

SPOTLIGHT

July/August 2026



Offington Park Methodist Church



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Some content was produced with the help of AI tools and reviewed by the Editors

COVER PICTURE



While we usually associate owls with wisdom, their imagery in the Bible is rather negative. The Old Testament mentions at least six species: the horned, the screech, the little, the great, the white, and the desert owls. It's not because they were keen bird watchers, though; owls were ceremonially unclean. All birds of prey were forbidden as food and so were impure and abhorrent.

Owls were symbols of anguish and grief. Their mournful cries led prophets like Micah to use them as metaphors for sorrow: "I will howl like a jackal and moan like an owl." (Micah 1:8). And because owls were often found in ruins and abandoned wastes, they became symbols of desolation and judgement. "...The desert owl and the screech owl will roost on her columns. Their hooting will echo through the windows, rubble will fill the doorways..." (Zephaniah 2:14).

This month's featured wildflowers: Common Mallow, Field Scabious, and Purple Loosestrife.

This month I am asking you to begin to, or continue to, pray for a number of important issues that will affect the future of Offington Park.



The process has now begun to appoint a new minister for September 2027. In the Methodist Church the procedure begins before the existing minister leaves, so that there is (God willing) a very short time between one minister leaving and the other taking up pastoral charge.

Please pray for Karen and Terry, our new joint Senior Stewards as they meet with the Circuit Stewards to write the profile for the appointment. They have already held a meeting with all the Church Stewards to discern the gifts and skills needed for Offington Park to continue to work missionally. Please also hold in prayer all ministers who will be praying about their own future ministry and where they might be being called.

There is an increasing shortage of ministers across the country to fill the number of appointments, so it is not a foregone conclusion that a minister will be appointed for Offington Park. We do therefore need to pray about it.

We have a number of our congregation who have been or are seriously unwell. If you are not a member of the prayer chain, or you didn't know we have one, and would like to join in praying on a regular basis for those who are sick, please let me know. I will pass your details onto the co-ordinator, who will be in touch with you. Giving your details to me satisfies GDPR rules as it automatically carries your consent for me to pass these on.

Please pray for our Pioneer (Tess) and our Children's and Families Worker (David) as they begin their mission work together. Pray that opportunities will arise naturally out of their conversations with those attending Zach's, The Lighthouse, or Senior Lunches, who may not have started on their journey of faith yet, or who have lapsed.

As we pray faithfully, intentionally and expectantly for these specific areas, my prayer is that our experience mirrors that of the early church:

They followed a daily discipline of worship in the Temple, followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God. People in general liked what they saw. Every day their number grew as God added those who were saved.

(Acts 2: 46-47, The Message)

Every Blessing,
Dawn

Church Family



BIRTHDAY

Liz L

Congratulations and best wishes for your special day!

OFFERTORIES

Month	Cash & Cheques	Standing Orders
May	£839.50	£5,513.33

JC's LITTLE NUGGETS

Wasted Years
(based on Luke 15,v11-31,
the parable of the Lost Son)



Last month, we celebrated Father's Day in the UK. Sadly, there was no celebration for me. I have to say, with honesty and deep regret, that my memories of those early days with my father are a mixture of love and bitterness.

At the age of 16, I was an obnoxious "know it all teenager" and so sure of myself that I left home at that age. But, as the hymnwriter tells us, God works in mysterious ways. He took all that obnoxiousness and bitterness and used it for His purposes, driving me to seek a better education, a good career, and generally to try to be a better person.

I never saw my Father again until I was 30. At that time, I was going to get married. My Geordie relatives felt that, for familial harmony, it would be necessary for my father and I to reconcile before the wedding. And so, with great trepidation, we met. But we needn't have worried. The reconciliation was great – just like the father and son in the Bible reading – and there was much joy at the new start of a restored relationship.

So I thank God for the people he chooses to be part of our lives. I pray for the reconciliation, peace and hope that is so needed in our chaotic world and our fragmented society. We need to stop wasting the years when we should be growing into God's people in peace. God bless you all. **JC**

OFFINGTON PARK METHODIST CHURCH
presents....

OPEN GARDENS

The following private gardens will be open;

Saturday 4 July - High Salvington

Saturday 11 July - Offington

Sunday 19 July - Offington

Saturday 25 July - Broadwater

**Come along to have a chat and light refreshments,
and help a worthy charity at the same time.**

ALL PROCEEDS TO ST BARNABAS

**Please sign up in the church vestibule with
contact details so we can let you know the
exact address**

AMERICAN CONNECTIONS TOUR

Saturday 4 July 2026 @ 11:00 am

Do join the Friends of Broadwater and Worthing Cemetery on this **FREE** tour.



The June tour features those people buried in the cemetery who have American connections. If you think the USA and Worthing have nothing in common, come and find out a few Stateside facts about the town.

FASCINATING TO MYSTERIOUS TOUR

Saturday 1 August 2026 @ 11:00 am

Our Fascinating to Mysterious tour will revisit a hand-picked selection of people who featured in the very first eight tours given by the Friends of Broadwater & Worthing Cemetery. This tour will include shopkeepers, market gardeners, centenarians, and a typhoid victim.

Each tour starts at 11 am (arrive from 10:45am) by the Chapels in South Farm Road. Booklets about the tour and hot and cold refreshments (including delicious home-made cakes) are available for a small donation towards cemetery upkeep.

Please help the environment by bringing your own cup.

Why not become a member of FBWC?

Membership of the Friends costs a very reasonable £5 per year, all of which helps to pay for the production of the modestly priced tour booklets and offset the cost of refreshments.

Don't forget, as a Member you will be helping to keep this wonderful Victorian cemetery open for future generations.

Join us on Tuesday 14 July at 10:00am:

You're invited to come along for a drink and chat - you don't have to be grumpy, old or even a man!



A Minister's lot is/is not* a happy one

***delete as applicable**

I'm sure we've all heard the funny church stories involving Ministers, but what is the real story behind the clerical collar?

Join us as our friend Tony B takes us on a tour of his experiences – good, bad and indifferent!

We'll be meeting in the Quiet Room
(after coffee and cake in Zach's Café).

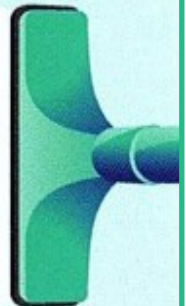
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ALPHA - WHO WILL YOU INVITE?

Our outreach Alpha course starts on **Tuesday 22 September**, launching with a special "Let's Explore" supper.



More details will follow about the supper, but we wanted to give you an advance "heads up" so that you can think, pray and work on people you might invite.

Research in 2024 shows that 1 in 5 (20%) of the UK population have heard of Alpha, but 70% of these people hadn't been invited to learn more about it and what it is. That's roughly **7 million** people who've heard of Alpha but haven't been invited!

The research showed that two out of every three people that were actually invited said yes. Think about what this means – if we can invite those seven million who've heard of Alpha but haven't been invited, then we could expect **4.7 million** new Alpha guests!!

We know it can be hard to engage with people who wouldn't usually go to church, but here again the research showed that people are searching for truth, but they don't know where to look. There's a hunger for authenticity and for connection in the modern world. The younger generations in particular are spiritually curious and searching for deeper meaning.

Alpha is an opportunity to explore life's big questions in an open, safe and informal environment. Each talk looks at a different question around the Christian faith and is designed to spark conversation.

Alpha is fun and free – and a really good supper is served!

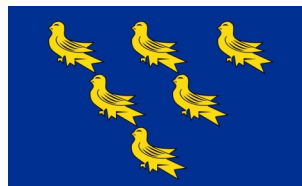
So, who can you invite? Your part in the Great Commission is vital!

Please speak to me if you want to know more. I'll be happy to supply you with helpful prayer cards and with invitations to our "Let's Explore" supper. Thank you.

Steve C

A DAY IN SUSSEX

Last month, the Eds were passing through Storrington and noticed a great many Sussex flags (the six gold martlets on a blue background – see picture) attached to flagpoles and buildings. Not originally being from 'round ere', we were naturally curious.



As we now know, the flags were commemorating Sussex Day, the 'county day' of the historic county of Sussex. Held on 16 June, it is a celebration of Sussex's heritage, culture, landscape and traditions. The date was chosen because it is the feast day of Sussex's patron saint, Richard of Chichester.

Sussex Day has been observed since 2007 when it was first officially recognised after a campaign by Sussex resident Ian Steedman. Communities across East and West Sussex mark the day by flying the Sussex flag, holding local events, reading the Sussex Charter, and celebrating local history, food, music, and customs.

A key theme of the day is pride in Sussex's long history as a former Anglo-Saxon kingdom with a distinct identity stretching back more than 1,500 years.

But who is this St Richard of Chichester, after whom the day was chosen? Well, Richard of Chichester, who lived between 1197 and 1253 and was also known as Richard de Wych, was a 13th-century bishop. He was renowned for his learning, humility, and commitment to reforming the Church. Richard was born near Droitwich and studied at the universities of Oxford, Paris, and Bologna, becoming an expert in canon law.

Before becoming bishop, he served as Chancellor of the University of Oxford and worked closely with Edmund of Abingdon, Archbishop of Canterbury. After further theological study and ordination, he was elected Bishop of Chichester in 1244.

This was a controversial appointment because Henry III preferred a different candidate. The king initially refused to recognise Richard as bishop and seized diocesan revenues. Richard endured considerable hardship, travelling around Sussex on foot and relying on the support of ordinary people.

Eventually, the dispute was resolved and he was able to take full possession of his diocese.

Richard is remembered for reforming the clergy and insisting on high

standards of conduct within the church, in addition to defending the rights of the church against political interference. As a Christian he also cared for the poor and sick, upheld justice and lived simply, despite holding such high office.

Richard died in April 1253 while travelling near Dover and was canonised only nine years later, in 1262, by Pope Urban IV. His shrine in Chichester Cathedral became one of medieval England's most important pilgrimage destinations.

But why 16 June when he died in April? Although Richard died in April, Sussex Day is celebrated on 16 June because that date commemorates the translation (ceremonial movement) of his relics to the shrine in Chichester Cathedral. In Anglican tradition, 16 June became his principal local feast day, and Sussex adopted it as its county day.

Amongst the many things Richard is famous for, perhaps the best remembered is the prayer traditionally attributed to him:

"May I know thee more clearly,
love thee more dearly,
and follow thee more nearly."

This prayer has been widely used in Anglican and Catholic worship and was popularised in the musical *Godspell*.

So there you have it: Sussex Day is more than just a county celebration – it is also a commemoration of a medieval bishop whose integrity, scholarship, and service made him one of the most beloved figures in Sussex history.

SERVICE OUTSIDE OF THE SERVICE

"Each of you should use whatever gift you have received to serve others."

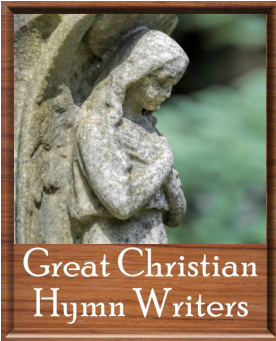
1 Peter 4:10

Serving the church is both a privilege and an act of worship. God has given each of us unique gifts and abilities, not only for ourselves but to encourage and strengthen others. Whether we serve through teaching, helping, praying, welcoming, or caring for those in need, every act of service matters. Jesus himself set the example by serving others with humility and love. As his followers, we are called to do the same. True service is not about recognition but about faithfully using what God has entrusted to us for his glory.

A Prayer

Dear Lord, as we serve you together, the church grows stronger, and Christ is honoured. May we be willing servants, ready to use our gifts to build up God's people and advance his kingdom.

Amen.



WILLIAM YOUNG FULLERTON

*I cannot tell why he, whom angels worship,
should set his love upon us, now or then,
or why, as Shepherd, he should seek the wanderers,
to bring them back, they know not how or when.
But this I know, that he was born of Mary
when Bethlem's manger was his only home,
and that he lived at Nazareth and laboured,
and so the Saviour, Saviour of the world, is come.*

William Young Fullerton occupies a distinctive place among the hymnwriters of the late nineteenth and early twentieth centuries. Although many of his writings have faded from general memory, this hymn in particular has ensured that his name remains part of the heritage of Christian worship.

William Young Fullerton was born in Belfast on 8 March 1857. He was brought up in a Presbyterian household, but during his youth he came under the influence of evangelical preaching and developed a strong desire to devote his life to Christian service. As a young man he was deeply affected by the evangelistic preaching of Dwight L. Moody, Ira D. Sankey and later by the ministry of Charles Spurgeon, who became both a mentor and a friend.

Fullerton trained for Baptist ministry at what became known as Spurgeon's College and began a ministry marked by evangelistic preaching. From 1879 onwards he took part in evangelistic campaigns, travelling the length and breadth of Britain. His preaching combined theological conviction with a pastoral concern for ordinary people.

Fullerton later became pastor of Melbourne Hall Baptist Church. His long ministry there brought him recognition as a gifted preacher and encourager. He was known for his approachable manner and his ability to communicate Christian truths clearly.

Beyond the local church, Fullerton played important roles in Baptist life. He served as Home Secretary of the Baptist Missionary Society, travelling internationally to encourage missionary work. In 1917 he became President of the Baptist Union of Great Britain and was also a regular speaker at the Keswick Convention, a significant gathering in evangelical Christianity.

His best-known hymn, "I cannot tell why he, whom angels worship," was written in the early twentieth century and became the most enduring hymn associated with his name.

It was published in hymn collections in the years around the end of his life and has continued to appear in many hymnals, including *Singing the Faith*.

The hymn is remarkable for its honest recognition that many mysteries of Christian faith cannot be fully explained. Each verse begins with the words “I cannot tell,” acknowledging the limits of human understanding, but then moves to the confident refrain-like declaration, “But this I know.” The pattern reflects a central theme of Christian belief: that faith does not depend on having every question answered, but on trusting in the person of Christ.

The four verses of the hymn follow the whole story of salvation: Christ’s birth, ministry, suffering, victory, and ultimate reign, when all nations will acknowledge him. In the second verse, Fullerton does not attempt to explain every detail of suffering and sacrifice, instead focusing on what Christians believe Christ accomplishes: bringing healing, forgiveness, peace, and hope.

A significant part of the hymn’s lasting appeal comes from its association with the traditional Irish melody “Londonderry Air.” (perhaps better known as ‘O Danny Boy’). The tune, which originated in Northern Ireland, gives the hymn a broad, memorable character, allowing Fullerton’s words of mystery and confidence to rise with a sense of longing and hope. The pairing of Fullerton’s text with this melody is particularly fitting. The tune carries something of the emotional depth of Irish folk music, while the hymn’s words move from contemplation to joyful expectation. Together they create a powerful expression of Christian wonder.

William Young Fullerton died on 17 August 1932 at Bedford Park, Middlesex, aged 75. His legacy rests not only on the one famous hymn but on a lifetime of Christian service: preaching the gospel, encouraging missionary work, writing about Christian faith, and training believers through his ministry.

While many hymnwriters are remembered primarily through their songs, Fullerton’s life demonstrates the close relationship between preaching and hymnody. His hymn “I cannot tell” remains a lasting testimony to his central message: that the deepest truths of Christianity are not merely ideas to be analysed, but realities to be trusted, worshipped, and proclaimed.

In the words of the hymn’s closing vision, the story of Christ moves from mystery to revelation, from human uncertainty to eternal hope. That movement captures something of Fullerton’s own life and ministry – a lifelong attempt to point others towards “the Saviour of the world.”

WHAT'S ON - JULY 2026

Thu	2	11:00am	Bible Fellowship	
Sat	4	10:00am	ALPHA Course	
Sun	5	8:00am	Rev Dawn Carn	Holy Communion
		10:30am	Rev Dawn Carn	Café Church
Tue	7	12:00pm	Seniors Lunch & Social	
Thu	9	11:00am	Bible Fellowship	
Sat	11	10:00am	ALPHA Course	
Sun	12	10:30am	Rev Rosemarie Clarke	Holy Communion
		3:30pm	Messy Church Team	Messy Church
Tue	14	10:00am	Grumpy Old Men	A Minister's Lot...
		12:00pm	Seniors Lunch & Social	
Wed	15	10:30am	Mid-month Communion	
Thu	16	11:00am	Bible Fellowship	
Sat	18	10:00am	ALPHA Course	
Sun	19	8:00am	Breakfast Church Team	Breakfast Church
		10:30am	Mrs Joy Barnes	Morning Worship
Tue	21	12:00pm	Seniors Lunch & Social	
Thu	23	11:00am	Bible Fellowship	
Sat	25	10:00am	ALPHA Course	
Sun	26	10:30am	Rev Richard Tanner	
		10:30am	Rev Dawn Carn	Fun Church
Tue	28	12:00pm	Seniors Lunch & Social	
Thu	30	11:00am	Bible Fellowship	



“Life is a journey of faith, filled with moments to learn, grow, and serve. When we walk with kindness, trust in God’s guidance, and share His love with others, even the smallest actions can bring light into the world.”

WHAT'S ON - AUGUST 2026

Sat	1	10:00am	ALPHA Course	
Sun	2	8:00am	Rev Dawn Carn	Holy Communion
		10:30am	Rev Dawn Carn	Café Church
Sun	9	10:30am	Rev Dawn Carn	Holy Communion
Sun	16	8:00am	Breakfast Church Team	Breakfast Church
		10:30am	Rev Geoff Bell	Morning Worship
Sun	23	10:30am	Mr John Carr	
		10:30am	Rev Dawn Carn	Fun Church
Sun	30	10:30am	Rev Dawn Carn	Summer Praise

A JOURNEY THROUGH THE BIBLE

2 CORINTHIANS



How do you pick which Christian leaders or worship leaders to follow? Do they have to be popular? Insightful? Interesting? Rich? Funny? Attractive?

That's how the Corinthian church chose their Christian teachers! They wanted to follow the best, the coolest, the most exciting! And so being put straight by Paul – who was poor, often in prison and not very 'on-trend' – was a bit hard for them to swallow.

In this letter, Paul continues his ongoing conversation with the Corinthian church, defending himself and the truth he teaches. More than any other book in the New Testament, 2 Corinthians shows us who Paul really was: his calling, his suffering, his weaknesses, his life's mission, his prayers, his genuine love for the Corinthians and his passion for Jesus.

Are you a bit like the Christians in Corinth; does your head get turned by money, fame and status? "Test yourselves!" Paul begs. "Check if Jesus is really in you!"

Are you willing to examine your heart, soul and mind to see if you're really living for Jesus; or if you are still in love with this world? Read 2 Corinthians and Paul will help you ask yourself the right questions.

PRAYER DIARY



Do you sometimes wonder what to pray about? We have put together this prayer diary based around a seaside town and coastal living to give you some inspiration.

Day 1: Loving God, thank you for our seaside town: for the sound of the waves, the beauty of the coast, and the people who call this place home. Help us to care for one another and to welcome all who come here.

Day 2: Lord, we pray for our friends, both near and far away. May they have joy in their lives and may they know that they are loved and remembered.

Day 3: God of community, bless our neighbours. Help us to notice those who may be lonely, to offer kindness freely, and to build a town where everyone feels they belong.

Day 4: We pray for older residents who have spent many years beside these shores. May they know companionship, dignity, good health, and the comfort of being valued.

Day 5: Lord, bless the families who live here. Give parents patience, children confidence, and may homes be filled with laughter, understanding, and love.

Day 6: We pray for the children of our town. May they find safe places to play, inspiring people to guide them, and opportunities to flourish.

Day 7: Welcoming God, bless all who visit our coast. May they find rest and refreshment, travel safely, and leave with happy memories of their time here.

Day 8: We remember those holidaymakers taking a break from busy lives. May their time by the sea bring healing, peace, and renewed hope.

Day 9: Lord, bless those who work in our hotels, cafés, restaurants, shops, and attractions. Thank You for their patient service during busy seasons.

Day 10: God of the sea, watch over fishermen, sailors, and all who work on the water. Bring them home safely.

Day 11: We give thanks for those who respond when others are in danger. Give them courage, wisdom, and protection as they serve.

Day 12: Bless the businesses that keep our town alive. May they prosper, act with integrity, and contribute to the wellbeing of our community.

Day 13: Lord, remember those looking for employment or struggling financially. Open doors of opportunity and surround them with support.

Day 14: We pray for those who feel isolated, especially behind closed doors. Help us to become a more attentive and caring community.

Day 15: Bring comfort and healing to those who are sick, and give strength to those who care for them.

Day 16: We pray for all our Emergency Services and those who protect and serve our town. Give them courage and resilience.

Day 17: Bless our schools, teachers, and pupils. May their learning be filled with curiosity, kindness, and opportunity.

Day 18: Lord, strengthen your Churches and Community Groups across the town. Bless, strengthen and sustain all who work to bring people together through worship, friendship, and service.

Day 19: We remember those without secure homes or support. Help us respond with compassion and practical care.

Day 20: Creator God, we are fortunate to live by the sea. Help us protect our beaches, cliffs, sea life, and countryside. Teach us to care for the world entrusted to us.

Day 21: Today, Lord, we thank you for all who quietly give their time to help others. Bless their generosity and renew their energy.

Day 22: We pray for those who have recently moved here and are settling in. May they find friendship, welcome, and a true sense of belonging.

Day 23: Comfort those who mourn and those who carry fond memories of people they have lost. May the sounds of the sea and the beauty of your creation bring them moments of peace and reflection.

Day 24: Bless local artists, musicians, writers, and creators. May their creativity and imagination continue to enrich our town.

Day 25: We pray for conservation workers and volunteers protecting our coasts, beaches and wildlife.

Day 26: We pray for those who are experiencing uncertainty or coping with new beginnings. Give them courage to make difficult decisions.

Day 27: Grant wisdom to Councillors and those who make decisions for our town. May they act with wisdom and integrity for the common good.

Day 28: Thank you, God, for the people, places, and stories that make our seaside community a special place to live and work.

Day 29: Help us overcome divisions and differences. Make us people who listen, forgive, and care for one another.

Day 30: Lord, guide our town in the days ahead. May we be a place of welcome, a beacon of kindness, and a source of hope for future generations.

Day 31: God of land and sea, bless our seaside town. May it be filled with compassion, friendship, and peace - constant as the tides that lap the shore.

SLEEPING LATE

When morning knocks upon the door,
And sunlight spills across the floor,
I turn beneath the quilted sea
And let the world wait patiently.

The clock may whisper, "Rise and shine,"
But today, dear clock, the day is mine.
No hurried feet, no frantic race,
No need to leave this cosy place.

The pillow soft, the blanket warm,
A little shelter from the storm;
The gentle dreams that linger on
Are sweeter than the waking dawn.

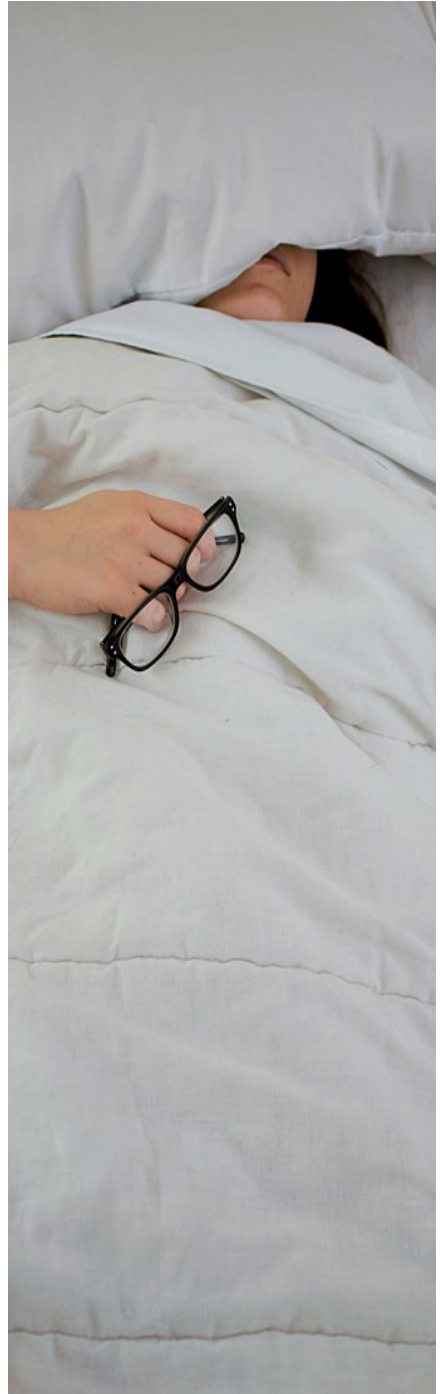
Outside, the birds may sing their song,
The busy streets may rush along,
But I remain, in peaceful state,
A happy soul who sleeps in late.

No meetings call, no tasks demand,
No ticking seconds take command.
Just quiet moments, slow and bright,
A stolen gift of pure delight.

And when at last I leave my bed,
With tangled hair and sleepy head,
The world seems kinder, fresh and new –
A little more forgiving too.

For rest is not a thing of shame,
Nor laziness a cause for blame;
Sometimes the heart and body know
The perfect time to rise is slow.

So here's to mornings without alarm,
To peaceful dreams and blankets' charm;
Not much in life feels quite as great
As the simple joy of sleeping late.



THE ARMOUR OF GOD: THE BELT OF TRUTH

When we think of armour, we often picture soldiers dressed for battle, protected by strong metal shields and protective clothing. Over the next few issues, we will explore the different pieces of the *Armour of God* described in Paul's letter to the Ephesians (Ch6, vv10-18). Paul uses this powerful image to remind Christians that we too are engaged in a spiritual battle and need to be equipped with the protection God provides.



The first piece Paul mentions is the **belt of truth** (Ephesians 6:14). For a Roman soldier, the belt was an important part of their kit. It held everything together, secured their clothing, and provided a place to attach other parts of their armour. Without it, a soldier would be hindered and less prepared for action. It's the same in our lives – the truth is foundational and holds everything else together.

But what does Paul mean by truth? Firstly, it means knowing and trusting the truth of God's Word. In a world where we are surrounded by competing voices and changing opinions, God's truth gives us a firm foundation. Jesus said "I am the way, the truth and the life," (John 14:6) reminding us that truth is not simply an idea – it is found in a relationship with Him. The belt of truth calls us to live honestly and authentically. Wearing this piece of armour means allowing God's truth to shape our words, our choices, and our attitudes.

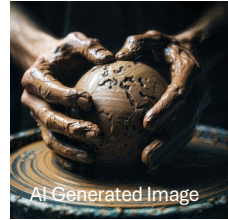
It means being people of integrity, whose lives reflect our faith. A loose or missing belt would leave a soldier unprepared. Likewise, when we neglect God's truth, we become vulnerable to confusion, fear, and deception. But when we fasten the belt of truth firmly around us, we are strengthened to face life's challenges with confidence.

As we begin this series, let's ask ourselves: Am I building my life on God's truth? Am I allowing His Word to guide my decisions and shape who I am? The belt of truth is where we begin, because everything else depends on it. When we stand securely in God's truth, we are ready for whatever battles may come.

THEY CHANGED THE WORLD

Octavia Hill

Social Worker and National Trust Founder



Octavia Hill (1838–1912) was a pioneering British social reformer, conservationist and housing campaigner. She is best known as a founder of the National Trust and for her influential approach to social housing and access to green spaces.

Born on 3 December 1838 in Wisbech, Hill grew up in a family committed to social reform. After her father’s financial difficulties, she experienced a change in circumstances and, as a teenager, worked with her mother helping poor families in London. This brought her into close contact with the challenges faced by working-class communities in Victorian Britain. Hill believed that tackling poverty required more than simply providing accommodation; good housing management and supportive relationships were essential.

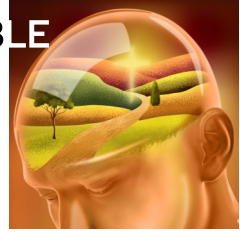
In the 1860s, with financial help from writer John Ruskin, she began purchasing and improving run-down properties in London, personally managing tenancies, collecting rents, and arranging repairs. Her methods became known as the “Octavia Hill system” and influenced later housing management and social work practices.

Hill also recognised the importance of nature and open spaces for urban communities, believing that access to beauty, fresh air, and green spaces improved people’s quality of life and in 1895, she joined solicitor Robert Hunter and clergyman Hardwicke Rawnsley in founding the National Trust. The Trust’s first acquisition was the historic Alfriston Clergy House in East Sussex.

Although highly influential, some of Hill’s views reflected Victorian attitudes which placed her at odds with many later campaigners. Today, Hill is remembered for linking three lasting areas of social policy: improving housing, developing social work, and conserving nature and heritage. Her belief that people need “quiet, beauty, and space” still influence thinking about urban environments today.

MENTAL HEALTH IN THE BIBLE

This month in our series following the men and women in Scripture who battled with their mental health, we look at



Jesus the sorrowful Saviour

Sometimes this world can feel like a dark place; and our minds kind of get lost in the gloom.

But struggling with our mental wellbeing doesn't mean that we're too unworthy or too sinful for God. We're simply burdened by a world that is marred by sin and death.

Jesus also knew deep sorrow as He considered the weight – and cost – of sin. The hour of His betrayal approached – which would kick start the events leading to Jesus' brutal execution on the cross.

Knowing He was going to bear our sin there and face the Father's judgement in our place, He said: "My soul is overwhelmed with sorrow to the point of death."

Those words might echo our own feelings of darkness and depression. But rather than suffering alone, we can follow the positive actions that Jesus modelled. He asked His disciples to "stay here and keep watch".

We too need Christian friends to bolster our faith in hard times.

Then Jesus prayerfully placed His life in His Father's hands: "Not as I will, but as you will".

When life's gloom clouds our vision, we can trust in God, who always sees the way ahead. Dark days don't mean we've failed. As Jesus modelled, our Father will be our help and comfort for those seasons.

LAZARUS – MARY & MARTHA’S STORY

Martha recalls: I remember the sound of my own footsteps that day – hurried, restless, carrying me from room to room while my brother lay dying.

Lazarus had always been the heart of our home. Mary and I sent word to Jesus because we knew he loved Lazarus. We had already seen His compassion; we had watched Him heal the sick and bring hope where there seemed to be none. Surely, when He heard that Lazarus was ill, He would come quickly.

But He did not come.

The hours passed. The fever worsened. I prayed until I had no words left. Then came the silence I feared most.

Lazarus was gone.

The house filled with mourners, but nothing could fill the emptiness he left behind. I found myself thinking of all the moments when Jesus could have arrived – all the time between our message and our brother’s last breath. I believed in Him, but my heart was broken and full of questions.

When I heard that Jesus was approaching the village, I went out to meet Him. Mary stayed behind, lost in her grief. “Lord,” I said, “if You had been here, my brother would not have died.”

It was not an accusation so much as a cry from a wounded heart. I still believed He could do something. Even then, I knew God listened to Him.

Jesus looked at me and said, “Your brother will rise again.”

I knew the promise of the resurrection, but I did not understand what He meant in that moment. Then He spoke words that changed everything: that He Himself was the resurrection and the life. He asked me if I believed.

Through my tears, I answered, “Yes, Lord. I believe.”

But I did not yet know how much I was about to see.

Mary recalls: I could not leave the room. Everyone told me that Jesus had arrived, but grief held me in place.

I had poured my sorrow into every corner of the house, and I could not imagine facing Him. I had trusted Him. I had loved Him. I had believed He would come.

But he did not. Why had He waited?

When someone finally told me that Jesus was calling for me, I rose quickly. The mourners followed, thinking I was going to Lazarus's tomb, but I was going to Him.

When I saw Jesus, my pain came rushing out.

"Lord, if You had been here, my brother would not have died."

The words were the same as Martha's, but they came from the deepest place in me. I had sat at His feet and listened to His teachings. I had seen His kindness. I knew His love. Yet I could not understand why love had allowed this sorrow.

Then I saw His face.

Jesus did not tell me not to grieve. He did not dismiss my tears or explain everything away. He wept with us. The One who knew what was about to happen still shared our pain. He stood beside us in our sorrow before He called us into hope.

When He went to the tomb and told them to remove the stone, I wondered what could possibly come next. Lazarus had been there four days. The moment had long passed.

But Jesus called out, "Lazarus, come out!" And my brother walked into the light.

The grief that had filled our home was transformed into wonder. The brother we had buried stood before us alive.

That day I learned that Jesus was not only present in moments of joy and healing. He was present in our heartbreak too. He entered our sorrow before He revealed His power, and He turned our mourning into a testimony of hope.

DON'T PUT YOUR FOOT(PRINT) IN IT!



Climate change is such a big, global issue that it can feel as though only governments and businesses can make a difference and that any changes we make as individuals are insignificant. But we all have a role to play in protecting our planet. Every single action we take – however small – adds up, and collectively they can have a powerful impact.

Keeping global warming below 1.5°C, helps avoid the most dangerous consequences of climate change and has a whole range of benefits. For example, it would help save birds and other wildlife, help protect and restore the natural landscapes and habitats we treasure, ensure that people can breathe cleaner air, and allow the young people of today and tomorrow to live in a more stable and secure world.

However, before we can work out the best ways to cut our carbon footprint, it's useful to find out which areas of our life – such as shopping or household energy usage – have the biggest impact. Here are some effective options to lower energy consumption:

Use energy-efficient products such as LED lightbulbs and A-rated appliances. These use less energy, reducing electricity consumption and saving money in the long run. Simple steps like switching off lights and appliances can make a surprising difference too.

Properly insulating your home will reduce the amount of energy needed to heat it. If you can't afford double glazing, you could install film to windows to act as secondary glazing. Draught excluders are helpful too and insulating your hot water tank with a boiler jacket could save around £100 per year.

It's worth looking into switching your energy supplier to one that uses a 100% renewable electricity tariff – where all the electricity you buy from them is generated from renewable sources. This is one of the easiest ways you can support investment in renewable energy.

Energy saving home improvements (if you own your home) include improving wall and roof insulation to reduce heat loss and energy bills.

Grants may be available for this. You could also install solar panels, and/or replace your boiler with a heat pump.

If it's affordable for you, consider an electric car, which produces no carbon emissions from the exhaust. The range of EVs has significantly increased in recent years: many models can travel more than 300 miles per charge. Prices of new and second-hand EVs are also falling, with many second-hand models now costing under £10,000. EVs are much cheaper to run than fossil fuel-powered vehicles, especially if you install a home charger.

If you aren't able to afford an EV, try to limit your car journeys anyway, and walk, cycle or take public transport whenever you can.

Other less tangible changes include switching financial providers. Check their climate policies to see whether you are happy with their approach to investment in fossil fuels.

Adopt the *reduce, reuse, recycle* mantra and consider second-hand, reusable or recycled products, or repair rather than replace. Visit your local Repair Café where you can get household appliances, like coffee makers and vacuum cleaners, repaired at little or no cost.

One of the most important things you can do to support change at a national level is campaign for action on the nature and climate crisis. Let the politicians know that you want to see sustainability prioritised and you support urgent action on the nature and climate crisis.

The way our food is produced has a huge impact on nature and the climate, so check out initiatives such as the RSPB's Fair to Nature certification mark on food – this shows that it has been produced in a wildlife-friendly way.

And finally, declutter your digital files. Believe it or not, your files have a carbon footprint. The data centres that store things such as photos, videos, emails and documents in the 'cloud' consume vast amounts of energy. You can cut your digital carbon emissions by deleting old files that you no longer need – and it's good practice too!

SUMMERTIME QUIZ ANSWERS

How well did you do?

1. Songwriter Bernie Taupin wrote songs for which well know musician? **A: Elton John**
2. How many sides does a dodecahedron have? **A: 12**
3. What colour jersey does the leader of the "Tour de France" cycling race wear? **A: Yellow**
4. What is the scientific term for the study of poisons? **A: Toxicology**
5. Who was the main character in J.R.R Tolkien's "The Hobbit"? **A: Bilbo Baggins**
6. Who or what is the Pink Panther, in the film of the same name? **A: Priceless Diamond**
7. Which was the first city to open a length of underground railway? **A: London**
8. What do the initials V.S.O.P stand for on a bottle of brandy? **A: Very Special Old Pale**
9. What is Sting's real name? **A: Gordon Sumner**
10. Who had a face that "launched a thousand ships"? **A: Helen of Troy**
11. Who played James Bond in the 1966 film "Casino Royale"? **A: David Niven**
12. What colour were ET's eyes? **A: Blue**
13. With which sport was the Argentine Juan Fangio associated? **A: Motor Racing (F1)**
14. What was the job of Mellors in "Lady Chatterley's Lover"? **A: Gamekeeper**
15. In which film does Robert De Niro ask "Are you talkin' to me"? **A: Taxi Driver**
16. How many gold medals did Mark Spitz win at the Munich Olympics in 1972? **A: Seven**
17. On which side of the road do the Japanese drive? **A: Left**
18. Who was the first man in outer space? **A: Yuri Gagarin**
19. Which horror movie actor's real name was William Pratt? **A: Boris Karloff**

20. Which English actor starred in "The Muppet Christmas Carol"?
A: Michael Caine (not a lot of people know that!)
21. With which sport was Alberto Tomba associated? **A: Skiing**
22. What is added to brandy to make a sidecar? **A: Cointreau**
23. What type of plant is tequila made from? **A: Cactus**
24. Who anonymously entered a contest in Monaco to find his lookalike and came third? **A: Charlie Chaplin**
25. Which Beatles song is the most covered song of all time? **A: Yesterday**
26. In "Star Trek", what colour was Mr Spock's blood? **A: Green**
27. Which silent film actor was known as "The Great Stone Face"?
A: Buster Keaton
28. Who was the first unseeded man to win Wimbledon? **A: Boris Becker**
29. What was the first talking film? **A: The Jazz Singer**
30. Which creatures sang "We all stand together"? **A: Frogs**
31. How many strings are there on a Spanish Guitar? **A: Six**
32. In which US city is the Willis (formerly Sears) tower? **A: Chicago**
33. In which novel is Winston Smith the main character? **A: 1984**
34. Jonquil is a shade of which colour? **A: Yellow**
35. How many housing property squares are there on a monopoly board? **A: 22**
36. Which martial art has a name that originates from the Japanese word for "gentle"? **A: Jujitsu**
37. In which athletics event would you perform a "Fosbury flop"?
A: High Jump
38. In darts, what is the maximum checkout score? **A: 170**
39. Which group did Don Henley and Glen Frey form in 1972? **A: The Eagles**
40. To satisfy the adult daily nutritional requirement, it would be possible to drink 1 glass of orange juice, 2 glasses of milk and how many pints of Guinness? **A: 47**

NEXT EDITION

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Please submit material for the next edition
to the Editors at:
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A teenage boy had just passed his driving test and asked his Dad if he could start using the family car. His Dad said he'd make a deal with him. "You bring your grades up from a C to a B average, study your Bible a little and get your hair cut. Then we'll talk about the car."

The boy thought about that for a moment, decided he'd settle for the offer and they agreed on it.

After about six weeks, the Dad said, "Son, you've brought your grades up and I've noticed that you've been studying your Bible, but I'm disappointed you haven't had your hair cut."

The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair."

His Dad replied, "Did you also notice that they all walked everywhere they went?"



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