church Picnic, also any others who helped in any way to make it a success - including those who came along on the day. Thanks are also extended to Pilton Bluecoat Academy for the use of their premises.

PLEASE NOTE that the date of the next Worship Group Meeting is Tuesday, 8th October at 2.30p.m. by ZOOM.

Jenny



Everyone enjoyed the Olympic-themed service



**SOUND
IT OUT**

We loved our Olympic themed exercises, and lots of music and singing

WEST-EASTERN DIVAN ORCHESTRA



Two great friends: The Palestinian scholar and author Edward Said and the pianist and composer Daniel Barenboim. One can only imagine their conversations, anything from music, culture and humanity. During their exchanges they recognised the urgent need for a different approach to the Israeli-Palestinian conflict. That was over twenty five years ago, and the seeds were sown to form an orchestra of both Israeli and Palestinian players.

Baby steps were taken at first when Said and Barenboim initiated their first workshop, using their experience as a model. To be a member of an orchestra one has to pay attention to so many factors. First, the composer who wrote the piece to be played, then the conductor who keeps the whole thing going, then perhaps more importantly to every other player in the orchestra. Every player has equal importance and there is no opportunity for differences of opinion.



In 1999 Maestro Barenboim and Edward Said founded the West-Eastern Divan Orchestra. The orchestra brings together young musicians from Israel, Palestine and other Arab and North African countries. Professionally, the Orchestra has been a great success and every summer they perform all over the world in sell-out concerts, including the Henry Wood Promenade Concerts held annually in the Royal Hall.

Edward Said died in 2003, but the work of the orchestra led to the founding in 2015 of the Barenboim-Said Academy which offers a four year Bachelor degree in music and humanities, for students primarily from the Middle East. Both men realised that they did not have the complete answer to the very difficult problems the Middle East face but they did show the world that religious and political differences can be set aside and great friendships made through the power of music.

"Humanism is the only – I would go as far as saying the final – resistance we have against inhuman practices and injustices that disfigure human history. Separation between people is not a solution for any of the problems that divide peoples and certainly ignorance of the other provides no help whatever. Co-operation and co-existence of the kind that music lived as we have lived, performed, shared and loved it together, might be"

EDWARD SAID

"Our project may not change the world but it is a step forward. Edward Said and myself see our project as an ongoing dialogue, where the universal, metaphysical language of music links with the continuous dialogue that we have with young people, and that young people have with each other."

DANIEL BARENBOIM

EGYPTIAN FILO PIE

Ingredients

1 pack filo pastry	4 tbsp olive oil
1 large or 2 small onions	1 clove garlic
250g veggie mince or minced lamb	
2 tsp ground cinnamon	2 tsp ground cumin
1 tsp allspice	2 tbsp tomato puree
200g young spinach	1 egg
100ml milk	sesame seeds

Method

1. Remove the pastry from the fridge.
2. Heat some of the olive oil in a large frying pan, add the chopped onions and cook for about 5 minutes until softened. Add the veggie mince or lamb and fry for a few minutes.
3. Mix in the spices, garlic and tomato puree, cook for 1 – 2 minutes. Mix in the spinach a handful at a time, until wilted, then cook off any excess moisture. Adjust the seasoning and set a side to cool.
4. Pre-heat the oven to 180C, 160 fan, Gas 4. Brush a small roasting tin with the oil. Layer 4 sheets of the pastry into the tin, brushing each layer with oil.
5. Add the cooled filling and layer the top with 4 sheets of filo, brushing with oil as before. Tidy up the edges and score the top into 8 pieces, making the cut deep in order to let the egg and milk pass through.
6. Beat the egg and the milk together and pour into the cracks, letting it sink in slowly, scatter the top with sesame seeds and bake for approximate 45 minutes, until the top is brown. Allow to stand for 10 minutes before serving.

This dish is usually served with a bowl of crispy salad but no reason not to use vegetables if you prefer. This dish will comfortably serve four hungry adults.

Music to listen to:

Mozart and Strauss: Oboe concertos, West-Eastern Divan Orchestra

Beethoven: Triple Concerto, West-Eastern Divan Orchestra

(photo - back cover)

Jennifer

Thank you

My thanks to those who kindly gave sponsorship for the Care for Kids 10k run I did on 7th July. I raised £23.

I have entered the Children's Hospice 10k on 29th September for which we each have a target to raise £70. I am hoping you will help me to reach and beat that for such a worthy cause.

Christopher





**SOUND
IT OUT**

Coffee, Cake and Chat together
with Singing and Music too!
NO musical talent required.

“Sound It Out” was a bit different this month.

We had “Olympics” themed seated exercises to start us off (thanks Liz!), some “Sunday School” verses and the National Anthem (ask Marilyn about that!) and a range of 50’s and 60’s songs, including playing air guitars to “Wild Thing” by The Troggs! Good fun was had by all.

(photos - page 11)

Join us in September (9th & 23rd 10am - 12 noon)

We’d love to meet you.

Sally

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
Janet Marshall
Anthea Coates

Liz Seymour
Shirley Baxter
Eff Poole

Jenny Newman
Staveley Dawson
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

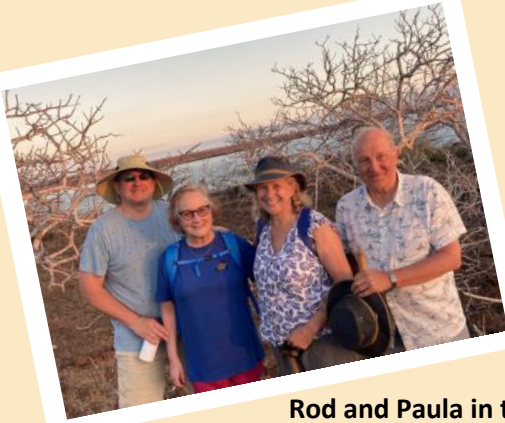
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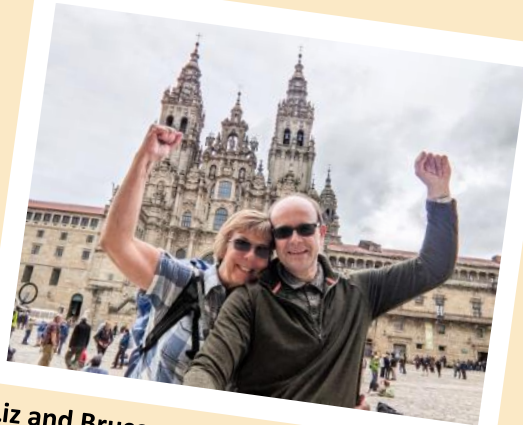
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Holiday Photo Album



Rod and Paula in the Galapagos Islands



Liz and Bruce completing their pilgrimage at the Cathedral de Santiago de Compostela



Chris and Janet, with her sister, in Alaska

Egyptian Filo Pie Recipe

