



The Messenger

July & August 2026

News

Recipe

Quizzes

Events



Contents

Editorial	3
From The Pastor's Desk	4
Church Family News	5
Birthdays	5
Ladies Connecting	5
Daphne's 90th birthday	6
Congratulations!	7
Evening Services	8
RHS President's Lunch – Maureen	9
Friendship Lunch Outing to Petworth and Parham House	13
Coffee Stop	15
National Autistic Society	16
Events	
Woolly Blessings – Knitting, Crochet and Chat	17
Men's Breakfasts	18
Ladies Breakfast	18
Sister Act	19
Mini-Codeword	20
Bees – Clarissa	21
Prayers	24
Book Reviews	27
Joys And Challenges Of Later Life – Annie Cox	29
Quiz	32
Recipe – Tres Leche Cake (3 Milk Cake)	34
Thoughts	
The Road I've Travelled	35
Who didn't dun'it?	36
Poem – Slow Dance	37
Quiz Answers	38
Mini-Codeword Solution	38
Contact Us	40

From the Editorial Team

The editorial team reserve the right to reject any articles that may not be suitable. Only first names will be used, respecting privacy at all times. All photos submitted must have prior consent from those shown in the picture.

Life is a journey and this edition is particularly poignant as in June, dear Alan - a great example of what being a Christian truly is - was called home to heaven with great rejoicing as heaven's gates would have flung open to welcome him to his eternal home. As we bid a fond but sad farewell to dear Alan, we also rejoice at the birth of little Florence Barbara Primrose in June, a daughter for Jessica and Drew and a grand-daughter for Steph and Pete, and Barbara and Eric who have become great grandparents! Seasons come and seasons go - sadness and rejoicing so part of life's pattern.

Our Pastors, Jack and Peter, will approve all editions prior to distribution.



The Editorial Team are:

Carole: shosholozo@hotmail.com

Chris: cj.hookey001@btinternet.com

Sally: pollard3@hotmail.co.uk

Items for the September/October 2026 edition should be sent to one of the above by Sunday 16th August, for distribution on Sunday, 6th September 2026

Thank you

From The Pastor's Desk

"Attention is the rarest and most purist form of generosity"

Simone Weil



How do we view others? How do we view ourselves? What influences these decisions? By all accounts, we may be frail, old, young or a million and one other things. However, this is not what God looks at. He looks at the heart and likewise, we need to do the same. As a Church, we look forward to welcoming everyone from all walks of life and drawing alongside them in their relationship with God. I remember being told that what initially attracts a person to Church is the preaching or worship.

However, what keeps them coming back each Sunday, is the sense of family and loving relationships. This is when the quote comes in.

"Attention is the rarest and most purist form of generosity." Giving someone our whole-hearted attention at a given point in their life is one of the most generous and loving things we could do.

Think of it like this. When you are with your family and you really need to talk, how much of a difference does it make to know they are really present with you in the moment. Not just nodding their head, but really present. Isn't it the most wonderful and uplifting experience?

Jesus does this everywhere throughout the gospels, giving attention to those who others rejected or refused to engage with. It's a challenge for each one of us. Putting this into practice with our family, those inside and outside of the Church and giving our time and attention, is the biggest and most purist form of generosity. It can literally change lives; one visit or one text at just the right time can do so much; let us be challenged to be more generous over these next few months.

Jack

Church Family News

Birthdays

July

August



7th - Lucy M
8th - Mandy M
10th - Michael J
12th - Richard N
12th - Shirley S
15th - Josie E
29th - Dolly N
31st - Manjula P

19th - Pete K
25th - Terry M
26th - Gerry M
26th - Sally P
27th - Matthew F
28th - Sheila S
31st - Audrey Y
31st - Lesley B

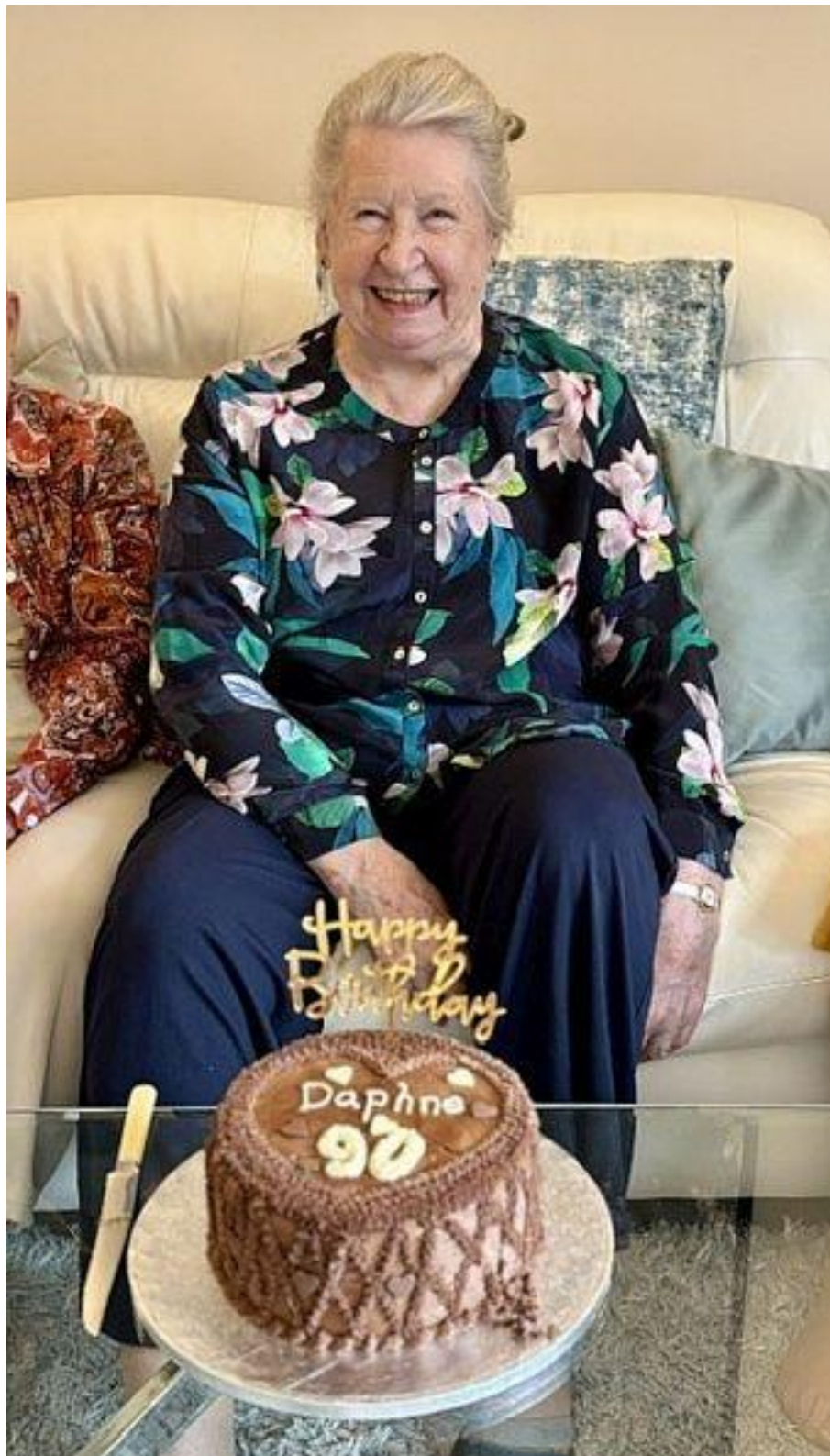


If you have a birthday in September or October and are happy for us to put it in the Messenger, please let Sally know.

Ladies Connecting (When it's too wet to walk)



Congratulations to Daphne who recently celebrated her 90th birthday!



Daphne would like to thank everyone for their kind wishes on her 90th Birthday

Congratulations!



Congratulations to Jessica and Drew on the birth of their little girl - Florence Barbara Primrose - 7lbs 15oz born on 16th June. Congratulations also to Steph and Pete becoming grandparents! And to Barbara and Eric who have become great grandparents!

Congratulations to Roger who celebrated his 80th birthday on 25th June. Also to Audrey and Sheila who will both be 80 on August 31st.



Congratulations to Rodney and Sheila who celebrate their 70th Wedding Anniversary on Tuesday 14th July. What a wonderful Achievement!!

Congratulations to Clare who celebrated her 60th birthday on 21st June



COME. WORSHIP. GROW.

EVENING *Service*

WORSHIP TOGETHER.



ENCOUNTER MORE.



LAST SUNDAY
OF EVERY MONTH



6:30PM – 7:30PM

An Hour to Refocus.
FAITH. COMMUNITY. HOPE.



WORSHIP
Celebrate God together



WORD
Be transformed by His truth



PRAYER
Seek God. Find peace.



GODALMING BAPTIST CHURCH

RHS President's Lunch From Maureen

Earlier in the year I received an invitation from the RHS President to attend a lunch on the day preceding the opening of the Chelsea Flower Show, known as Press Day. I received the invitation as I am in my 30th year of volunteering at RHS Wisley where I am a garden guide.

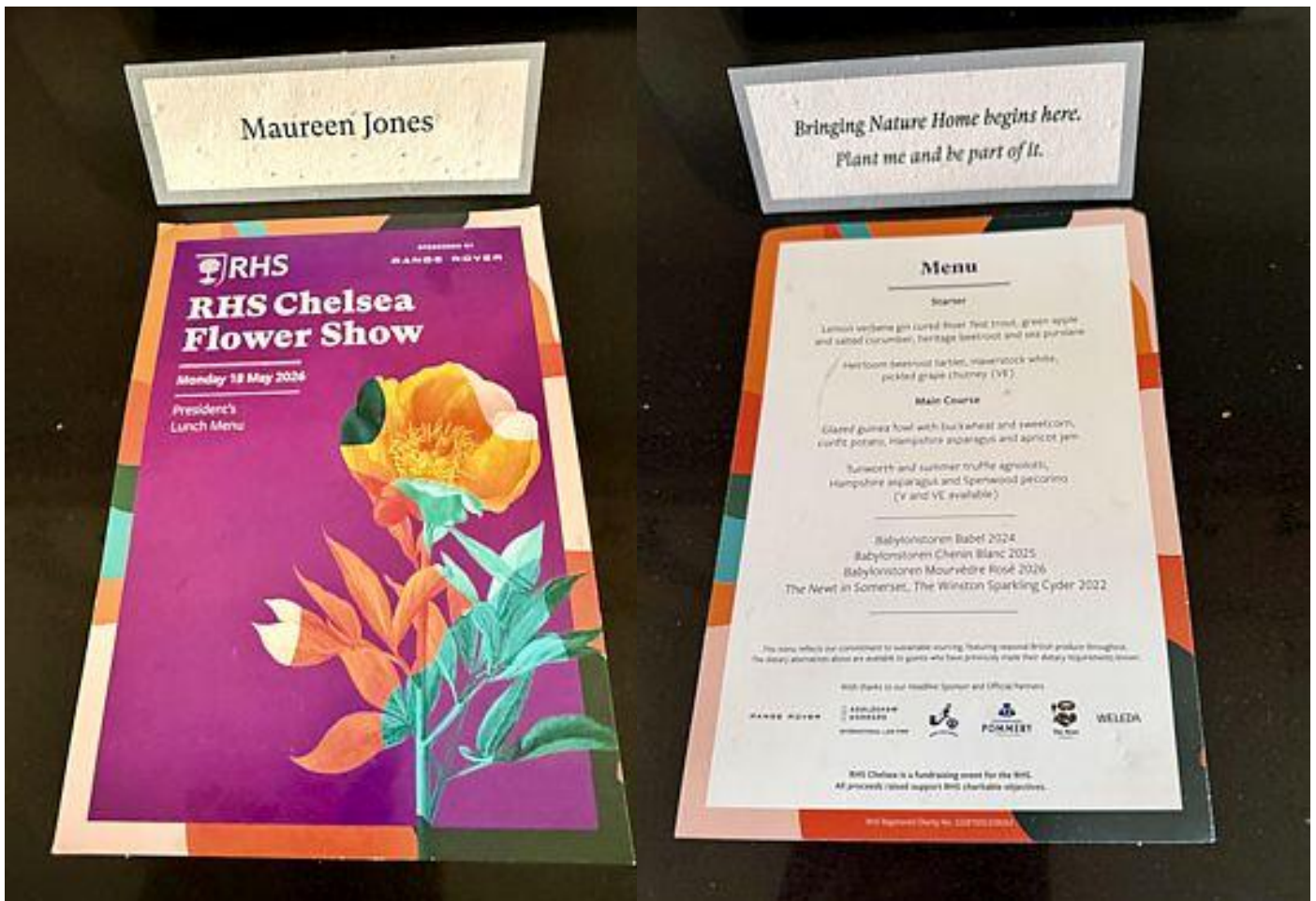
As the Flower Show is in late May I thought it was a perfect opportunity to get out my "posh frock". However the weather was not cooperative and the day was cold with rain forecasted so I had to work out how to keep warm and dry and look a bit dressy



I was allowed to bring a guest so I invited Alison to accompany me. She was so excited to see so many celebrities and to see the gardens which had been shown on television the night before. Press Day is only for invited guests so there are no crowds and we could get a perfect view of the stunning and varied gardens and displays



At 12 noon we made our way to the lunch venue where we were offered a glass of champagne and then found our places. We couldn't help noticing the names of some of the other guests, many with titles! After speeches from the President and Director General we enjoyed an excellent lunch.



Alison wrote:

It was an absolute privilege and treat to be Maureen's guest at the Chelsea flower show on Monday 18th May.

Maureen was invited to the President's lunch in recognition of 30 years volunteering service for the RHS. Very few manage so many years, and she even went back 5 days later to volunteer again at the show!

As it was the press and invited guests only day, it was a joy not to be crowded in the Pavillion and show ground which in fact is quite compact. Maureen and I saw so many recognisable celebrities and, of course, the show gardens and designers. I felt happily overwhelmed at the beauty of the displays with so much going on that it was one of my best days ever.

Thank you, Maureen.



This is one exhibit we particularly liked. It is a floral tribute to Sir David Attenborough

FRIENDSHIP LUNCH AND COMMUNITY OUTING TO PARHAM HOUSE AND GARDENS

On the morning of the 30th of April, the sun came out to greet us as we met at the church for our Friendship lunch and community coach outing to Petworth and Parham House and gardens in West Sussex.



There were 41 of us who boarded the Safeguard coach in Queen Street. We had our lovely usual driver, Alison. We left at 10.00am and drove through Milford and Witley and villages to Petworth. We were dropped off in the carpark and were free to go where we liked. Most found the cafes for refreshment and the one charity shop. There was a lovely bookshop in the main Square. (must go back there) We kept

bumping into each other as we explored. A lovely surprise as we returned to the coach, in a coffee shop were Pippa and Jono Poole. For those who don't know them, Martin Poole, Jono's dad, was Minister here and they all worshipped at Queen Street.

We then drove onto Parham House and Gardens for 12.45pm. We then were met by the lady who had sorted out our booking. She gave us instructions and guided our driver, Alison to the coach parking. We then were met at the gate with maps for all of us and a leaflet giving some of Parham's history. We had lunch booked in The Big Kitchen at 1.00pm. A really lovely lunch of Quiche, potato salad, coleslaw and tomatoes in a sauce. This was followed by lemon drizzle cake. Pots of tea, coffee and jugs of Elderflower cordial. Lovely.



We then were free to go where we liked. A lot of us went into the Elizabethan house. So beautiful and interesting. Our group then went around the lovely gardens; there was even an old Wendy House in the wall. Still some tulips out which



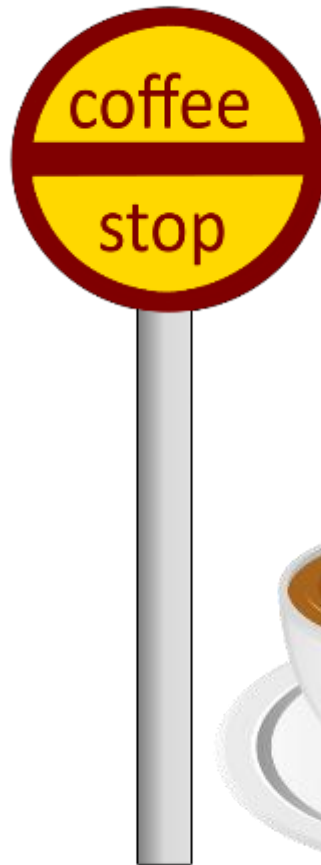
were lovely. A greenhouse and sculpture in the grass. There was a cafe in the grounds called the Mower Shed and of course, our group went there for a drink before travelling back. There was also a gift shop with interesting gifts.

We assembled back at the coach at about 5 and

departed for home. We arrived back about 6.15pm. Tired but happy. It had been a lovely day.



The next outing flyers are now out if you wish to book. The date for this outing is Thursday 16th July. We are off to the Isle of Wight. It will be an early start.



Sat 4th July 10am - 12.00 Noon
supporting The National
Autistic Society



What is autism

Autism influences how people experience and interact with the world. It is a lifelong neurodivergence and disability. Autistic people are different from each other, but for a diagnosis they must share differences from non-autistic people in how they think, feel and communicate.

Being autistic means you may feel things and react to them differently to non-autistic people. You may find socialising confusing or tiring, and you may become overwhelmed in loud or busy places. You may have intense interests, prefer order and routine, and use repeated movements or actions to calm yourself or express joy. You might mask your discomfort to fit in, which can lead to mental illness.

More than one in 100 people are autistic and there are at least 700,000 autistic adults and children in the UK. These numbers are not the same as the number of people with an autism diagnosis. They are based on research about the true figure, which is likely to be higher. More research is needed to know for sure.

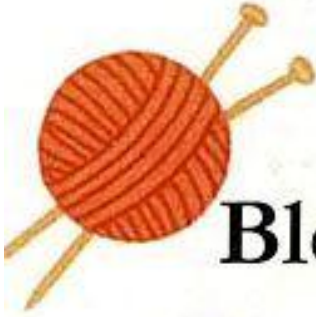
People of all ages, genders and ethnicities can be autistic. But people from marginalised groups can face more barriers to getting a diagnosis. This can be because of a lack of awareness about the true diversity of autistic people.

Our understanding of autism is evolving all the time. Most autistic people see being autistic as central to who they are. They may need support to succeed in a world designed for the needs of non-autistic people. But it is the barriers they face in society that are an issue, not being autistic. This is known as the 'social model' of disability.

The medical texts that define the criteria for an autism diagnosis describe autism differently to how many autistic people and others describe it. These texts use words like 'disorder' that many people believe are inaccurate and offensive. Everyone's brain is different. So a 'neurodiversity' approach views autism as a natural variation in people.

Events

Bringing the Community Together



Woolly Blessings- Knitting, Crochet And Chat!

Godalming Baptist Church

Thursday 4th June

Thursday 18th June

Thursday 2nd July

Thursday 23rd July

Thursday 13th August

Thursday 27th August

Thursday 10th September

Thursday 24th September

Thursday 8th October

Thursday 22nd October

Thursday 5th November

Thursday 19th November

Thursday 3rd December

Thursday 17th December

10.00am-12.00 Noon £1 appreciated

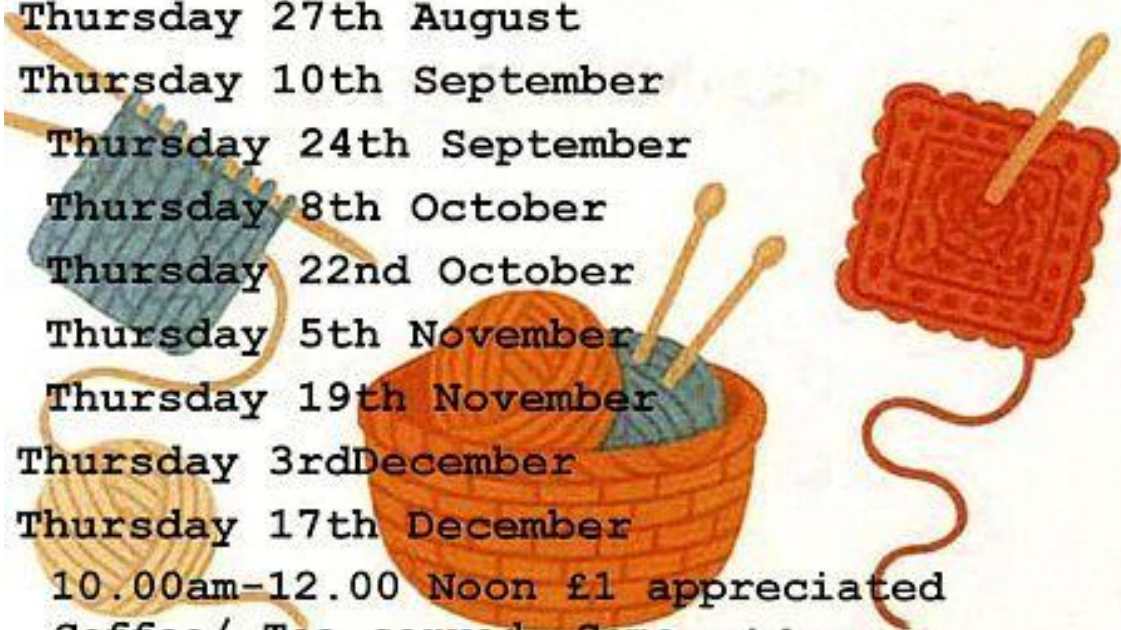
Coffee/ Tea served. Come and learn or

why not pass on your expertise to a new friend

while having fun. Bring your own wool. For

further information call Michele on

07525 164409



Men's Breakfasts

Come and enjoy breakfast at Wetherspoons (Jack Phillips)
in Godalming

From 8.30am

On Saturdays

11th July

15th August

12th September

10th October

7th November

12th December



Ladies' Breakfast

Come and enjoy a continental breakfast (cost £3 per person), a time of worship and an encouraging and uplifting message from our Speaker, Linda Chamberlain at Godalming Baptist Church

On Saturday 10th October-From 9-11.00am at Godalming Baptist Church. For catering purposes, please contact Sally Pollard to book a place by Sunday 4th October with payment Tel-01483-428646 or

e-mail pollard3@hotmail.co.uk

Thank you - Do Come!





SISTER ACT

Music by
Alan Menken

Lyrics by
Glenn Slater

Book by
**Cheri Steinkellner
and Bill Steinkellner**

Additional Book Material
Douglas Carter Beane

Based on the Touchstone Pictures Motion Picture
"Sister Act" written by Joseph Howard

Director
Keith Thomas

Musical Director
Steven Bean

Choreographer
Alison Chapman

Tuesday 14 to Saturday 18 July 2026

**Ben Travers Theatre,
Charterhouse, Godalming**



This amateur production is presented by arrangement with
Music Theatre International (Europe)

NODA
For every stage

Mini-Codeword

This mini-codeword is combined with crossword clues instead of a key strip. Codeword numbers are on the top right and crossword clue numbers are on the top left.

1	1	2	2	3	4	3	5			4	9
		10			5	6		7		9	4
		15				3					2
		6		6	1	11		10	7	2	12
8	2		8	12		2	10			10	
	13					8				14	
9	4		8	12		11				4	
	9				10	13		2	2		9

Across

- 1 Epistle writer (5)
- 5 Lazy (4)
- 6 Reluctant prophet (5)
- 8 Stoned near Ai (5)
- 9 Resounding sound (4)
- 10 False god (4)

Down

- 2 Attention-drawing action (5)
- 3 Cross carrier (5)
- 4 Rachel's sister (4)
- 6 Married 4 down first (5)
- 7 Glean into a heavenly being (5)
- 8 Murdered in Genesis (4)

For solution see page 38

Bees

Clarissa shared these fascinating thoughts on Bees at a recent Friendship Lunch!



Good afternoon, today I'm here to talk to you about a subject very close to my heart but I am by no means an expert. I just have an enormous love and respect for Bees... for without them we would not have all the food we eat. It is estimated that one in every mouthful of food we eat is thanks to bees and other pollinators... the apples, strawberries, tomatoes, coffee, beans and of course honey. Here in the UK there are around 250 species of bees, most of whom are solitary bees who live on their own. There are 24 varieties of Bumblebees and one species of honey bee.

I, my father and his mother before have kept bees and it is incredibly interesting, beekeepers become very attached to their hives watching the weather as it might affect their hive. When something happens in a beekeepers family the beekeeper goes to tell the bees such as a birth or death.

You do not need official permission to keep bees but it is strongly recommended that beekeepers are registered for public liability, and information concerning disease and infestations, the most common being varroa. The varroa mite attaches itself to the worker bee and weakens the bee feeding on their babies weakening the bees immune system and transmitting deadly viruses like deformed wing virus, eventually leading to the colony collapse within 1-3 years.



In a honey bee hive there are 3 types of bee, the largest being the queen bee whose job is to lay eggs - typically laying between 1,500 and 2,000 eggs each day varying on the season!

Then the female worker bees and the lazy good for nothing male drones whose only job is to mate with a new queen, they can't even sting! They are only around in spring and summer and are kicked out in autumn! The worker bees will die once

they sting unlike wasps and will only sting as a last resort. Worker bees start off by being nurse bees, collecting the larva from the queen, laying it in a cell and caring and feeding it royal jelly. This care takes around 6 days involving thousands of visits to each grub.

They will also make a couple of spare Queen larva, kept in readiness. The honeycomb cells are made by the workers and the baby larva, honey and pollen are stored in these hexagon shaped cells, forming an incredible structure - a feat of structural engineering. The bees produce wax from their abdomens and then chew it into a consistency suitable for building with. The hexagon shape is the most economical shape that can be produced using the least materials, modern science cannot improve on this shape and it is often used in engineering such as storage silos.



In a honeybee hive there are no labour problems, no rebellions and just a very efficient society totally obedient. Their behaviour is built on natural instinct, eventually working themselves to death, living only about 5-7 weeks in summer, longer, around 6-8 months in the winter. In a honeybee's lifetime, she will only produce of a teaspoon of honey!

This amazing product honey has no sell by date and honey found in Tutankhamun's tomb was perfectly edible. Honey boasts antioxidant, antibacterial and antifungal properties. It can reduce inflammation and is used in healing and a cough suppressant, our ancestors often using it to heal wounds.

After working as a nurse bee, our worker bee may work in the sanitation squad keeping the hive free from dirt and waste materials such as dead bees. There are no toilets in a hive, a bee would never soil their own home and the bee rids herself of waste on the wing outside the hive. Other jobs for our little worker bee include air conditioning, temperature control and guard duty, keeping pesky intruders out who may want to steal their precious honey such as wasps and mice... even other bees from another hive! As each hive and its bees has its own particular scent and they will forcibly evict wasps often sacrificing their own lives. Scout bees scour the vicinity for good sources of nectar travelling between 1-3 miles from the hive. These scout bees return and inform the other bees of what they have found through what is known as the waggle dance even providing little samples of the nectar to taste! Bees have an internal polarised compass so the angle of the dance tells them what direction to fly in, but lots of other information is provided as to the distance, the quantity and quality of nectar. The bees then fuel up on honey only taking sufficient for their journey. Unfortunately wind, rain and clouds can cause

many bees to lose their bearings and run out of fuel, so if you ever find a tired looking bee unable to fly a little sugar water will be most appreciated. An average hive has between 20,000-80,000 bees even more in the summer, 35,000-60,000 and population is carefully controlled.

The drones, male bees, are only around in spring and summer for mating - so if the hive is becoming too crowded the old queen will fly off with half the hive who make sure their tummies are full before they leave, to find a new home. They first land in a swarm on a tree or such like. This swarming is often prompted by changeable weather then a hot spell. Last year a large swarm gathered on a table outside a cafe in central London causing lots of surprise!!

Swarms are not aggressive. Obviously beekeepers do not wish to lose half their bees so will add extra boxes to the hive to make it larger.

Man's artificial migration of bees has been happening since the ancient Egyptians, people moving their hives to capitalize on the best nectar. This happens in the fields of Norfolk lavender but the best and most amazing example of the bee migration is in the Californian orchards of almonds which cover 1.5 million acres of trees which all need to be pollinated within a short window of 2-4 weeks. 2 million beehives are moved. This represents 90% of the United States bee population and is a serious source of income to the beekeepers... but this causes controversy due to high risk of disease and mites such as varroa.

However, bees of all types are at risk with lack of habitat, pesticides, climate change and so many bee species are becoming extinct. We can try and plant plants that bees like - single open blooms, bees love purple flowers and lists of bee friendly plants are available. 20th May is national Bee Day.

As I have outlined the many positives of bees here is another more recent one. In areas of Africa increasing numbers of elephants due to less poaching have sometimes encroached, damaged and eaten crops planted by locals which puts them in direct conflict. The locals have been encouraged to use strategically placed beehives along the borders of their fields. The bees scare the elephants who do not like getting stung!

Bees have a wonderful pattern of life which is highly successful, based on total obedience and hard work. God gave us a pattern for life with the Ten Commandments but unlike bees man is not locked into this pattern of total obedience to the commandments as we have free will. But wouldn't it be beautiful if we thought a little more like the bees, what can I do today to benefit my collective, the hive of people around us... what can I do to help the young, keep them fed, warm and sheltered?

Clarissa

Prayers

1. I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me.

Almighty and heavenly Father creator of all things, perfect, holy and righteous in all of your ways, the God of Abraham, Isaac and Jacob you are my God. Thank you for loving me with abounding and everlasting Love. The love that saw your only son Jesus Christ hung on a cross to deal with my sin and present me holy in your presence. Thank you for delivering me from bondage to sin and bringing me into the glorious inheritance in your holy people. Amen

2. You shall not make for yourself a carved image - any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.

Dear Lord and Heavenly Father I am only too aware that with much worldly wealth it is easy for me to covet these things and allow them to become the desire of my heart. To put them first in my life and before my devotion to you, the only God and my Lord. Please forgive me and help today to remove those things that have become my idols. To turn my face towards you and never again to show my devotion any other than you. Thank you that you show mercy to those who love you and keep your commands. Amen

3. You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.

Oh Lord, who said of himself "I am who I am" I come humbly before you to lift up and exalt your name. I do not want to in any way, by speech, thought or deed to empty your name of its holiness, authenticity or truth. I desire in all things to honour your name and see the name Jesus lifted high in due praise and glory. May I do this by the power of the Holy Spirit who lives in me and by whom I am being changed from Glory into Glory. Amen

4. Remember the Sabbath day, to keep it holy. Six days you shall labour and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the

heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Thank you Father for giving me a Sabbath rest that I can rest with you and know your peace and provision. In a busy and often frantic world where there is so much pressure to achieve and succeed thank you that your presence is a balm and your provision is sufficient. I want to thank you for the pleasure and joy you bring into my life day by day. May I learn to share that peace with everyone I encounter through my days and thank you for those that do that for me. Amen

5. Honour your father and your mother, that your days may be long upon the land which the LORD your God is giving you.

I take time my Father to thank you for earthly parents and families. To pray that families may be safe and secure places for children to grow and learn respect and to take responsibility for their actions. Amen

6 You shall not murder.

Almighty God giver of life I know I have no right to take the life of another but forgive me where in any way I have thought ill of someone or harboured a grudge or hatred. Please create in me a clean heart through the shed blood of Jesus Christ my lord and Saviour.

7. You shall not commit adultery.

Father God pure and holy you call me to be holy. I am quick to deny falling to sin yet my eyes are easily drawn, my heart turned aside and my mind engaged in ways that as bad as the action. Forgive me please and help me to determine my actions to deny temptation that I may not fall short of the holiness you have so graciously given in Jesus. Amen

8. You shall not steal.

Father of the heavenly lights, giver of all good gifts I thank you for the sufficiency you have for me that I do not need to take what is not mine. Teach me rather to be generous in giving even when, as with the lady in the temple, it is all I have. Amen

9. You shall not bear false witness against your neighbour.

Father, as the expert in law asked "who is my neighbour", help me to hold that thought in my mind through each day. To remember that all people are created in your image and we are called to love our neighbour as ourselves. May that help me

to be open, honest and truthful respecting my neighbour as one you have created despite the circumstances.

10. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbour's.

Dear lord and Father thank you that you have created me as me, please help me to accept you I am, loved by you and precious in your sight. Thank you for the provision that you have made for me. Teach me to be satisfied with what I have and to deny any tendency to be greedy and want what is not mine. Please protect my heart and mind in Jesus Christ my Lord. Amen.





Storylines-Your map to understanding the Bible

By Andy Croft and Mike Pilavachi

C'mon, admit it: You haven't been reading your Bible. It's so... long. Honestly, it's intimidating. What you need is an overview. Something that will pull it altogether

Like Storylines

It's like having a chat with your best friend-who also happens to be a Bible scholar. Or in this case Andy and Mike.

They'll tell you there are six overarching themes in the Bible - Jesus, Covenant, Presence, Kingdom, Salvation, Worship - each revealing a way of understanding Scripture that makes it live and breathe, relevant to your life today. Grasp these Big Ideas, and you'll see this amazing book in a new light. You'll see how each theme develops and how it relates to the whole. Mike and Andy also include a summary of the Bible and discuss how it comes to be in its present form. So, find a cozy place and get comfortable. Grab your Bible too. Once you understand the storylines, you won't be able to put it down.

Grace Choices

By Jeff Lucas

The Grace of God - His undeserved love and favour towards you - presents you with choices. Will you choose to see God through the lens of grace? Will you choose to see yourself - and others - the same way? Do you really believe in His free forgiveness-and are you willing to extend that forgiveness towards others?

In this powerful book, Jeff Lucas unpacks grace in its fulness and shows how, if you choose, grace can work through you and in you to transform your relationships, your church and your life. With his trademark mixture of insight, humour and passion, this book will show you how to take the grace God offers you as you choose to change your world.

Godalming Baptist Church library has a vast selection of books covering various life issues e.g. Bereavement, Dementia, Addictions, Autism, Depression, Self-Harm etc. There are also books on encouragement and guidance in life's journey.

Open Sunday mornings after 11:30am or weekdays during term time between 9:00 and 12:00 (subject to bookings)

'JOYS AND CHALLENGES OF LATER LIFE'

Annie Cox gave such an encouraging Thought at Friendship Lunch in May that we thought we would share it with everyone in the Messenger!

Good morning everyone! Thank you so much for your welcome and inviting me back; I came soon after I began as a Volunteer Chaplain at Binscombe Medical Centre, to talk about my role there and this morning I'm going to say a few words about the JOYS AND CHALLENGES OF LATER LIFE. Basically, how do we manage getting old?!



I think it helps to see Life in three ways - Life is a PROCESS, Life is a JOURNEY and Life is a GIFT, so to begin, I would like to start simply with the normal process of getting older.

Every stage of life is God-given; from the birth of a newborn baby at the dawn of life, through childhood, adolescence, early adulthood, our middle years, retirement and into the evening of life as we grow older. It is a process, a natural and normal and unchangeable process.

As we all know, as we get older, our bodies become less efficient. Those aches and pains don't go away so quickly - or at all - when we get up in the morning. We don't have as much energy. We become a little slower.

We begin not to hear quite so well... so we complain that people don't speak clearly. We have the TV louder. We begin not to like driving at night... our vision is changing and we don't see as well.

We begin to feel less able to do things; things take longer, they take more effort and they worry us more. We become more forgetful... and worst of all, we don't remember what we've forgotten.

Frustratingly, we become less mobile and less independent... we become more confined and restricted and not only do we lose our independence, but we then become dependent. This is a massive physical and psychological change, and it can be jolly hard.

As I'm sure everyone in this room knows that a major aspect of getting older is a decline in health. Without a doubt, health issues increasingly preoccupy and dominate our lives and we find every week is punctuated by phone calls and appointments with the GP, frequent blood tests, trips to podiatry, the eye clinic, the hearing clinic, the dentist and every hospital department that exists for all our multitude of different ailments... and we expect the NHS to fix us! Many people find themselves on huge amounts of medication... and another mountain of medication to counteract the side-effects. Certainly the NHS can do a great deal to ease our symptoms but even our wonderful NHS can't stop the clock!

These things I've mentioned are all absolutely part of the normal process as years pass; they are common to us all, to a greater or lesser degree, and frankly, feeling a bit depressed and a bit vulnerable are natural responses to our increasing limitations.

But as well as a Process, Life is a Journey. All of us here will have had many up and downs in life and most, I'm sure, will have been through some really tough times and know what it's like to face huge and difficult challenges, perhaps bereavement or trauma, loneliness, ill-health, unhappy or broken relationships. Our response to the inevitable difficulties and suffering in life is part of our journey; we will all know those whose strength, courage and positive attitude has not only got them through but has been an inspiration to us. One of the greatest things I learnt during my time as a nurse at the Hospice is the peace that acceptance brings. Most patients had been through extensive and gruelling treatments of every sort, with all the hopes and disappointments along the way, but accepting their life-limiting conditions, receiving care and medication to relieve symptoms and bring comfort, is profoundly healing. To be peaceful in mind as we head towards our latter years is perhaps the most important thing of all.



But as well as a Process and a Journey, Life is a Gift.

And this is the good bit about getting older... in spite of... or perhaps because our bodies cease to function so well as we get older, we can embrace so much that is wonderful. Just looking around here this morning, what a joy and a blessing it is that you are here! There's someone next to you! We have food to eat, each other to talk to. There are so many opportunities that later life can bring; we have more time to see the world with a greater insight and wisdom. We are no longer caught up with the stresses of working life and even when we become dependent, we can

learn to see this as a positive opportunity to bring us closer to one another. It's natural to feel distanced from the world, to have less appetite and less energy in our later years and learning how to accept, is part of our journey. We have more time to pray, we have more time to listen, we have more time to see the beauty of nature in the world around us, we have more time to see the world from a wiser perspective. We have time to encourage the young, to nurture the love, honesty, hope and goodness in them, and by holding to the values that really matter in life, give them an anchor in today's rapidly changing world. And we can be a radiant example of how to grow old with gratitude, grace and courage. My mother, right to the end of her life, was continuously full of gratitude for God's abundant blessings in her life despite losing her father when she was a little child and both her beloved brothers in their 30s.



I look around at those who are ahead of me on this journey of Life and draw immense encouragement from their steadfast determination not to let their ailments diminish them. To embrace everyday as an opportunity, and to be grateful for the many blessings which we have is to live life to its full. So when you wake up in the morning, creaking and aching, facing the first round of the day's medication, struggling to get dressed or just generally feeling weary, there

will be something to be grateful for, perhaps simply hearing the birds sing, the rain or the sunshine, a kind word that someone has said, a moment of encouragement, a happy memory, there is so much that is uplifting and a blessing.

'JOYS AND CHALLENGES OF LATER LIFE' QUESTIONS

What have you found to be the most difficult aspect of growing older?

Looking ahead, what are the things that concern you most?

Who in your life, has guided you in difficult times?

What are some of the joys you look back on in your life?

QUIZ

- 1 - What name is given to the young of a goose?
- 2 - In tennis what is the more usual term for a score of 40 all?
- 3 - Which animal has the largest percentage of its body mass made up of water?
.....
- 4 - Who was the captain of HMS Bounty at the time of the 1789 mutiny?
.....
- 5 - In the context of the Second World War, what were Omaha, Juno and Sword?
.....
- 6 - In the nursery rhyme, all the king's horses and all the king's men were unable to put who back together again?
- 7 - Which politician served as the last leader of the Soviet Union before resigning on Christmas Day, 1991, triggering the end of the USSR?
- 8 - In front of a television audience of millions, who did Jack Ruby shoot and kill in 1963?
- 9 - Baldrick invariably uses what adjective to describe his plans in Blackadder
.....
- 10 - As reflected in the logo, what does the HP in HP sauce stand for?
.....
- 11 - Which word can go before 'gown,' point' and 'bearings' to form three new words?

12 - Which model and television personality is the wife of former footballer Peter Crouch?

13 - Esteemed star of stage and screen Dame Sheila Hancock was for 29 years married to which Morse actor?

14 - Which retired actor played John McClane in the Die Hard franchise from 1988 to 2013?

15 - Which Somali-born British track athlete became double Olympian champion when he took gold in both the men's 5,000 and 10,000 metres at the 2012 Olympic Games in London?

16 - Which woman was the first female newsreader on the BBC News At Ten and took over the hosting of Question Time in 2019?

17 - Which major event of 1666 lasted for only days, killed six people but made over 100,000 homeless and destroyed a third of a major world city?
.....

18 - Which children's literary character came from Peru with an old hat, battered suitcase, duffel coat and love of marmalade sandwiches?

19 - In 1997, who became the youngest Wimbledon tennis champion since Lottie Dod in 1887?

20 - What type of pasta shares its name with what Yankee Doodle called the feather in his hat?

For answers see page 38

Recipe

Tres Leche Cake (3 Milk Cake)

Cake:

120grms all purpose flour
1½tsp Baking powder
¼tsp salt
5 large eggs
200grms gran sugar
80ml whole milk
1tsp vanilla essence

Milk mixture:

12oz evaporated milk
14oz condensed milk
60ml whole milk

Topping:

1pint whipping cream
24oz icing sugar
½tsp vanilla essence
Ground cinnamon

Set oven at 350 degrees F

Combine flour, Baking powder and salt.

Separate eggs in two bowls.

Add ¾ cup sugar with egg yolks mix at high speed until creamy

Add ⅓ cup milk and vanilla and stir.

Pour egg yolk mixture over flour and stir gently.

Beat egg whites to stiff peaks and gradually add ¼ cup sugar.

Fold egg whites gently into batter mixture.

Pour into ungreased pan and smooth.

Bake 25-35 mins.

Cool completely.



Combine evaporated, condensed and whole milk.

Once cake is cooled prick all over with a fork. Slowly pour milk mixture over cake allowing time for it to soak into the cake.

Topping:

Whip cream, icing sugar and vanilla, spread over cake and sprinkle with cinnamon

Refrigerate for at least 1hour.

We had this for the first time when we went to Romania with Marcus and church team - very delicious but not good for losing weight!!

Barbara

Thoughts



**The road I've travelled
hasn't been easy, but I'm
still here. The only reason
I'm here today is because
God was walking the road
with me, every step of the
way. Amen**

Who didn't dun'it?

This is a story about four people named Everybody, Somebody,
Anybody and Nobody

There was an important job to be done, and Everybody was asked to do
it.

Everybody was sure that Somebody would do it.

Anybody COULD have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realized that

Everybody wouldn't do it

It ended up that Everybody blamed Somebody when Nobody did what

Anybody could have done.

THE END

Poem – Slow Dance

"Have you ever watched kids on a merry-go-round,
or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight,
or gazed at the sun into the fading night?
You better slow down, don't dance so fast.
Time is short., the music won't last.

Do you run through each day on the fly,
when you ask: "How are you?" do you hear the reply?
When the day is done, do you lie in your bed,
with the next hundred chores running through your head?
You'd better slow down, don't dance so fast,
time is short, the music won't last.

Ever told your child, we'll do it tomorrow?
and in your haste, not see his sorrow?
Ever lost touch, let a good friendship die,
'cause you never had time to call and say, "Hi"?
You'd better slow down, don't dance so fast,
time is short, the music won't last.

When you run so fast to get somewhere,
you miss half the fun of getting there.
When you worry and hurry through your day,
it is like an unopened gift thrown away.
Life is not a race, so take it slower,
hear the music before the song is over."



David L. Weatherford

The poem 'Slow Dance' was reproduced in our church Messenger Magazine in June 2012. If life was hurried then, how much more so now, and how much more appropriate for us to heed the message it contains.

Quiz Answers

- 1 - Gosling
- 2 - Deuce
- 3 - Jellyfish - can be 98% water
- 4 - William Bligh
- 5 - Beaches - D-Day landings
- 6 - Humpty Dumpty
- 7 - Mikhail Gorbachev
- 8 - Lee Harvey Oswald
- 9 - Cunning
- 10 - The Houses of Parliament
- 11 - Ball
- 12 - Abbey Clancy
- 13 - John Thaw
- 14 - Bruce Willis
- 15 - Mo Farah
- 16 - Fiona Bruce
- 17 - The Great Fire of London
- 18 - Paddington Bear
- 19 - Martina Hingis
- 20 - Macaroni

Mini-Codeword Solution

J	A	M	E	S			L
	N			I	D	L	E
	T			M			A
	I		J	O	N	A	H
A	C	H	A	N		N	
B			C			G	
E	C	H	O			E	
L			B	A	A	L	



You are warmly invited to join us for Sunday Services at 10:00am
Our morning services are recorded and videoed and are available to watch live or on
YouTube later

<https://www.youtube.com/channel/UCCwMJcsPAKXKSImP7sfTfCg>

**For confidential pastoral support please contact:
Revd. Peter Jackson - peterandchris@ntlworld.com
07846 252138**

**Pastor Jack Curtis - jackscurtis@hotmail.com
07809 443577**

or

**Sally Pollard, Pastoral Worker - pollard3@hotmail.co.uk
01483 428646 or 07976 276753**

**Queen Street, Godalming GU7 1BA
<https://www.godalmingbaptistchurch.org.uk>
Church Office: 01483 422105**