

# Time for Fun



Where is Godshill ? Answer on the back page

## **The Mag in August 2023**

The monthly magazine from Adeyfield Free Church.

## From the Editor.....

We all know the scripture in Ecclesiastes that tells us there is a time for everything. Our school summer 6 weeks holiday in England is there because originally the children were needed to help bring in the harvests from the fields. Tradition means we still have that special summer time



and it's an opportunity to take a break, do something different, recuperate, have a rest, have some fun and get ready for the next thing we will be doing. We know it's important to do that because God tells us we need breaks. He took a rest so if it's good

enough for Him it's good enough for us.

There are lots of things that are fun. We all have our particular favourites.

For me it's time out in the countryside or at the sea, visiting friends and family, having a laugh with them, watching a good film, reading a great story. Lunching out or just chilling out.

Just recently Pat G told me she was going to Clacton for the day. It brought back such happy memories of my early childhood when the whole



family would go to Clacton for our summer holiday. I loved the sandy beach, the fun fair, ice creams and candy floss, donkey rides and

swimming in the sea. In fact, it is where I learned to swim.



What is it for you? I do hope lots of you will write in and add to this fun focussed Mag. The Mag flourishes when you all take part. It only takes a sentence or two.

God bless and have fun.

*What did the beach say to the tide when it came in?  
Long time, no sea..... Groan!*

## STILL LEMONADE

*Bought some still Lemonade from Asda very nice – you can make this. Pat G.*



3 Lemons

150g caster sugar

1. Halve and squeeze the lemons, reserving all the peel. Set aside the juice.
2. Put the peel in the pan with the sugar and 500ml water. Bring to a simmer and heat gently until the sugar dissolves. Set aside to cool.
3. Squeeze any liquid from the peel into the pan, then discard the peel. Pour the sugar water into measuring jug through a sieve and stir in the reserved lemon juice. Top up to 1L with cold water.



4. Transfer the lemonade to a bottle and chill until ready to serve.  
It is very refreshing.

*Recipe from the Asda Site.*

The Lord is gracious and compassionate, slow to anger and rich in love.

## When you pray .....

As we take time to have a break, have some fun, refresh and renew, rest and recuperate, here is a prayer to pray over ourselves. It is a Celtic prayer and comes from the Northumbria Community.

*God be with me in this Your day  
every day  
and every way,  
with me and for me in this your day  
and the love and affection of heaven  
be toward me.*



*All that I am, Lord, I place into your hands  
All that I do, Lord, I place into your hands  
Everything I work for I place into your hands,  
Everything I hope for I place into your hands  
Each that I pray for I place into your hands,  
Each that I care for I place into your hands.*

### YUM

O my goodness how delicious were those ice lollies at the Windrush Saturday Celebration! Thank you so much Yvonne.

*What is another name for Candy Floss?..... Answer on the back page.*

*The following message was recently received from David Hurst who writes on behalf of Pastor Daniel Gitau in Kenya. Daniel was here at AFC last Summer as part of his biannual thanks tour of churches who help to support his work. Daniel runs a clinic, a school and a feeding centre as well as running a church and supporting other pastors. He also helps to head up a nationwide prayer ministry that seeks to pray for peace and stability in Kenya.*

Many thanks for the donation of £226 from Adeyfield.  
Very timely – it was urgently needed to help with repairing the School Bus – out of use after its axle broke.  
With blessings to all at the Fellowship  
David

*David Hurst  
Hon Chairman  
The Great Commission Trust*

*Pastor Daniel Gitau receiving his doctorate*



*Why does a seagull fly over the sea?  
Because if it flew over the bay, it would be a bagel.  
Groan!*

## The Wind in my Hair?

Recently my memories went back to my childhood and my love of fun fairs. I remember a scenic railway on the pier at Clacton. Probably, today with Alton Towers and other huge theme parks this particular ride would be considered to be very tame but in 1959 it was on the edge.



It was situated on the end of the pier and was very expensive..... it was 6d a go when other rides were 3d or 2d.

We climbed in, with my Dad insisting he sat 'on the outside' [there was no outside, there was just enough room for two people or maybe three children in each pod.] He would put his arm around my shoulders and grip me so tightly I would think to be squashed. There were no safety bars in those days so he was all there was preventing me from flying out of the pod when we went round corners.

It would start very slowly and juddery shaking you about until your bones rattled even louder than the wooden scaffold that

was the main construction of the whole ride. It took you higher and higher, so that you could see over the tops of the houses and shops on the shore. You felt the salty breeze from the sea, crashing below, scrubbing across your face and neck. Then, picking up speed with a startling heave forward, the pods would begin to hurtle towards the end of the pier. You reached a point where you couldn't see anything but sea and still you travelled on.



Then suddenly, with a lurch to 90 degrees the corner threw you around and

along the end, hurtling round again and hurling you down and down until you thought your eyeballs had disappeared you were skimming along at 300 miles an hour, wind raking through your hair, cheeks and eyelids flapping with the G force as the pods screeched to a halt and all the mums standing on the platform would scream with laughter seeing their husbands and children stagger off the ride as though drunk and completely discombobulated . Next stop..... candy floss!

It was absolutely thrilling, terrifying and unforgettable.

Could I do it now? Probably not. But the memory is wonderful.

*What happens when you throw a green rock into the Red Sea?*

*It gets wet.*

*Groan!*

## **Refreshing, Juicy, Minty Salad**

**This salad lends itself to be altered to fit your needs and tastes. It also will keep for about another day if you can bear to leave any.**

**Spring onions  
Cucumber  
Baby tomatoes  
New potatoes  
Sweet peppers  
Sweetcorn [tinned]  
Generous bunch of fresh mint  
Olive oil  
Pasta  
Croutons or seeds**

- 1. Cook the pasta and the potatoes [leave skin on] and leave to get cold**
- 2. Drain the sweetcorn**
- 3. Chop the onions finely**
- 4. Cut the tomatoes, cucumber, potatoes and sweet peppers into small pieces about the size of your thumb nail**
- 5. Put them into a bowl**
- 6. Add the sweetcorn and the onions to the bowl.**
- 7. Wash and dry the leaves of the mint. Chop the leaves into very small pieces**
- 8. Sprinkle the mint over the ingredients and toss them gently until they are well mixed.**
- 9. Drizzle a little olive oil over the salad and toss again. There should be no oil draining into the bottom of the bowl.**
- 10. Gradually add the pasta as you mix all the ingredients together.**
- 11. Cover and chill in the fridge. Add the croutons or seeds just before serving.**

**Goes best with steak, chops, chicken, burgers, savoury tart or sausages.**

**If you want a lighter salad omit the pasta and potatoes.**

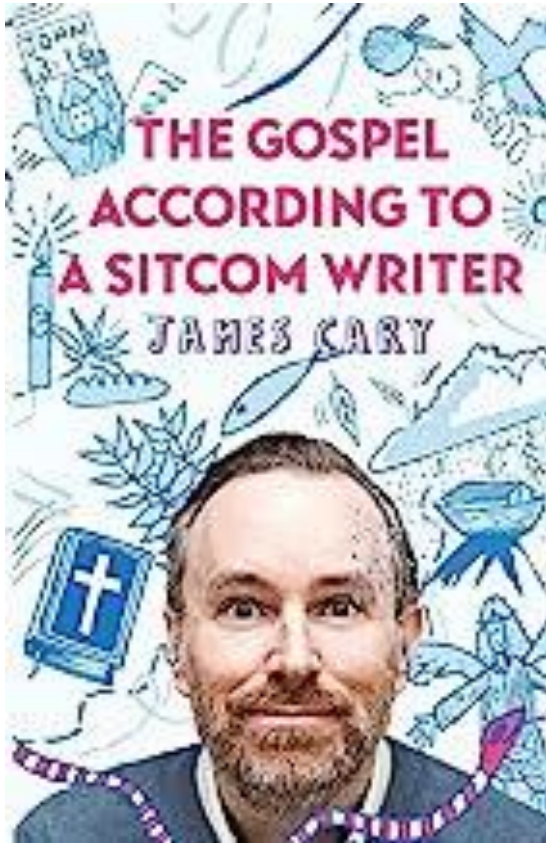
***Mum to 4 -year-old 'Would you like the new baby to be a boy or a girl?'***

***4 -year-old 'I want it to be Batman'***



## Special Summer Services

This is the book that we will be using alongside The Big Church Read as a basis for our summer services this year.



We will be worshipping, singing, praying, reading scripture, watching, listening and discussing as we delve into some of the incidences that we can read in the Bible. We will be trying to think what it might have been like to be present when Jesus healed, taught, ascended to heaven or walked on water and wondering what our reactions may have been. After all, those people present at the time were just ordinary folk like us. What if He was doing those things now how would we react?

Everyone will be included as we use the café church format for the time that covers the school holidays. It begins at the end of July and ends at the start of September. [The dates are on the back page of this Mag.] Refreshments will be served too and there will be a chance to chat with one another. It should be interesting and fun. So come along and see for yourselves.

*What was the almond tree up to all summer?  
Nuttin'.*

*What did one tide pool say to the other tide pool?  
Show me your mussels.*

*Groan!*

## Small Group Socials



Recently our small group has had a couple of afternoon tea socials at the British Garden Centre just outside Chipperfield. There's always a space for us all to drag the tables together and muster the chairs around. The tea and coffee are both great and the cakes and scones are to die for.

Our small group meets weekly in church to pray, worship and study the Bible

notes that come from the Sunday preach but we love to socialise together too. We've made firm friends over the years and the love and support that we all benefit from is great. The socials are equally as important as the Bible studies and we will soon be getting together to plan a soupy supper fund raiser in the Autumn.



*Zem's and Pam's group*

*5 year old playing board game 'I'm not cheating, I'm just helping myself win.'*

## **How to Meditate**

**I have been prompted to set up a meditation group at AFC, to support and encourage anyone who would like to explore meditation in a Christian setting.**

**If you pick up a book on mindfulness or (worse) look up meditation on Google and follow a few links, you may be intimidated in to thinking that meditation is complex and difficult and involves severe physical and mental gymnastics. Not so. Meditation is simple and accessible to everyone.**

**My introduction to meditation was a short book written by a monk. This was “The Way of Unknowing” by John Main OSB. The first paragraph describes how to meditate:**

**“Sit down.  
Sit still and upright.  
Close your eyes lightly.  
Sit relaxed but alert.  
Silently, interiorly begin to say a single word. We recommend  
‘maranatha’.  
Recite it as four syllables of equal length.  
Listen to it as you say it, gentle but continuously.  
Do not think or imagine anything – spiritual or otherwise.  
If thoughts and images come, these are distractions at the time of  
meditation, so keep returning to simply saying the word.  
Meditate each morning and evening for between twenty and thirty  
minutes”**

**That’s it.**

**The rest of this short book is a series of talks John Main gave to encourage people starting out on the practice of meditation. The key point he makes is that you cannot learn to meditate from a book (or Google). You learn to meditate by practising meditating.**

**I have not set a time or place to meet, perhaps before the service on Sunday or before Friday prayers. We do have newly furnished meeting rooms available in the church which would be a good venue. If you are interested in meeting as a group please come and have a chat with me and we can find a time and place that suits everyone.**

**Paul Bradford**

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## Mag Wordsearch

BREAK-COACH-DANCE-EAT-ENJOY-EXPLORE-FLY-  
 FRIENDS-FUN-HAPPINESS-HOLIDAY-LAUGH-  
 LAUGHTER-JOY-MEET-OUT-PEACEFULNESS-  
 RECOUPERATE-REFRESH-RELAXATION-REST-  
 SABBATH-SING-STAY-SWIM-TIME-TRAIN-TRAVEL-  
 VISIT-WALK

*One of the words hidden in the grid is not spelled correctly.  
 Can you find it? Answer on the back page.*

# Summer Pudding

*As you can see this is not one to go on your diet*

**Slices of bread with crusts cut off**  
**A selection of summer berry soft fruits**  
**[enough to fill a pudding basin]**

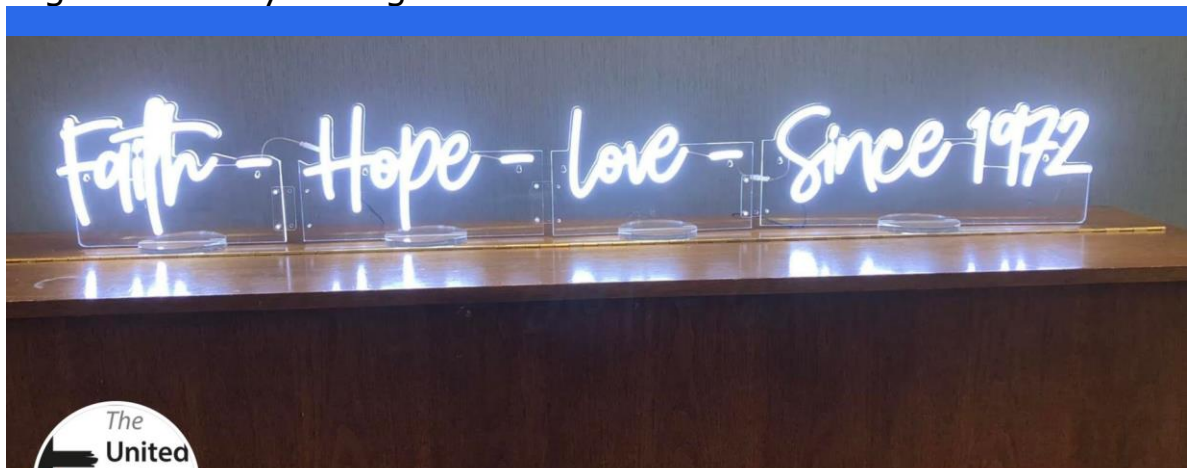
**Butter**

**Sugar**

**Grease the inside of the pudding basin lightly with the butter. Line the basin with the slices of bread so that they fit without overlapping. Soften the fruit by heating gently with a little water and some sugar to taste. Keep the juice. Pack the fruit into the bread lined basin to the top. Pour a little of the juice over the fruit. You want this to be able to soak into the bread. Cover the fruit with a layer of bread. Place a plate on top and put a weight on the plate. Leave in the fridge for at least a couple of hours. Turn out on to a serving plate. [you may need to ease it out gently with a knife or a little warmth.]**  
**Serve slices of pudding with cream or ice cream. Garnish with a sprig of mint.**

## Thames North on Facebook

Did you know the Synod has a Facebook page? Please follow us and see more pictures from Synod events, information about what is happening in the wider URC and links to other organisations you might be interested in.



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# The Mag's Back Page

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## Answers

Front Page..... Godshill is on the Isle of Wight

Candy floss .... spun sugar

Wordsearch spelling.... not recouperate but recuperate.

## Our special summer services are on the following dates.....

### The Gospel According to a Sitcom Writer

23<sup>rd</sup> July, 6<sup>th</sup> August, 13<sup>th</sup> August, 20<sup>th</sup> August, 3<sup>rd</sup> September

### Joint service with St George's at AFC

30<sup>th</sup> July

### Joint service at St George's

27<sup>th</sup> August

*Mum to 4-year-old 'Why are you sitting on the naughty step?'*

*4-year-old 'You'll find out in a minute.'*

