

The Messenger

“Now faith is being sure of what we hope for and certain of what we do not see.”

Hebrews 11:1

Christ Church Barnstaple
Methodist & United Reformed Church



October 2024

Team 'Joy to the World' were the winners of the annual quiz



Friendship Group Outing to...?



Fun at Café Church



Amigos: A 'maize'ing crop

October Diary

Sun	6th	10.30am 3pm	Morning Worship & Holy Communion: Rev. Stephen Caddick Causeway Service
Tue	8th	2.30pm	Worship Group Meeting - <i>on Zoom</i>
Sun	13th	10.30am 4.30pm	Morning Worship: Miss Alison Cairns Café Church
Mon	14th	10am 2.30pm	Sound it Out Friendship Group
Tue	15th	am 2pm	Holy Communion Service (time tbc) Church Friends Meeting - Room 4
<i>Tue</i>	<i>15th</i>	<i>8pm</i>	<i>Deadline for November Messenger</i>
Wed	16th	7pm	** Church Meeting **
Sun	20th	10.30am	Morning Worship: Mr Peter Edwardson
Sun	27th	10.30am	Morning Worship: Mr. Peter Edwards
Mon	28th	10am 2.30pm	Sound it Out Friendship Group

Regular meetings :

Tuesdays - Rainbows and Brownies 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)

*** Reminder: Change of Meeting Dates ***

The postponed Church Meeting is now on **Wednesday 16th October at 7pm.**

There are some very important issues to discuss and we hope as many people as possible will be able to come. The meeting is open to everyone although only church members can vote.

The Annual Church Meeting will be on **Sunday 17th November at 1pm** following the morning service and a Bring & Share lunch. This meeting will be chaired by Rev. Stephen Caddick and will include the election of Elders

Message from Revd. Dr. Tracey Darling

Friends

I sit at my desk writing to you after just two weeks in this new role. What a lot has happened in 2 weeks! I've been blessed by many people attending our open manse, a lovely welcome service, led 3 services, attended numerous meetings and prepared for a funeral amongst other things. Some of this was expected – dates in my diary before I arrived, some unexpected and needed to be added into my diary.

As we start this new chapter together we will know some of the things that will occur – the yearly cycle of the Christian year. Already you may be thinking about Advent or even Christmas (if you are very organised!). But there will be much that will lie ahead that is, as yet, unknown. We can be fearful or we can step out in faith and look with excitement at what God is doing and how He wants us to join in.

It's not always easy to discern what God is calling us to do and to be, but as the title of John Ortberg's book says 'If you want to walk on water you have to step out of the boat'. Every journey begins with the first step. Even if we can't see far ahead, we need to step out in faith to begin the journey. Let us truly trust God and be brave together!

Blessings,

Tracey

Holy and loving God

Thank you for your constancy - yesterday, today and forever

May we truly trust in your promises and bravely step into the unknown

Amen



Church Notice

The Circuit Invitation Committee has been meeting and praying about the forthcoming stationing for a new minister in September 2025 (when Rev. Stephen Caddick retires). The committee feel that seeking a Methodist Deacon rather than a Presbyterian is where God is leading us at this time.

We are fortunate to have Deacon Joan in the Circuit sharing her experience and willing to answer questions, and others have experience working with Deacons in other contexts.

It is important to be aware that the process of stationing Deacons is different to that of Presbyters.

URC news

The General Assembly of the United Reformed Church invites you to the Induction of the Reverend David Downing as Moderator of the South Western Synod on Saturday 5 October starting at 2.30 at Westfields URC, Bridgwater, Somerset. The service will also be available via Zoom. I am enquiring about this so if you want further details, please get in touch with me before 1st October or contact Alison Cairns.

The meeting of Synod is on Saturday 19 October, 9.45 to 3.15, again at Westfield URC, Bridgwater. Alison and I went last year with Don and it was a very fruitful meeting. They are following the same pattern this year with the bulk of the day being devoted to small group discussion and learning from each other – our explorations of tools and resources to help congregations seek, serve and share Christ in communities. Apparently, they are opening up the event for up to 10 people from each church in the Synod. If you would like to attend, please let me or Alison know. Sadly I cannot attend this year but I know folk from Lavington and Muddiford will be going so I would think we can arrange lifts for anyone who would like to go.

Paula

Christmas Tree Festival Decorations Needed

We 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. Ask us if you need more details.



Elaine and Eff

Church Meeting

Our next Church Meeting will be held on

Wednesday the 16th of October at Christ Church at 7pm.

Please, would all groups forward their report/s to Shirley, preferably by pdf. so that I save time and the minutes can be printed off more easily.

The Annual Church Meeting

will be held on Sunday the 17th of November at 1pm

and will be led by Rev. Stephen.

To avoid a lengthy AGM it has been decided to ask the different Church Groups to submit their ANNUAL reports to me preferably via pdf, so that the reports can all be printed off well before the meeting as Christ Church's Annual reports for 2024. Please make sure that your annual reports are sent to me by **1st November** so that they can be collated and printed off in time.

For anyone who would find it difficult to send their annual report on a computer: please either write your report and give it to me preferably by Sunday the 1st of November or speak to me, Shirley, so that Alison and I can print off and include your reports.

The groups who we need reports from are as follows:

The Church Secretary

Church Friends

Safeguarding

Finance

Property

Young families - including Sunday Club, Cafe' Church, Parents & Toddlers

Rainbows & Brownies

Worship Group

Causeway

Sound it Out

Christian Aid

Friendship Group

and the Local Arrangement Group.

Blessings ,

Shirley



Paula's service in September was all about the tongue and how it can be used for good or bad. This reminded me of something I was told many years ago: "Watch your tongue, it is in a wet place and is apt to slip!"

Elaine

Notes from the Elders Meeting on 3rd September

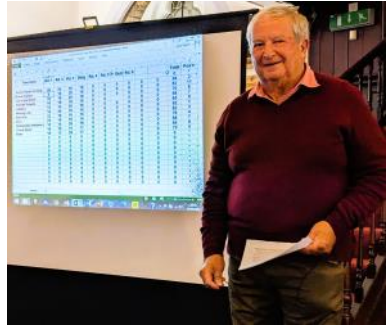
- * Rev. Stephen Caddick opened the meeting with a Reading and a Prayer.
- * Update given on those of our fellowship who are poorly or in need of Prayers. Prayers were said.
- * Don and Eddy Macalister have requested a transfer of membership to Thornbury URC.
- * Christ Church is a Safe Refuge for the residents of Norah Bellot Court should the need arise for them to evacuate their building. Volunteers are in place to open up the church should the need arise.
- * There is to be an Advanced Safeguarding Training on 10th October.
- * Church Picnic went well.
- * There will be a Harvest Praise on Sunday 29th September at 6.30pm
- * 'Sing For Your Supper' sometime in October.
- * Christmas Services: 15th December - Family service with Rev. Marilyn, 22nd December - Carol Service, 24th December - Christingle Service, 25th December - Rev. Stephen Caddick
- * All the bread served at Communion Services is gluten-free and the wine is non-alcoholic.
- * Tuesday Morning Communion is to start again, starting on 15th October
- * The Election of Elders will take place at the Annual Church meeting on 17th November following Morning Worship and bring & share lunch.
- * The new water boiler in the kitchen has been fitted and is working well.
- * Stained Glass panels still in progress.
- * Car park surface completed.
- * The Church is running at a deficit...there is enough in the funds to pay the assessment and ongoing bills for 1 more year only.
- * Cracks in walls and ceiling upstairs are opening up again. A Structural Engineer has been asked to come and assess the situation.
- * Weedkilling in car park, Noah's park and rear yard needs to be done.
- * Young Church: Sunday Club going well, Toddlers group started again on 11th September, Café Church - 2nd Sunday of the month, Rainbows started their term on 10th September.
- * Church Winter Fair will be on Saturday 9th November.
- * Please, please, if anyone has any suitable items or photographs (with the permission of anyone in them) to print in the Messenger, please let Liz Seymour have them.
- * Church Charity for next year to be decided at the annual meeting.

Next Meeting - Wednesday 2nd October

Events

Our annual Quiz and Pasty evening in September was the best ever! About 60 people came, and we had 9 teams in all.

Dave Stephens did an amazing job as quizmaster, and we are so grateful to him for all the preparation that went into making it such a great evening. There was much laughter and friendly competition, with rounds including general knowledge, geography, Devon, picture quiz, and 'Dingbats'.



The lead changed several times throughout the evening, with careful playing of the 'Joker' to double the score in what you hoped was your best round. We had a welcome break for hot pasties and a cuppa, many thanks to the kitchen team who provided this (and washed up afterwards) without missing too much of the quiz. The winning team "Joy to the World" were clear winners and were awarded a prize each.

The noise of the chatter was amazing to hear - so much fun and fellowship, which was the main aim of the evening. We raised £341 for church funds too, many thanks to everyone who came along. (photo - front page)

So, now we look forward to our Winter Fair on Saturday 9th November



This will open at 10am and continue until 2pm

Refreshments will be served: tea, coffee, cold drinks, savoury snacks, cakes and delicious light lunches.

So come and do your early Christmas shopping and enjoy a snack and a natter with friends old and new.

There will be children's activities too, so all ages are very welcome!

WE NEED YOUR HELP!

If you have any of the following, we would be very glad of them: books and toys, puzzles, unwanted gifts, 'Good as New' items, raffle prizes, craft items and Christmas decorations. Please bring them on a Sunday morning if possible. If you are able to provide baked goods or help on a stall, please let us know, we are very grateful for all your help to raise much-needed funds for Christ Church. Thank you,

Joy, Elaine and Liz

Café Church



Decorating our
'Shields of Faith'



Designing our
foot-shaped
biscuits



Edible (!) sandals



Dancing the afternoon away

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

Holiday Friends



Eff, Joy, Elaine and Rosemary enjoying
Tresco, Scilly Isles

Sunday Club



Sunday Club children received
presentation books during
Sunday Service

Young Families Work News



Sunday Club

The children and their families are most appreciative of the presentation books they were given during morning worship on 15th September. These were to mark their progression on their individual faith journeys, supported by Christ Church. Janet spent time seeking advice from the 'Good Living' and obtained books to match each child's character – for which many thanks. We also appreciated Paula including the children's suggestions as part of the service that morning, they wrote and read a prayer: "Lord Jesus, We will give it all we've got - heart, mind and soul. Amen". In October, we will be introduced to the story of Job and his response to the tests put to him by God. There's also the prospect of half term week.

Café Church

It was good to be back at Café Church in September, after the August break. The theme was to put on the 'whole armour of God', as Saint Paul instructed the people of Ephesus. We all made a shield of faith with the opportunity to decorate this with our personal coat of arms. To remind us to have our feet shod ready with the gospel of peace, we designed our own (edible) sandals in the style of a Roman legionary. Home made, foot shaped biscuits were decorated and laces added. If you have ever tried to lace your sandals with strawberry laces you will know what a challenge that is, but they do taste good.

Particular thanks to Eff for leading worship, aided by Christopher's armour in the form of motorcycling protective 'gear'.

Maureen

Parents and Toddlers

We started back on Wednesday September 11th following the Summer break. As usual a few of the children have now moved on to pre-school or full-time nursery, however we welcomed four families all with little girls. They all enjoyed the activities and joined in enthusiastically with the singing and actions. Hopefully word will spread and as normal our numbers will increase as the term progresses.



Sandy

Rainbows and Brownies



September saw the return to school and Rainbows. The vestibule was alive with the sound of young girls eagerly waiting for the new Brownie unit to start and the Rainbow unit to welcome newcomers to replace those who had moved on to Brownies. A good time was had by all and we look forward to enjoying our activities in the autumn term.

Eff

A year in Gibraltar – a trip down memory lane.

It started when Dad came home from a meeting in London in 1973 or 1974 and asked my sister and me whether we'd like to go to Gibraltar. I was 9 and my sister Elaine was 6 and I don't think either of us actually knew where Gibraltar was. At the time Dad was Free Church chaplain to the RAF station at Church Fenton near his appointment in Tadcaster, North Yorkshire and had been offered the post at the Methodist Church in Gibraltar along with the Free Church chaplaincy to the forces there – of whom there were a large number in 1974.

He'd clearly discussed it with Mum beforehand but we were all excited and enthusiastic. Dad accepted the invitation for September 1974 and the adventure began. We flew out from Brize Norton RAF station on 28th August 1974 in a huge Britannia aircraft. Somehow we were in the "posh" seats and it turned out my sister and I were in the row behind the Governor of Gibraltar and his wife, Lady Grandy! Mum forbade us to press any buttons or pull any levers on the journey!! Other than Dad, none of us had ever flown before.

Being a military aircraft and General Franco having closed the border between Gibraltar and Spain we were not allowed to fly over Spanish airspace which meant we had to do a very steep turn at the last minute to enable us to land on the short runway which if overshoot meant you ended up in the sea. All we could see was the sheer rock face filling the aircraft windows as we banked and came into land. Walking out of the aircraft doors was like walking into a hot oven. Unbelievable. (It only rained twice in the year we were there, a wonderful climate for us to live in as youngsters).

The manse was on the 4th storey of a building called Wesley House which had the Methodist church on floors 2 & 3 and a restaurant run by Methodism on the ground floor which served the forces families and also provided cheap, good meals for the locals. Dad was responsible for overseeing the restaurant as well as running the Methodist church and his forces duties as chaplain. Situated directly opposite the Governor's residence, we were able to see straight into the Governor's garden and I particularly loved the date palms we could see there as we looked out across the bay. A balcony ran the full length of the building too which was great for watching the weekly changing of the guard – but not so good for roller-skating as the floor was made of red brick.

I was horrified to see numerous memorials on the walls of the church to ministers and their families who had died of all sorts of terrible diseases within days of arriving in Gib. Fortunately my parents soon pointed out to me that that was over 200 years ago and things were now much improved. Elaine and I went to one of the 2 forces primary schools there. Ours was St Christopher's at Europa Point and we caught the Royal Navy bus early every morning to take us there, returning home for lunch at 1pm when the school day finished because of the heat. I expect we pretty much took the views on our journey to school for granted at that age but when Chris and I took the same bus journey in August this year it reminded me just how lucky my sister and I were to have spent a year of our childhood there.

(cont.)

Afternoons and weekends were spent on the beach and we both took swimming lessons and swam like fish by the time we came back to the UK.

Church meetings started generally about 9pm in the evening when it began to cool down so were mostly after we children had gone to bed. TV programmes - such as they were - were mostly re-runs from the 60s: Coronation Street episodes from before I was born!! The radio service we listened to was BFBS - British Forces Broadcasting Service.

One of the hardest adjustments to make was getting used to powdered milk. Because the border with Spain was closed there was no way to get fresh milk. Gibraltar had nowhere for cattle to graze, Spain wouldn't send supplies across the border, so powdered milk it was. (On arrival back in the UK after 12 months, our treat was a bottle of fresh milk each)! The RAF flew minimal supplies out from the UK but we mainly had fruit and vegetables from North Africa and knowing we had no alternative they often dumped the worst of their produce into our shops.

It was wonderful to return to Gibraltar in August this year even if just for a few hours. Much has changed and the British forces have all but left the Rock. The border has been open now for a long time and many British high street shops now have a presence there. The Gibraltarians are still fiercely proud of being British and love talking to visitors from the UK. The history and geography of that tiny piece of rock are incredible and looking back I'm aware now of just what a privilege it was to live there for a year as a little girl.

(photos - back page)

Janet Marshall

Friendship Group

At our latest get-together seven of us were given a tour of the Penrose Alms Houses in the centre of town. Our informative guide, Alan Relton explained that they were built by John Penrose in 1627 to provide housing for the poor of the Parish. We visited the little chapel where attendance was compulsory, looked around the quadrangle and were shown the ancient water pump now filled with plants and pots of flowers all the year round. We were then shown bullet holes in a heavy wooden door giving us a reminder when the Roundheads shot at four Royalists hiding inside during the English Civil War. We then proceeded to the Old School for the poor in Church Lane which over the forthcoming years became a restaurant and currently is a dwelling house. We ended the visit at houses built in the 17th century behind the Parish Church by two former mayors of the town, Thomas Howard and Gilbert Paige.

On September 23rd we have a look behind the scenes of the Queen's Theatre. The Winter programme begins on October 14th in the Church when we have a speaker from Barclays Bank on "Fraudulent Scams".

On the 28th Rev. Jonathan Richards will tell us about his time and work on the Falkland Islands. We would warmly welcome any new members to our group.

(photos - back page)

Sandy

Causeway

Our September Causeway began with our News led by Carole and Prayers led by Alison.

Sarah read the story of Jesus Walking on the Water from Matthew 14 verses 22 to 33 so dramatically we all felt frightened!

Magnus, our speaker, reminded us of God's presence with us and His forgiveness, especially when we are feeling low or when we have behaved badly. He illustrated his talk by turning dirty water into clear clean water!

Kathryn chose beautiful songs, for example: *Be still for the presence, I stand amazed* and *Be bold, be strong*.

We left a wonderful afternoon of worship and fellowship with a note for our Harvest Causeway on October 6th reminding us to bring either some fresh fruit to share or a tin or packet of food for the Food Bank.

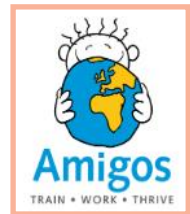
Do come and join us next time.

Gill and the Causeway Team

Amigos and Kira Farm

"God can do much, much more than anything
we can ask or imagine"

Ephesians 3:20



Kira Farm Development Centre.

Gloria is now well into her second semester on Kira Farm, still very much enjoying her time there. When she returned from her break at home in the summer she wrote and told us how she had managed to get some work hairdressing to help her family in practical ways.

Since then she has written and recounted enthusiastically how she shared with her family at home about the guidance, the counselling and the training in good morals she is receiving at Kira Farm from her family of staff and friends she has there.

Since then she has had the heartwarming experience of meeting new friends from around the world, showing and telling them of what she has learnt (picture), as different groups have been visiting – including students from Braunton school. She is now once again working diligently in her garden, further learning improved farming practices with the other students. They are preparing to plant maize ready for the second rainy season, Gloria's first season having produced a yield of 50kgs.

We pray for the continued well-being and growth of Gloria and all of the 2023 Kira graduates.

(cont.)



The theme this time was 'Jesus walks on the water'

Causeway



Gloria:
clearing
her plot

Kira Farm News



Showing my friend
from the UK



Amigos: Children learning in school



Amigos: A bumper maize harvest!

Churches and Transformation? - a Toolkit from Amigos

On Saturday 5 October, Amigos will be launching their UK Toolkit for church-led community development in North Devon. Their prayer is that it will inspire local UK churches as they serve their local communities, with principles and stories from their work with Ugandan churches.

This is for church leaders and members – anyone who has a heart to see the church playing a role in tackling the needs of their communities. Is it disaffected youth, people struggling with loneliness or families trying desperately to make ends meet? This event will look at how a church can think through the challenges it sees in its area and plan an effective response with the resources it has to help people bring real change to their lives.

The event will begin with hot drinks and pastries at 9.30am and will run until 12noon. There will be lots of opportunity to ask questions, find out more about Amigos and buy beautiful hand crafted products made on Kira Farm.

And now an amazing testimony from a community about Amigos...

Flourishing, not
surviving

Molly's testimony

Following on from a recent trip, we are blessed to share a powerful testimony from one of the women in the Gulu District:



Our community had faced years of hardship, with poor harvests and limited access to clean water making life extremely difficult. We had always relied on traditional farming methods, and many of us did not know a better way.

Now, things have changed, and I am delighted to say that the community has greatly transformed ever since Amigos started working with us in 2022. Combining improved farming techniques, access to safe drinking water and the gospel has brought new life to every household.

We are now more united, with a shared vision of a better future. We are no longer just surviving but flourishing, and it is because we have learned to care for the land and each other as God intended.

- Molly Oyella, resident of Akamdyang Village, Gulu District.

Please pray for Molly, her family, and their community as they continue to thrive.

Anthea

Thank You

My heartfelt thanks to you all for your prayers, but also for the love, support, help and kindness shown to me in many different ways, both before and after Tony died in July. Thank you too for all the loving and touching messages and cards you have sent me which greatly moved me. They have been – and still are – of great comfort, as were the services of Committal and Thanksgiving. It was wonderful to see so many of you at the services and to feel and hear how much Tony was loved and appreciated. And your joyful singing helped to make the Thanksgiving Service a real and unforgettable celebration of his life. Tony would have been joining in at the top of his voice!

I am particularly grateful to John Robinson for his unfailing support and loving care to both of us over the past months, especially during difficult times, and then for arranging and conducting the services so memorably – both beautiful and fitting tributes to Tony. Many thanks to Marilyn too for all her help, including quietly making sure that all things behind the scenes were sorted and ran smoothly. So reassuring, thank you!

Once again, a great many thanks to you all.

With blessings and much love,

Anthea

(photo - back page)

A poem written specially for and read by Saphiah, Becky and Tananya
at Tony's Thanksgiving Service

*Tony, we stand here today,
With smiles on our faces,
Celebrating all your ways,
And remembering your graces.
As we remember you with your family and friends,
We would like to say thankyou,
For all your kindness and encouragement,
Helping us grow in all that we go through.
The footsteps you leave,
Are deeper than the roots of the trees,
Helping with essays,
And sharing in donuts and teas.
Tony we carry you in our hearts every day,
With all the things you have taught us,
Such as taking our time when we need it,
And if we can't, "put it in the hands of Jesus."*

SAINT MAXIMILIAN KOLBE

Saint Maximilian is a fairly recent saint and martyr. He was born in Poland on 8th January 1894. His Christian name at baptism was Raymund. Maximilian was the name given to him on his initiation as a monk. He came from a poor family, his father was ethnic German and his mother Polish. In 1914 his father was captured by the Russians and hanged for his part in fighting for an independent Poland.

From his early life Raymund had a yearning for the religious life. He tells of an early vision of the Virgin Mary. Mary showed him two crowns - one white, symbolising purity and the other red, offering martyrdom. Asking if he would accept either of them, he replied that he accepted both.

Aged only thirteen, he and his brother left home to enrol in the seminary in Lwow. This meant crossing the Austria-Hungary border, an illegal crossing. He was ordained as a Priest in 1919. He was an active priest and did much work on the conversion of sinners. In 1930 he travelled to Japan where he served as a missionary. He founded a monastery in Nagasaki, which survived in spite of the atomic blast due to its strange position at the side of a mountain.

In 1936 due to increasing ill health he returned to Poland. At the outbreak of WW2 he was residing in a friary. On 13th September he was arrested on general suspicion of causing unrest but was released after three months. On his release many Polish refugees sought sanctuary in the monastery, over half were Jews. In 1941 he wrote a newspaper article offering strong criticism of the Nazis. Shortly after publication Kolbe was arrested and sent to a work camp. This involved moving blocks of heavy stone for the building of the crematorium wall. The work was overseen by a particularly vicious ex-criminal, 'Bloody Krott' who singled out Kolbe for particularly brutal treatment, which he apparently took with surprising calm.

Despite the appalling conditions of Auschwitz, it was reported that he retained a deep faith, equanimity and dignity. This sadistic overseer made Kolbe carry the heaviest planks until he collapsed under the weight, leaving him for dead in the mud. But fellow prisoners carried him to the camp prison where he recovered.

In July 1941 three prisoners were thought to have made an escape attempt; as a result, the Deputy Commander of Auschwitz ordered ten men to be taken to an underground bunker and starved to death. When one of the selected men, Franciszek heard he had been selected, he cried out "my wife, my children". At this point Kolbe volunteered to take his place. The Commander accepted. Gajowniczek later said "I could only thank him with my eyes". It was the first and last time that such an incident happened in Auschwitz.

Miraculously the exchanged prisoner survived and was present at his canonisation in 1982. His courage and leadership were admired by the guard who served them, witnessing that Kolbe led the prisoners in prayer and song.

He kept the spirits of the prisoners as high as possible letting them know that there was always hope the fugitive would be found and they would be released.

At his canonisation Pope John Paul II said:

“Maximilian did not die but gave his life for his brother”

HARVEST HOBNOBS

I made these hobnobs gluten-free and vegan, it was a trial run for biscuits I plan to bring to have after the Harvest service. I hope then that no-one will feel left out of a treat with their coffee. Can also be made using plain flour, ordinary porridge oats and dairy butter. If you wish them to be gluten-free make sure you purchase gluten-free porridge oats.

Ingredients

8 oz / 225g gluten-free plain flour	1/2 tsp xanthan gum
7 oz / 175g demerara sugar	1 oz / 25g soft brown sugar
7 oz / 175g gluten-free oats	1.5 tsp bicarbonate of soda
1/4 tsp salt	1 tsp vanilla extract
8 oz / 225g dairy-free butter	3 tbsp golden syrup

A little plant milk to mix if necessary

Method

1. Line two baking sheets with baking parchment
2. In a large bowl mix the dry ingredients
3. Place the vegan butter, syrup and vanilla essence in a saucepan and gently heat until just melted
4. Add to the dry ingredients and quickly mix, making sure everything is incorporated, adding a little plant milk if needed
5. Break off pieces of dough and roll into a walnut sized ball. Place on the baking tray and flatten with a fork
6. Cook at 170 fan / Gas 4 for about ten minutes. Leave to cool for a few minutes, transfer to a wire tray to cool completely then store in a tin.

Music to Listen to: Brahms German Requiem

Tchaikovsky Autumn for the Seasons

(photo - page 20)

Jennifer

Are you missing Church services?

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

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

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

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

Liz

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

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

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

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

Paula

Offertory

Offering our time, talents, prayers and money are all part of our worship.

We give thanks for all these during our morning service.

Although we have returned to the offertory bags being passed round during the service, we do not want anyone to feel uncomfortable if they don't put anything in - which could be for a number of reasons.

We know God values whatever we offer Him, in whatever way we can.

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

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. Dr. Tracey Darling 01271 649955
tracey.darling@methodist.org.uk

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
Steve Dawson
Elaine Stevens

Pastoral Team (Church Friends):

Shirley Baxter and Elaine Stevens

Room Bookings: 371808

Circuit Administrator: 379116

Christian Aid Reps:

Janet Marshall and Paula Littlewood

Janet: 01271 373013 jcbmar18@btinternet.com

Messenger Editors:

Bruce and Liz Seymour seymourejs@gmail.com

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

Address: 8 Bear Street, Barnstaple. EX32 7BU



Leaders and Ministers		of the Methodist Church, Gibraltar	
Sergeant Henry Ince	1769-1804	Thomas S. Dixon	1871
Private William Austin		Henry H. Robinson	1883-1885
Sergeant Henry Hall		William E.C. Cockill	1885-1886
Sergeant Andrew Armer		John Galbraith	1890-1896
John Ware		W. Ryan Crockett	1896-1900
Robert Brand		William H. Sarsbet M.C. O.B.E.	1944-1919
and other soldier preachers		Albert B. Sackler O.B.E.	1905-1907
		Robert Coates	1905-1912
Michael Castelfield	1893-1873	Fredrick E. Brown	1912-1918
Thomas Dorey	1893-1941	Ernest R. Rickard	1919-1922
James Dunn	1896-1841	William T. Shapley	1922-1931
Henry Nicholson	1895-1823	Fredrick S. Brown D.D.	1930-1932
James McMillan	1898	Frank W. Wilson	1932-1963
William Griffith	1899-1911	John E. Jackson	1961-1964
James Gill	1812-1814	Richard H. Clowe	1964-1966
Benjamin Wood	1814-1816	Henry Bentley M.B.E.	1966-1966
Thomas Zetter	1816-1819	Keith R. Jefferies	1966-1974
Robert Bore	1819-1823	John D. Bland	1974-1975
William Crocombe	1821-1828	Norman Berryman	1975-1981
James Elton D.D.	1824-1825	Douglas A. Dennis C.B.E.	
William Barber	1825-1830	Paul A. Meares	1981-1989
Joseph Prazler	1825-1828	Frank E. Sykes	1984-1997
Joseph Merson D.D.	1826-1832	John W. Pearce	1987-2006
William H. Sallis D.D.	1832-1842	Fidelis R. Patron	1990-

Henry Bentley M.B.E.	1964-1966
Keith R. Jefferies	1966-1974
John D. Bland	1974-1975
Norman Berryman	1975-1981
Douglas A. Dennis C.B.E.	

The Methodist Church, Gibraltar - a trip down Memory Lane for Janet



Friendship Group Outing

A visit to the Penrose Alms Houses



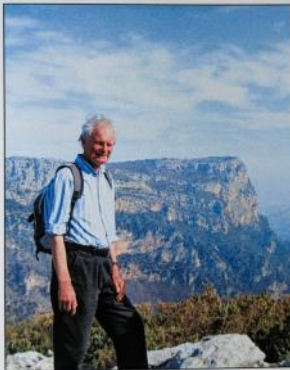
▲ Bullet holes in the door

A Service of Thanksgiving

for the life of

Reverend Anthony John Coates 'Tony'

14th April 1937 - 12th July 2024



Christ Church, Barnstaple
Thursday 29th August, 12.00 noon.

Led by Reverend John Robinson

Organist: Reverend Colin H. Biggs

A wonderful service celebrating the life of Tony Coates was held at Christ Church



Harvest Hobnob recipe