



The Messenger

September & October 2025

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Recipe

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From the Editorial Team

As Autumn approaches and the days get shorter, I am reminded that we first published the 'new' Messenger with the September/October 2023 edition. Yes! Two years ago.

As mentioned elsewhere, I took the photo on the cover in October 2003 when the trees in the Burys were in splendid colours.

I praise the Lord for the wonder of the seasons, although the differences are getting a bit blurred.

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.

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 November/December 2025 edition should be sent to one of the above by Sunday 12th October, for distribution on Sunday, 26th October 2025

Thank you

From The Pastor's Desk



*The Boy, the mole,
the fox and the horse*

"Isn't it odd. We can only see our outsides, but nearly everything happens on the inside."

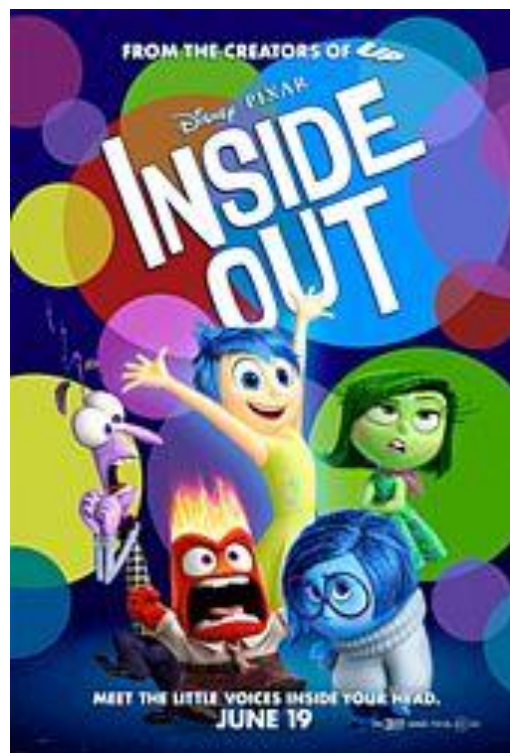
'The Boy, the Mole, the Fox and the Horse'
Charlie Mackesy

On the inside are emotions that are reactions to things that happen around us. Some emotions we don't necessarily want to experience. We can believe some of them are wrong, so we push them down, cover them up, and don't let others know what we are feeling. We may not even be aware of

the feelings because they've been shut them down before they have registered. These emotions are neither right or wrong they just 'are'.

You may know the animated film 'Inside Out.' It's the story of a young girl, Riley, who has to move to a totally new home, area, school, because of her father's job. In the film the emotions inside, Joy, Sadness, Fear, Anger and Disgust are personified as characters on the outside showing how Riley tries to adjust. Joy is the leader and tries, ultimately unsuccessfully, to limit Sadness's influence perceiving her to be an unnecessary burden for Riley.

It is so important for our well-being that we are able to acknowledge all our emotions and be able to handle and express them appropriately, so we don't damage ourselves or others. May our emotional God help us.



Peter

Church Family News

Birthdays

September

October



1st - Emma G
6th - Alan T
8th - Michele T
21st - Jackie B
22nd - Pat D
26th - Babs B
27th - Clarissa H

1st - Michelle H
2nd - Edith H
10th - Gill W
11th - Glen M
18th - Jean K
23rd - Eric J
27th - Hazel D
27th - Jack C



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

Family News

Wedding Bells rang for Robert W (Ruth and David's son) and Katherine V on Saturday 2nd August as they celebrated their wedding. We wish them much happiness and many blessings for their future life together

Eric and Barbara J celebrated their Diamond Anniversary on Thursday 14th August.

Too late for the last edition but some wonderful photos below of Ian and Michele's wedding on Saturday 1st June





Testimony of Matt Buckle who ran 'The Race To The King' - 100 KM



A short while after taking my flat in Godalming I found myself out of work. It was a particularly cold winter (I can't remember the year but must have been around 1993-1994) being briefly on benefits I was really struggling financially, to the point where I was not able to heat my flat (it had storage heaters which seemed to really eat electricity).

I had an arrangement with my parents that I would phone them on a particular day each week. I didn't have a home phone at the time as there hadn't been a phone wired into the flat before and would be costly to have one installed, and this was

before mobile phones were affordable.

One week the snow was really deep and slippery so I didn't venture out to make that regular phone call to my parents.

My mother was concerned and called Social Services to see if someone could check I was OK. Unfortunately they couldn't help but suggested contacting a local church to see if they could possibly help. My mother contacted the Rev. Martin Poole who at the time was the minister at Godalming Baptist Church. He very kindly said he would check on me, and so he came and knocked my door.

When he knocked my door, he showed real concern and even though I was a complete mess (hadn't really got out of bed for days!) he totally didn't judge me, in fact he was incredibly polite and friendly. He told me if I could get myself washed and dressed he would take me to the church where there was what's known as the "Friendship Club" lunch.

I very gratefully accepted.

He advised me the meal was for people who live alone, and said it's predominantly older people there, but wow, they were all so welcoming and friendly, I really enjoyed and appreciated the hot meal and conversation with everyone on my table. I was blown away to also be given some leftovers to take home and two carrier bags of provisions. After the meal, the Rev. Martin Poole asked me if I would like some young people to knock for me.

I kind of felt after everything he'd just done for me I could hardly say no!

A few days later two youths did indeed knock my door. I had it in my head that they were going to come and preach to me, so I was totally shocked when they asked if

I would like to join them in going to the pub! These two guys befriended me and over the following few years became my best friends. One of which was Stephen Dunning, the friend whose wedding I attended in Brazil where I met Veruska, my wife, in 2003.

So after a few months my new best friend Stephen, knowing that I knew he was connected to the church suggested I come along, and so I did.

Up until that point in my life I had always been pretty much what people would call a loner. I couldn't believe how friendly everyone was. I made even more friends with more people, old as well as young, I felt totally at home.

Unbeknown to me at the time, this was God calling me. I wanted to be part of this amazing, friendly and lovely community and started to seek out what it was to be a Christian, attending some classes. After a few months I had a vision that God was telling me that I was valued, loved and that he had a plan for my life. I was baptised in Godalming Baptist Church by Rev. Martin Poole 26th June 1994. We often comment on how cold it was the day he knocked my door and how warm the baptismal waters were!

Until relatively recently I've always felt unsure that I had any God given gifts to offer or use. All that changed in 2018.

I prayed to God 'Please use me to help others in the way you had people help me when I was in need.'

The answer to this prayer is, in my opinion, nothing short of a miracle!

After having finally managed to quit a 20 a day cigarette habit for over 30 years I had substituted the cigarettes for food and was rather overweight and felt I needed to do something about it, especially as there is a family history of heart disease. I took up walking, then long distance walking, then Parkrun then 10k run, then I saw a timed event and entered.

It was 5km loops of the Thames towpath all officially measured so that if you ran 4 laps it is a half marathon and 8 laps would be a full marathon.

I thought I would try for a 10km.

After what felt like 100 laps I requested to finish and was told it is unusual for anyone to stop on what was 7 laps because one more and I would complete a marathon distance! Although I couldn't really run anymore I crawled another lap and ended up basically accidentally running a full marathon!

I have now run many events raising money for several charities, The British Heart Foundation, Combat Stress and more locally the Cellar Camino Cafe, Godalming. I was never any good at PE at school!.

I finally came to realise this was God's calling, using me to help, and engage with others. I had found my gift from God and was using it to help others!

All being well on Bank Holiday 25th August I should be running (slowly) my 100th official marathon and have been vetted and approved to join the 100 Marathon Club UK. This is something I never dreamed possible. It really is a miracle from God.



I recently took part in the Race to the King 100km straight through challenge, raising for the Cellar Camino Cafe Godalming. They are a charity close to my heart. They welcome everyone with good affordable food and a listening ear if wanted. They also run a small food bank without referral or question. They also run occasional affordable day trips to the seaside etc. We raised an amazing amount £1,525, which for a small charity will go a long way.

Several fellow runners have commented that I always have a smile on my face when I'm running/walking- that's because I have God on my side!



Eric And Barbara's Visit To Ratidzoland



First Morning - ready to leave the B&B in Harare. Saying goodbye to the two Austrian Volunteers. Now for the 3-4 hour journey to Sanyati - half on tar, half on - will it make it?

Sunday breakfast in Richard & Edline's dining room - the Great Outdoors!



We donate 18 pullets to Sanyati Baptist Junior School. New Headmistress on the left

We meet a couple of dozen of the 100 strong Disability Group. Richard shows them all the pictures of Sam raising money at last year's Triathlon.



Buying homemade pies at Uder, the nearest Sanyati township. It is quite cool today

The Team at The Hive - Five foot nothing little Miss Dynamite Tabith, Rosemary and infant and the new recruit Rothswell



The team at work including Rosemary's baby while foreman Richard has a drink

It's 6:30 breakfast time for all the animals at Ratidzoland including Boris, Doris and Lois or, as Chris H named them, Breakfast, Lunch and Dinner





**Sat 6th September 10am – 12.00
Noon supporting Surrey & Sussex
Air Ambulance and Saturday 4th
October supporting The Fountain
Centre**

KSSX

AIR AMBULANCE CHARITY
KENT SURREY SUSSEX



We're your local air ambulance charity

Life-threatening emergencies can happen to anyone, anywhere.

We bring specialised doctors, paramedics and treatment to the scene, fast. And we don't stop 24/7, 365 days a year.



Without you, we can't save lives

£56K

a day to run our
lifesaving service



9

 emergency calls
responded to
every day*

*on average in 2024



88%



of our total income is
raised from people like you

£4K

is the average
cost of a mission



Find out more about our lifesaving work

aakss.org.uk



Registered Charity No. 1021367

KSSX

AIR AMBULANCE CHARITY
KENT SURREY SUSSEX



Without you,
we can't **save lives**



Scan to donate

aakss.org.uk/donate

Charity no. 1021367



The Fountain Centre

Your local independent cancer support charity



Based here in the Royal Surrey Cancer Centre, we support anyone affected by cancer from diagnosis, through treatment and beyond.

We offer information, complementary therapies, symptom control, psychological support, welfare benefits advice, a wig service or a cup of tea and a chat.

You may self refer or healthcare professionals may do so on your behalf, via the online registration form on our website. www.fountaincentre.org

Complementary Therapies

A variety of complementary therapies are available. Services include Acupuncture, Aromatherapy, Exercise, Homeopathy, Massage, Reflexology, Reiki, Relaxation and Visualisation and Yoga Therapy.

Psychological Support

If you feel you would benefit from talking to someone, you might want to try some of our psychological support services. This service is available online and face to face.

Coaching

Coaching provides support and guidance to understand the situation you find yourself in and build resilience and resources to support you to move forward successfully, whatever stage of your cancer treatment you might be at.

Counselling

The aim of counselling is to enhance your overall wellbeing by helping you to cope with and work through the situation you find yourself in.

Family Support Service

For children aged 18 or under who have been affected by a cancer diagnosis in the family. Providing 1:1 and family support within the hospital and community.

Hypnotherapy

Helps you to change habits and work with the power of your own mind, something we naturally do every day.

Emotional Freedom Techniques (EFT)

A powerful stress relief tool that involves tapping on acupuncture points while talking about what you find stressful.

Ward Service

Ward Based Listening Service

Skilled volunteers offering a friendly, confidential listening service to all cancer patients on wards at the Royal Surrey Hospital.

Ward Therapy Service

Ward therapists offer massage, reiki and reflexology to our oncology inpatients.

Benefits Advice Service

An opportunity for you to find out more about benefits and what you might be entitled to.

Groups

A mixture of online and face to face groups are available to support all cancer patients from the point of diagnosis and throughout treatment.

Meditation

Weekly guided meditation session which leads to a gentle, deep and relaxing experience. This is a face to face session.

Creative Space Art Class

No previous art training or recognised 'talent' is required, just a preparedness to have a go and experiment. This is a face to face session.

Yoga

A gentle class of stretching and joint immobilisation and relaxation. This is an online group with a face to face option.

Wellbeing Groups

These include arts and crafts, Ayurveda for fatigue, aromatherapy and menopause workshops.

Wig Service

Patients can obtain a wig via the NHS wig service or our wig bank. Our hairdresser will also provide advice and information on hair care during and after treatment.

Information

We can access both general and cancer specific information and signpost you to other sources of support.

As a registered charity we rely on donations to continue our service. A donation of at least £10 per session is suggested.

Follow us:     

www.fountaincentre.org

01483 406618

Friendship Lunch , GBC and Community Outing To Brighton

It was a lovely dry warm day as we all met at the church ready to depart on the coach to Brighton at 10.00am. Roger went on the coach and prayed our journey. We had our usual favourite driver Alison.

We drove via the lovely country lanes, through Petworth, and Storrington, unfortunately we got held up there as there were 4-way temporary traffic lights through the town. Once we had got through them, we were on our way again. We arrived in Brighton safety at 1.00pm, an hour later than predicted.



Once there, everyone was free to go where they like. Several of us, including our group, went onto the pier. Lots of people there, lovely to see the sea, nice and calm. Our group had lunch in the Palm Court Cafe at the end of the pier. Very nice too, lovely air conditioning and could watch the world go by. We took a leisurely walk back down the pier and went on The Volk's train that goes along by the side of the Prom. Passed some of our coach on the

other train. Christine managed to drop her stick on the track. The driver very kindly drove slower going back and managed to pick it up. One very grateful Christine! Our coach was due to leave at 5.00pm so we all had time to get afternoon refreshment in the nearby cafe under the arches and near the loo!

We met up with several from the coach in various places through the day. Some had gone to the Pavillion, some to the Lanes, some to the normal shops and others just taking in the sea views along the Prom on seats.



The weather stayed kind although we had sea mist all day, but it stayed warm and dry.

We got back on our coach at 5.00pm and drove back via Horsham and arrived back at the church, safely at about 6.40.

Very tired but all 42 of us safe and sound.

Watch this space for any more outings.

Peter and Christine



Such excitement waiting for our trip to Brighton. We, Shining Lights, travelled down in a brand new coach to Brighton courtesy of our church on Thursday 17th July.

Despite the long journey spirits were high, singing, laughing and telling tall tales all the way. Our fears were that it would be too hot so clutching water bottles & hats we tumbled off the coach. It was overcast but warm with no

rain as we sat outdoors eating platefuls of fish & chips for lunch, delicious, followed by a walk down the pier to the amusement park and funfair! We especially loved the little shops full of trinkets & mementos of Brighton and purchased presents for those who could not be with us. Back down the pier and ice-creams for us all and we wandered slowly back up to our coach. Fortunately we went home via a quicker route but still had time for laughter & jokes on the way home. We arrived back at church tired ,all agreeing we had a wonderful day. So THANK YOU to Godalming Baptist church (courtesy of a wonderful donation to Friendship Lunch from the closure of The Denningberg Centre) for paying for our luxury travel and all those who organised & made it possible.



Summertime With Connect

At **Dapdune Wharf** we boarded *Dapdune Belle* and enjoyed a tranquil trip seeing parts of the River Wey some of us were unfamiliar to us and at the same time learning the history of the *Wey Navigation*.



After refreshments we explored the site and browsed the huge bookstore before venturing onto the *Island* which is a green oasis so near to Guildford town centre. We took notice of the words of the wise owl:

The wise old owl lived in an oak.
The more he saw the less he spoke.
The less he spoke the more he heard.
Why can't we be like that cold wise bird?



Runnymede is a very large meadow which runs alongside the River Thames. Having taken in the beautiful scenery the first thing we noticed were an amazing set of willow sculptures. One is called *Haymaking* and comprises 19 pieces showing field workers, gleaners, a hay stack and even a full size horse.



There are three elegant sculptures of willow women entitled *The Last Survivors* which conceal poems about land and freedom written by members of the local community.



The Jurors are a group of intricately carved bronze chairs which stand together in the ancient meadow and incorporate symbols and imagery representing concepts of law and key moments in the struggle for freedom, rule of law and equal rights.



Magna Carta Memorial was erected to commemorate the sealing of the *Great Charter of Freedom* by King John in 1215 which also inspired the American Constitution.



The *JFK Memorial* commemorates the life of President Kennedy. Following his assassination the land was given to the USA by Queen Elizabeth and represents the Pilgrims Progress and the journey of life.

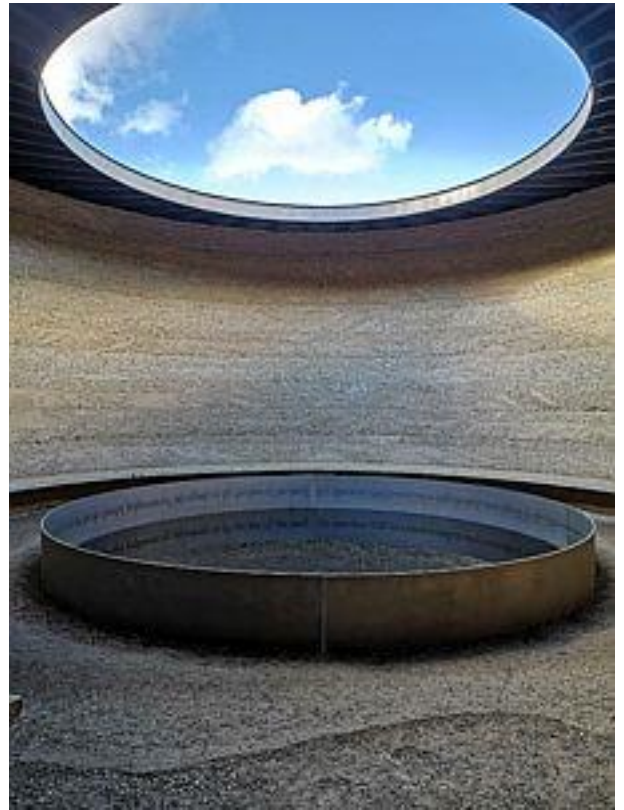


After climbing 50 steps to represent the 50 states the path leads up to Coopers Hill which used to be part of Windsor Royal Park. The *Charter of the Forest* gave people back the right to access the land for grazing and foraging which was taken away by the Normans and later by the Government in 1760.

At the top of Coopers hill is the *Air Force Memorial* inscribed with the names of 20,000 men and women of the Allied Air Forces died during WW2, the average age being 19 years old.

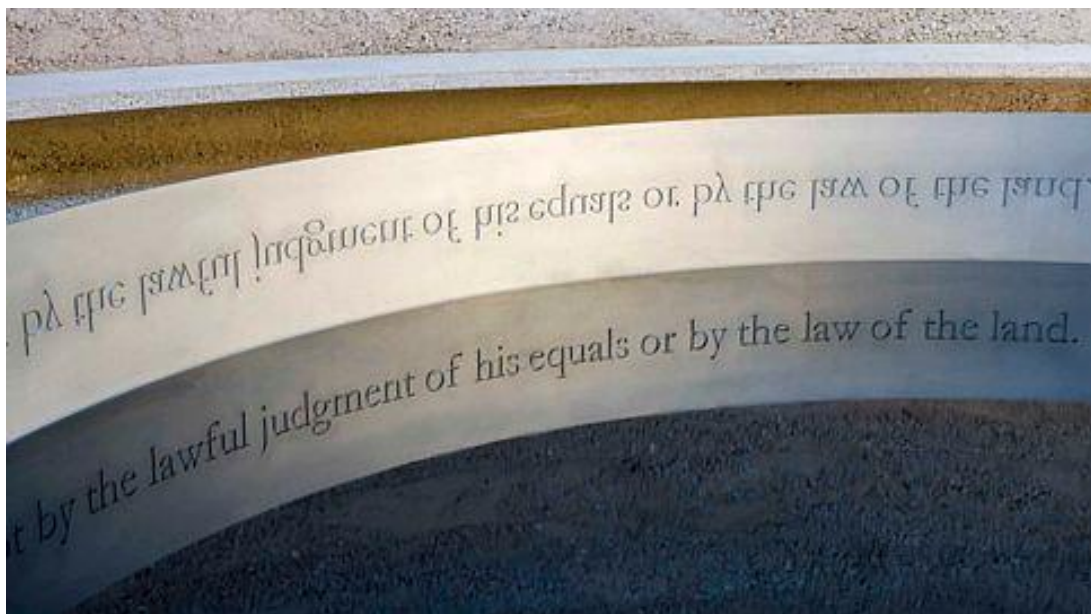


Descending the hill we meet a large cylindrical structure called *Writ in Water*.



After walking through a dark curving corridor you come to an inner chamber with a dark pool which reflects the founding principles of democracy and, through a meeting of water, sky and light, offers a space for reflection and contemplation. The sides of the pool are inscribed with reversed and inverted lettering. The reflection reveals Clause 39 of the Magna Carta.

“No man can be imprisoned except by the lawful judgement of his equals or by the law of the land”.



Despite the threatening forecast we had a very relaxing time at the **Riverside Nature Reserve** walking by a lake, across a meadow, on the tow path of the River Wey and along a board walk, enjoying the wide variety of birds and flowers and foraging on blackberries from time to time!



We have also walked at the *Devil's Punchbowl* and *Shamley Green*.

All ladies are very welcome to join us one any of these future dates.

Monday September 1

Monday September 22

Monday October 6

Monday October 20

Walk led by Maureen

Safari Meal hosted by Janet and Hazel, Babs and Marion.

Walk at Loxwood led by Alison

Threads of Creation at the Cathedral

SING FOR FUN

Sing for Fun aims to be just THAT! We meet every Tuesday afternoon from 2 pm till 4 pm at the Baptist Church in Queen Street, Godalming, unless we have an outing or it happens to be Christmas Day, Boxing Day or New Year's Day. We mostly sing a wide range of variety of popular songs. We encourage everyone who is able to join in Hokey-Kokey or Lambeth Walk or Hands, Knees & Boomps-a-Daisy, etc and we sometimes 'play' percussion instruments.

We also have a couple of outings each year and recently went on a trip on The Wey/Arun Canal when we chartered the Wiggonholt.





*Do you enjoy singing.
If so, please join us to*



For those with dementia and other conditions
Families and Carers welcome

Godalming Baptist Church
Queen Street, Godalming

Tuesday 2 - 3pm

Call Janice: 01730 894232 or Janet: 01483 414019
or just turn up!

At our weekly meetings, we have 2- to 30 participants. We are a friendly bunch of people enjoying a fun afternoon with lots of laughter, lots of singing, feelings of accomplishment and moments to share over tea and biscuits.

Janet T

Life Issues

MANAGING CHRONIC PAIN



***Led by Dr Martin Brunet,
GP at Binscombe Medical Practice***

Saturday 11th October 2025

10 am – 12.30 pm

(Coffee available from 9.30 am)

***at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA***

During the morning's session Dr Brunet, will cover the following topics when considering chronic pain:

- What is the nature of pain?
- Why don't we always heal?
- How does being in chronic pain affect us?
- The vicious cycle of pain and the fear of pain
- How can we find hope, and healing, once pain has set in?

The session will be free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden - see the link to the garden Facebook on <https://www.facebook.com/farncombecommunitygarden>

**Please reserve a place, by contacting Sally Pollard
email: pollard3@hotmail.co.uk, tel: 01483 428646
by Friday 26th September**

The Challenge of Ageing



What is Ageing?

"Ageing is the natural, progressive process of becoming older, leading to changes in physical and mental capacities, increased vulnerability to disease and ultimately death."

It is a complex process affected by various factors: Environmental; Lifestyle; Genetic;

Ageing encompasses a wide range of changes: Physical; Psychological; Social. Age is just a number - it only tells how many years someone has lived.

Distinctions:

- Universal ageing: age changes we all share and
- Probabilistic ageing: changes that happen to some but not all
- Chronological ageing:
- Social ageing: ie cultural expectations of how people should act as they grow older
- Proximal ageing: age-based effects because of factors in recent past
- Distal ageing: differences that can be traced back to a cause earlier in life.

3 ages according to sociologists:

- Chronological age: measurement of age by our time standards
- Social age: reflected in our vital functions and physical condition
- Psychological age: gauged by the way we feel, act or react to people and circumstances

Being old - Ageing, getting old, is not the same as being old

- Being old depends on:

- attitude; motivation; expectations; life's experiences: fundamental beliefs

Characteristics of ageing:

Loneliness and isolation
Feeling unwanted; unvalued; useless
Decline of health
Losses
Financial worries
Selfishness
Death and dying
Nostalgia
Abuse and neglect
Freedom and availability
Technical world



Ageism

"A stereotyping of, and discrimination against, people simply because they are old."

"Refers to the stereotypes [how we think], prejudice [how we feel] and discrimination [how we act] towards others or oneself based on age"

- most socially condoned form of prejudice in the world
- most institutionalised form of prejudice today

Ageism, like racism and sexism, is based on an assumption that one group is less worthwhile than everyone else, thus permitting the rest of us to amputate their rights. It can negatively affect someone's confidence; job prospects; financial situation; quality of life.

We see ageism everywhere, from institutions and relationships to ourselves.

Ageist discrimination:

eg Car Insurance:

- Perception of older drivers: dodderly, slow, uncertain; unsafe on roads affects premiums.

eg Medical services:

- older people are bearing the brunt of growing crisis in NHS and cuts to social care

eg Media - how older people are regarded and featured in news coverage

Benevolent ageism: - Older people who are active, achieve etc are regarded as exceptions to the norm by media - 'a breed apart'

eg Targeted demographic' - Elderly targeted as being responsible for many of woes of younger generation

Combatting ageism - 3 strategies:

- Policy and law: can protect rights
- Education: can enhance empathy; dispel misconceptions; reduce prejudice
- Intergenerational interventions

A different way of being old - Maturity

Maturity is an outlook, an attitude to living that is not dependant on chronological age.

Challenge is to grow in maturity rather than simply grow old and be defined by our culture.

Growing old gracefully involves accepting and embracing the natural process of ageing while focusing on maintaining physical mental and emotional well-being. It's about finding fulfilment and purpose in later life, enjoying the present moment and maintaining strong relationships.

By looking at the manual, the bible, we can get a good idea of God's design for living, and the attitudes that will develop maturity.

A few scriptures to help:

Psalm 92:12-14; Job 12:12; Joshua 14:8;10-12 [Caleb 80 yrs]; Genesis 25:7-8; Genesis 49:28;33.

Vision

- Looking forward c/f looking back
- Sense of direction c/f things coming to an end

Flexibility

- Willing to change; try and embrace new things; open to possibilities.
- Opinions become more mature - wider view; all factors
- Actually defy notion that "Can't teach old dog new tricks"
- may take longer to acquire new skills
- "- Staying fresh and green" - young in spirit and outlook
- "growing like a cedar of Lebanon
- growing is a process - not static or automatic - don't stop growing Recovering our childhood qualities: "becoming like a child"
- learning to just 'be'; knowing how to play; able to do things just for pleasure without feeling guilty; being inquisitive, imaginative, flexible and adventurous and persistent

Flourish

- "Still bear fruit in old age" c/f "had our day"
- believing we can make a difference
- "like a palm tree" a palm tree produces its greatest fruit in its final years.

Wisdom

- outlook is wider and more realistic
- given from experience that has been reflected on and learned from
- faithful to vows and values;
- good mentors and role models for young

Completeness

- end life "full of years"
- completed all been given to do
- believing none of life has been wasted
- full of years does not = length of years but completeness

Legacy

- believing we have something to leave behind for next generation
- blessing and instructing
- personal story:

Ageing gracefully

Renewing spirit of the mind.

- face being old with a positive attitude - realistic: optimistic
- see beyond to opportunities, possibilities and compensations

Getting rid of unwanted baggage

- fears; resentment; hostility; lack of forgiveness; mistakes; regrets
- unresolved issues,
- healing and release
- resolve relationships

Cultivating right attitudes

- remain curious and eager to learn
- don't be afraid of change
- understand the value of connection/relationships
- practice gratitude daily
- stay hungry for new experiences
- don't be held back by fear of failure ie "I'm too old for this"
- find joy in simple things - nature: 'restorative beauty'
- rest; take time to 'stand and stare' - regain sense of wonder
- live on your own terms - to beat of your own drum - be your unique self.

Embracing health intelligence

- Fuel your body with nutritious foods
- Keep moving and stay active - even by just imagining
- Get a good night's sleep
- Boost your health with supplements that support healthy ageing
- Nurture your mind
- Stay socially connected
- Power of journalling
- Embrace preventative care
- Understand the great questions of life's passage

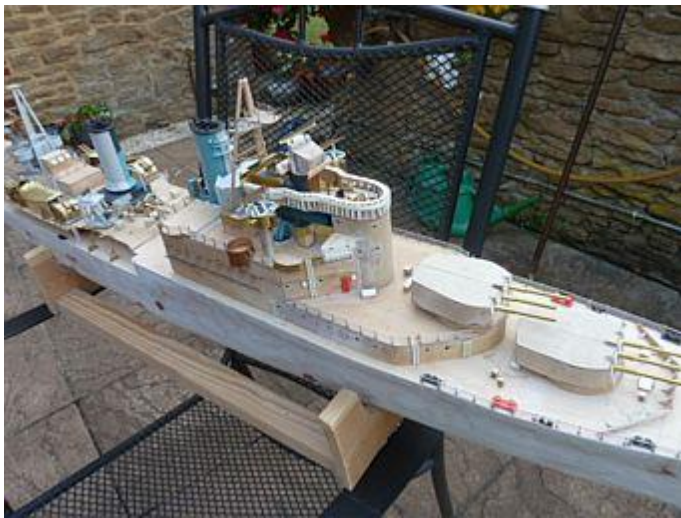
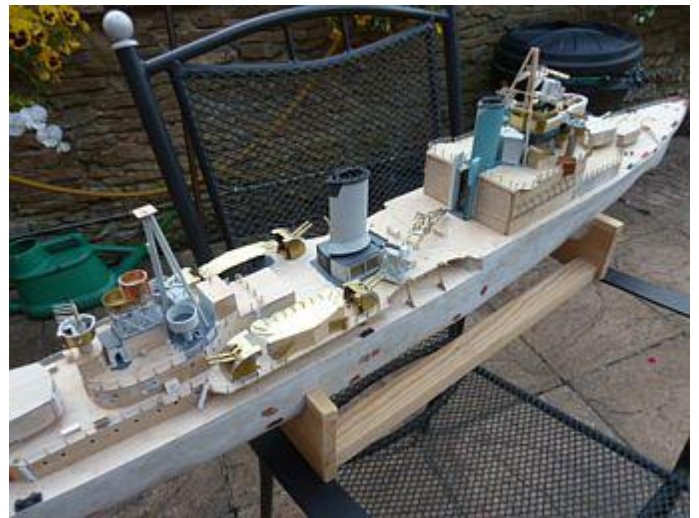
Finding Inter-generational community c/f segregation of ages

- try to find opportunities to relate with people of all ages

The 3 Gifts of The Holy Spirit from a previous sermon by Peter



1. Craftsmanship "The divine enablement to creatively design and construct items to be used for ministry." Examples: Geoff Y: model ships (the model is of HMS Jamaica, a WWII cruiser); Baz N: lectern + lots of things.



2. Creative Communication "The divine enablement to communicate God's truth through a variety of art forms." Examples: Clarissa's flowers (see below); 'The Boy, the Mole, the Fox and the Horse' by Charlie Mackesy; 'Outrageous Grace' Godfrey Birtle with movement by Peter; Jack's paintings; the Banner Group's banners (see below also); Wintershall 'Life of Christ'

'Pentecost' by Jack



3. Hospitality: Literal meaning: 'To love strangers' : welcome; connecting people; helping people feel valued and cared for [Matthew 25:34-56]



Clarissa writes: 'When Peter asked me to make a flower design conveying a Christian message I rose to the challenge as I have often tried to interpret Christian messages with my flowers in church, either through the varieties/colours I used or the accessories and aids I used. This use of included accessories in medieval art was very common conveying a Religious message to the masses many of those who could not read or understand the mass which was conducted in Latin... this was known as Symbolism. I made a cross of Flax leaves with red flowers flowing down from the cross representing the blood of Christ, shed for our sins... these red flowers flow downwards into shades of pink representing forgiveness and absolution then to pale pink into white where we are in a state of grace, experiencing the peace and love of our Lord. The purple sash draped through the design reminding us of the Glory and Majesty of our King.'

The Godalming Baptist Church Banner Group

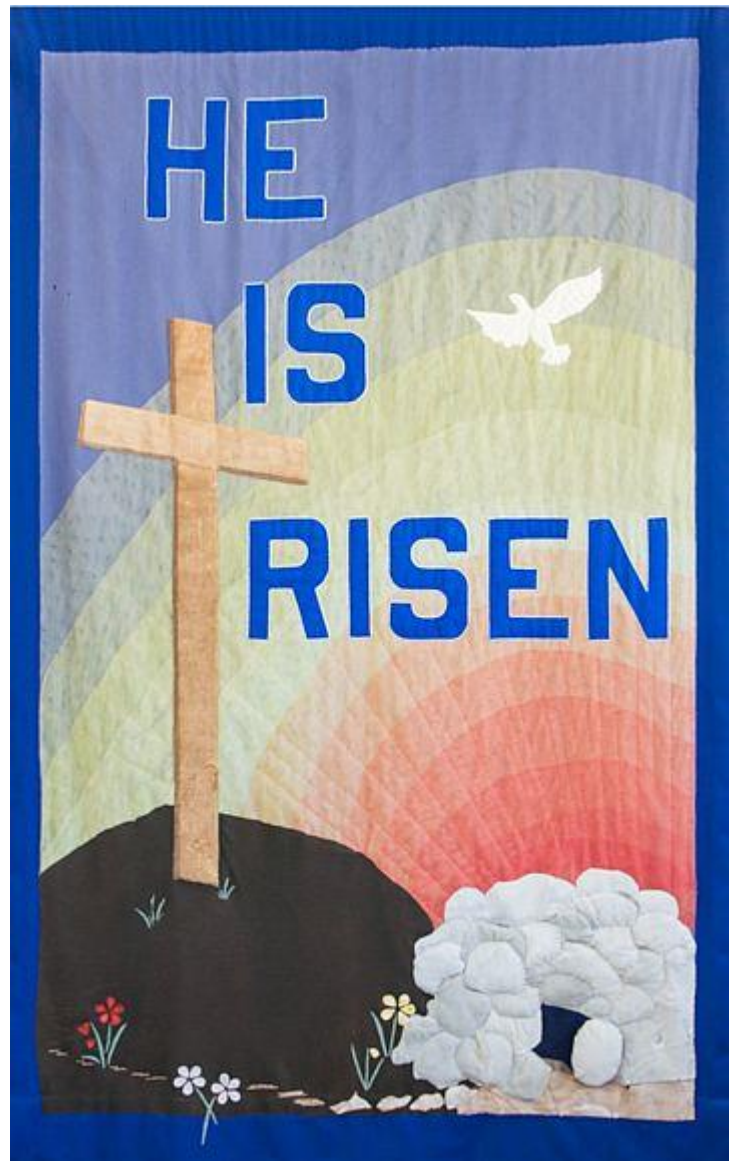
The Banner Group was formed about 1987. The leader of the group was Lesley Barnett. Other original Group members were:

Jenny Allford Nan Burgess*
Hazel Donaldson Barbara Farncombe*
Anne Newman* Anne Sheldrake
Shirley Soulsby Hazel Thomson
Janet Thomson

These were joined later by:

Rosemary Caie Linda Chamberlain
Ruth Coverly Anne Dew
Maureen Jones Margaret Stickler

* These three suggested forming the group as they had seen examples in other churches.



Flowers on Sundays

Flowers give such joy and remind us of God's beautiful creation. Please do see Clarissa if you have a special occasion, birthday and would like to donate for the floral arrangement. Please also see Clarissa if you would like to arrange flowers one Sunday-that would be wonderful! Thank you!

September

7th -

14th - Flowers donated by Art Space

21st - Flowers donated by Games Afternoon

28th - Harvest-flowers donated by Catherine in memory of her dear mum, Pat who loved the autumn season

October

5th - Flowers donated by Friendship Lunch

12th

19th

26th

Codeword – H P T

13	22	15	22	15	17	23	4	25	4	26	15
26			10		23			26			22
15		25	13	22	3	2		10	19	15	22
22	3	16	15		12			4			15
10		4		14	22	15	5	9	24	15	12
12		15			3		2		15		
3	6	22	23	13	26		20	10	12	21	15
9					4		10		21		7
26	22	3	5	25	9	15	5	12	15	5	26
2		20		13		25					22
20	3	26	24	15		10	13	13	10	25	15
		10		3		26			10		1
3	6	25	10	22	6	15	12		11		4
20			1			22		26	15	7	26
4	12	20	15		8	4	24	3	12		4
6			21			9		7			15
4	5	18	3	26	23	3	26	4	10	5	25

1	14
2	15
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11	24 H
12	25
13	26 P T

Additional clue (if you need it!) on page 53
Thank you, Eric!

Events



Conservatoire Concerts (CIO)

Godalming Baptist Church GU7 1BA

**September 13th, 7.00pm
Rising Stars Concert**

**Featuring students from the specialist
Purcell School
Julia Majewska (violin)
Ostap Hrudovyi (bassoon) Mason Zhao
(trumpet) and Trevor Tong (French Horn)
accompanied by Debbie Shah on piano**

**October 11th, 7.00pm
The Sirius Orchestra
Under the direction of
Alex Mackinder**



**Performing
Mozart: Eine kleine Nachtmusik
Tchaikovsky: Serenade for Strings, Grieg: Holberg Suite
and more**

**For full details and booking please visit our website
www.conservatoireconcerts.org.uk**





Godalming
Theatre
Group

GOLDBLOCKS & THE THREE BEARS

By Jenny Seddon
Director Denise Hodgkiss
Musical Director Liam Forrester
Choreographer Phoebe Barrow

17TH - 21ST DECEMBER 2025

Prior's Field Theatre, Godalming

ALL TICKETS
£13.50

PANTOMIME

BOOK
NOW!
gtguk.com

NODA
For every stage

Prayers

Through the week in prayer

Sunday

Hebrews 4:9 There remains, then, a sabbath rest for the people of God.

Almighty God I start this new week in praise of your holy name, thanking you for Jesus and the salvation you have freely given me through His death and resurrection. I receive with joy and expectation the presence of your holy spirit. Please help me through this week to rest with you, feeding on the living bread and experiencing springs of living water flowing from within. I ask for strength for the tasks of the day and the courage to be a light to all around me. In Jesus name. Amen.

Monday

John 6:29 Jesus replied "the work of God is this: to believe the one he has sent."

Thank you Father at the start of a working week. I give thanks for the gift of work and the tasks you have set for me today. I appreciate the income I receive, acknowledging that all good gifts come from you. May what I have be sufficient for my needs and teach me to be generous and kind. Please bless those that do not have gainful employment and give our government wisdom that they may find means to encourage the creation of jobs and the employment of all. In Jesus name. Amen

Tuesday

Philippians 3:1 Further my brothers and sisters, rejoice in the Lord!

My prayer today Father is that as I set my eyes on Jesus I might rejoice. I ask for the many people around the world that have little or nothing to rejoice about may find a joy in your presence. Please bless the many Christian organisations reaching out to such people and communities. Will you provide for the organisations that they may be successful in their purpose, sharing your love, provision and the good news that lives and communities may be benefitted and improved. In Jesus name. Amen.

Wednesday

Matthew 16:18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it.

Thank you for welcoming me into the church and for the many people that I know in my local church but also for the many I do not know around the world, those who together make up the body of Christ. I ask that you will bless our church leaders

and those serving day by day. Thank you for the heritage we have received and the encouragement to hand it on. Please bless our local community and draw them in to find the love Jesus and added to the number. I ask for renewal in my life and revival that spreads like wildfire around your world. In Jesus name. Amen

Thursday

Romans 15:4 For everything that was written in the past was written to teach us, so that, through the endurance taught in Scriptures and the encouragement they provide we might have hope.

God of all hope my enthusiasm and desire often flags. Thank you that I have your word. Please help me to be diligent in reading it, believing it and doing what it says. Please give wisdom and understanding that I may find endurance and be reassured in my hope. I pray for those that translate and distribute Scripture that they will be given wisdom, protection and success in the work. In Jesus name. Amen

Friday

Hebrews 12:1 Therefore since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus...

Almighty god I find it so hard to throw off anything, probably because I have become so entangled in sin. I confirm my desire to do just what your word advises. Please help to recognise what needs to be disentangled and thrown off so that I am not tempted to pick it up again but allowing you to fill, direct and fulfil my life. I set my eyes again on Jesus acknowledging him as the author and perfecter of my faith. May I run with perseverance the race you have set out for me. In Jesus name. Amen

Saturday

Isaiah 6:1 In the year King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple.

As I come to end of another week I give thanks for your presence and provision through the week. As I lift my eyes above the things of the world to you the Lord, high and exalted, seated on your throne will you take my breath away with your glory, may I learn to fall down before you in wonder love and praise. You are the King of Kings, the Lord Almighty, the only wise God and you are my God and I declare your praise. In the name of Jesus I pray. Amen

Michael J



Three Vicars Talking

By Giles Fraser

The book of the brilliant BBC Radio 4 series *Three Vicars Talking* in which the Reverends, Richard Cole, Kate Bottley and Giles Fraser discuss birth, marriage, funerals, Christmas and Easter in a time of coronavirus.

There are no preens here. Each seems genuinely engaged with the others' experiences. All are funny, wise, thoughtful, occasionally confessional. They listen to each other. There is even the odd pearl of wisdom... This is good stuff...

Your Worry Makes Sense

By
Dr Martin Brunet

How do you make sense of worry? On the surface, anxiety seems to make no sense at all. But if you dig a little deeper, you can understand why we need some anxiety to survive and how it can escalate to become a problem. And once you learn that it really does make sense, you can learn how to overcome it! Using visual metaphors and accompanied by witty illustrations, this book explores the logical basis for the common experiences of anxiety and burnout.

'Life Together'

By

Dietrich Bonhoeffer

It is remarkable how quickly society changes and how we as church reflect that. Some will remember three services on Sunday and regular midweek meetings as church life - fellowship. Change can be good as well as bad. It can result in gain as well as loss.

Bonhoeffer wrote his book "Life Together" just prior to the Second World War. It is only 96 pages and, while a quick reader, it has taken me six months to get to the end so full as it is with the explanation of scripture applied to Christian fellowship.

It is in the church library. Perhaps read it and wonder if our life together has gained or lost from the changes we have made over the years.

Michael J

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)

Editor's Note

Those of you who have lived in Godalming for some time will recognise the cover picture showing the bandstand in the Burys as it was when the photo was taken in October 2003.

'The Bandstand was restored in 2005 by the GO Godalming Association, Godalming Rotary Club and Godalming Woolsack Rotary. A generous donation in memory of Mr Peter Hurst enabled a roof to be provided in 2009.' (from Godalming Town Council website)

QUIZ

- 1 - Who started Childline?
- 2 - Who is supposed to be 'Man's best friend'?
- 3 - What is the Japanese form of folding paper for different designs called?
.....
- 4 - Fill in the missing word - What children's programme had the song Andy is coming to play?
- 5 - Which musical does the song Edelweiss come from?
- 6 - What other name was Margaret Thatcher known as?
.....
- 7 - Which town in England was the first to have electricity?.....
- 8 - Which 3 peaks do you climb to achieve the 3-peak challenge?
.....
- 9 - Who led the revolt of the Roman slaves and gladiators in 73AD?
.....
- 10 - At which battle in 1836 was Davy Crockett killed?
.....
- 11 - Which song begins with the lyrics 'Raindrops on Roses'?
- 12 - An EpiPen is a medical device for injecting a measured dose of what?
.....

13 - Vanilla is a flavouring derived from which family of flowering plants?
.....

14 - What is the largest and strongest tendon in the human body?
.....

15 - Which insect has species including Essex Skipper, Swallowtail and Duke of Burgundy?

16 - Which fingernail grows the quickest?

17 - Which infection is also known as lockjaw?

18 - What romantic film used Church Street in Godalming as a location?
.....

19 - What was Robin Hood's jovial Friar called?

20 - Which comedy actress ate several Christmas dinners in the same day in a comedy sitcom?

For answers see page 53

Recipe

Lemon Posset

From Higgs W

Ingredients

½ pt double cream
75-100g caster sugar
Zest and juice of one lemon (it also works with oranges)

Method

- 1-Add lemon zest to the cream and sugar and heat gently stirring until all the sugar has dissolved.
- 2-Boil gently for 2 minutes.
- 3-Quickly whisk in the lemon juice and divide into 4 ramekins
- 4-Leave for several hours in the fridge until set.
5. Top with raspberries or other fruit coulis
- 6-Can be frozen without the topping.

Thoughts of Harvest



On one of my visits to Elizabeth P in her nursing home, Revd James Radcliffe, Chaplain at King Edward's School, Witley was there giving a short service with some pupils who chatted to the residents afterwards over a cup of tea. Below are some of the thoughts James shared with the residents for Harvest. I was quite moved by Revd James' approach and leading of the short service to the residents, many with memory problems and also by his words and his interactions and those of his pupils who accompanied him with the staff and residents.

Harvest

I couldn't help but come up with 5 simple headings which seemed to sum up the Bible's message (Deuteronomy Chapter 8 v 6-18) about Harvest.

R: remember

E: eat

E: enjoy

D: Don't forget

S: Share



So first Remember; Like Remembrance Day itself on November 11, there is very much a sense of being still and taking stock of all we have. HARVEST IS A TIME OF CELEBRATION AND WONDER. IT IS A MOMENT IN THE YEAR WHEN WE REMEMBER AND REFLECT ON ALL THE GOOD THINGS AROUND US.

FOR PEOPLE OF FAITH like myself WE ACKNOWLEDGE THAT THEY ARE SENT FROM HEAVEN ABOVE AND SO WE THANK THE LORD FOR ALL HIS LOVE.

EVEN FOR THOSE OF US WHO DO NOT BELIEVE THERE IS A GOOD GOD, IT IS A TIME TO BE GRATEFUL STILL FOR THOSE WHO PLOUGH THE FIELDS AND SCATTER THE SEED AND THROUGH THE DAY AND THE NIGHT BRING IN THE HARVEST FOR US.

Moses warned of a temptation that we are all prone to.

Moses said, 'You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But remember the Lord your God, for it is he who gives you the ability to produce wealth.'

As we celebrate the Harvest this year, let us be still and Remember and be grateful.

The R of remember is followed by the 2 Es. Eat and Enjoy. The People who Moses first spoke to had been in a tough place 'a dreadful wilderness, a thirsty land, with danger everywhere from venomous snakes to scorpions' and yet God graciously brought them to 'a land with streams, a land with wheat, vines, olive oil and honey; a land where bread was not scarce and they lacked nothing';

Moses said, 'When you have eaten and are satisfied, praise the Lord your God for the good he has given you'.

Harvest is not just a time to remember, it's a time to celebrate, to eat and enjoy, to have a laugh with family and friends. To give thanks. To Think



of what you could have had and instead all that you have.

I can only imagine how grateful those first orphans of King Edward's School must have been 200 years ago; to enter into a place of safety where needs were met and food and provision could be enjoyed. The Bible says God richly provides us with everything for our enjoyment. So next time we have food, let's eat and enjoy.

Yet Don't forget. It's true in all sorts of life but we are all prone to forget when things are going well. Whether it's a hockey team 2 goals up and coasting or a rugby team with an 8 point lead, when things are good we are prone to forget and let things slip and it's especially possible in the material and spiritual sphere of life. Moses said as much 'Be careful that you do not forget the Lord your God Otherwise, when you eat and are satisfied, when you build fine houses and settle down, and when your possessions grow large and your monetary wealth increases and all you have is multiplied, then your heart will become proud and you will forget the Lord your God',

Harvest Celebrations challenge our attitude to what we have. Are we becoming proud or are we growing in an attitude of gratitude? Do we think it is ours or do we think we have been given it? Are we able to sing

'Morning by morning new mercies I see;
all I have needed your hand has provided:
great is your faithfulness, Lord, unto me!'

Because our attitude to whether it is ours or if we have been given it, affects our ability to Share-Our final heading. And I don't just mean once a year to the Food bank but regularly all the time to be those who scatter what we have, to share what we have in great measure and give it away regularly to those in need. That's God's great ambition for us that we would be sharers, cheerful givers, seeing lives transformed with thanksgiving to God as a result. No doubt the founder had this in mind when he founded King Edward's school

So

Remember what you have

Eat and enjoy

Don't forget the one who has given you the ability to enjoy these things

And as a result be one of those who shares and share cheerfully.



HARVEST

Sunday 28th September 2025

Harvest Thanksgiving Service 10:00am

At Godalming Baptist Church



Please bring Bibles/Christian books for **Book Aid**

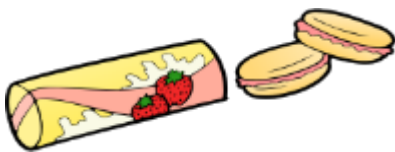
Please bring items for the

Godalming Community Store –

UHT Milk, whole or semi

Tinned Veg, Tinned Fruit, Rice Pudding/ Custard

Meat /Meat Meals, Coffee, Jelly (Pkts), Jam, Biscuits, Squash and Coffee.

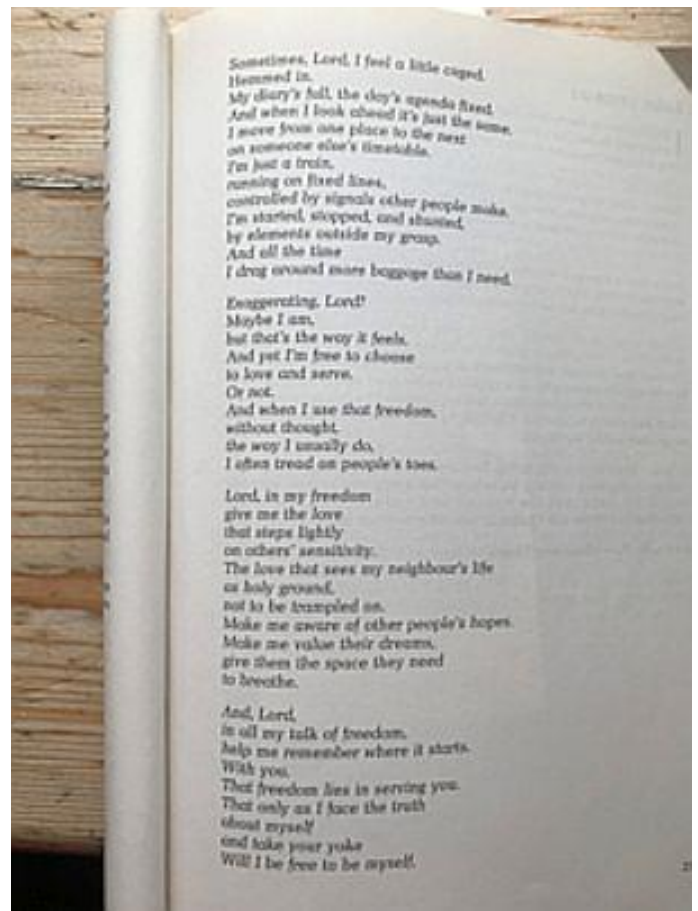
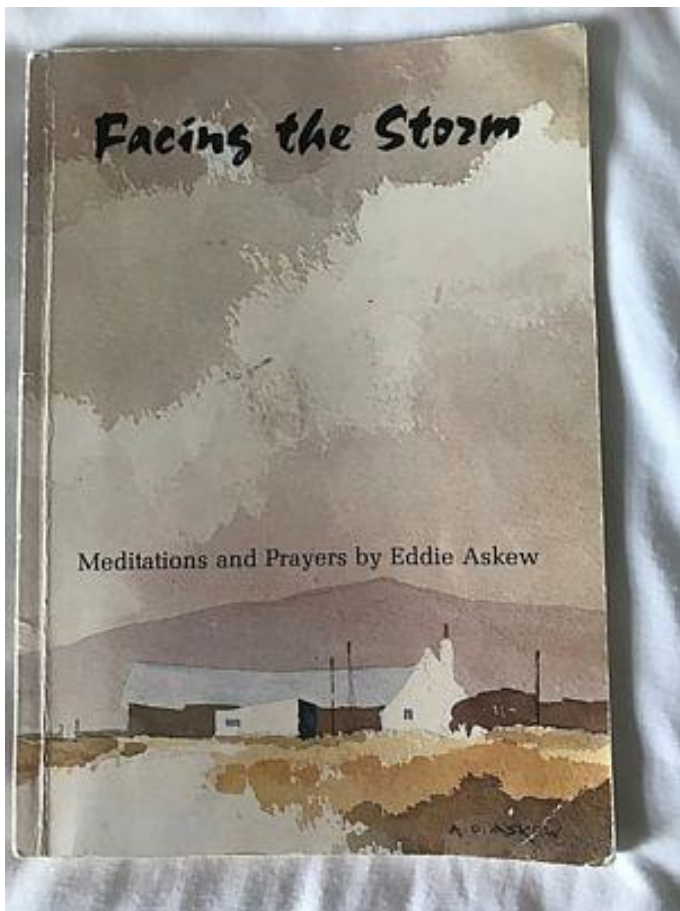


St Mark's Food Bank-

Tuna, Tomato Ketchup, Mayonnaise, Custard, Rice Pudding,
Tinned Carrots, Peas, Tinned Meat-Corned Beef, Ham,

Thank you





Field of Memories by Lucy M

Field of Memories

When I am walking in the field
of poppies, I feel the poppies through
my fingers.

As I wander through, I look to
the sky with clouds floating by;

And as I look, I see your face
looking right back at me.

And as I continue through the
field of poppies, I feel you slowly
come down from the sky, and it
feels like you are walking beside me.

And I hear your voice in the cooing
of the doves in the trees.



Quiz Answers

1-Esther Rantzen

2-A Dog

3-Origami

4-Andy Pandy

5-The Sound of Music

6-The Iron Lady

7-Godalming

8-Ben Nevis

9-Scar Fell

10-Jupiter

10-2012

11-Mandarin

12-Sicily

13-The Scouts

14-Joseph Stalin

15-The Shard

16-Blue, Black, Red, Yellow and Green

17-Japanese Yen

18-Incisors

19-1922

20-A. A. Milne

Additional Codeword clue if needed: L code is 20

Humour

EATING IN THE UK IN THE FIFTIES

Pasta had not been invented
Curry was a surname
Take away was a mathematical problem
A Pizza was something to do with a leaning tower
Bananas and oranges only appeared at Christmas time
All crisps were plain: the only choice we had was to salt or not
A Chinese chippy was a foreign carpenter
Rice was milk pudding and never, ever part of our dinner
A big Mac was what we wore when it was raining
Brown bread was something only poor people ate
Oil was for lubricant, fat was for cooking
Tea was made in a teapot using tea leaves and never green
Coffee was Camp and came in a bottle
Cubes of sugar were regarded as posh
Only Heinz made beans
Fish did not have fingers in those days
Eating raw fish was called poverty, not sushi
None of us had heard of yoghurt
Healthy food consisted of anything edible
People who did not peel potatoes were regarded as lazy
Indian restaurants were only found in India
Cooking outside was called camping
Seaweed was not a recognised food
"Kebab" was not even a word, never mind a food
Sugar enjoyed good press in those days and was regarded as being white gold
Prunes were medicinal
Surprisingly, muesli was readily available, and was called cattle feed
Pineapples came in chunks in a tin; we had only ever seen a picture of a real one
Water came out of a tap. If someone had suggested bottling it and charging more
than petrol for it, they would have become a laughing stock

**The one thing that we never ever had on our table in the fifties was
elbows!**

Do You Know The Bible?



A Vicar, the Reverend Thomas Lewis, told the congregation, "Next week I plan to preach about the sin of lying. To help you all understand my sermon, I want you all to read Mark, chapter 17."

The following Sunday, as Thomas prepared to deliver his sermon; he asked for a show of hands, he wanted to know how many people had read Mark 17. Almost every hand went up.

Thomas smiled and said, "Mark only has 16 chapters. I will now proceed with my sermon on the sin of lying."

The Good Samaritan

Phyllis Small, a Sunday school teacher, was telling her class the story of the "Good Samaritan," from the Bible, in which a man was beaten, robbed and left for dead.

She described the situation in vivid detail so her students would catch the drama.

Then she asked the class, 'If you saw a person lying on the roadside all wounded and bleeding, what would you do?'

Angela, a thoughtful little girl broke the hushed silence, 'I think I'd be sick.'



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**