



VINTAGE ADVENTURE

Ⓐ HOME

BEING THANKFUL

With our best wishes

Messy Vintage

from The Bible Reading Fellowship



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Dear Friends

It's good to be in contact with you again this month now summer has officially arrived! We hope that you are able to enjoy the sunshine in some way, whether it is sitting by your window or out in the fresh air, it is always so lovely to feel the warmth of the sun isn't it?

For this month's pack we have chosen the theme of "Being Thankful". Isn't it strange that even though we can always find something to be thankful for, we so often forget! We have only to listen to the news headlines to feel so thankful that we live in a peaceful country, have free access to medical care, running water and a bed to sleep in.

In the good times and the not so good times, being thankful lifts our spirits and emotions and according to researchers actually does improve our health and sleep. I love the old hymn "Count your blessings name them one by one". Perhaps you know it? When I'm feeling a bit down or perhaps sorry for myself I start to count my blessings and find things to be grateful for, starting with the fact that I'm still breathing and it always makes me feel so much better and changes my outlook.

Last year as a nation we showed our heartfelt gratitude to NHS staff with a united applause. Others always appreciate it when we say thank you. We hope that you will take advantage of the "Thank you" card enclosed for you to colour in and give to a Carer, a relative, friend or neighbour. I'm sure it will brighten their day.

We hope that you enjoy this pack, whether you sit down with a cup of tea and read it all in one go, or dip in and out of it over the next month, we hope it will really bless and encourage you. If you would like to get in touch with us our contact details are enclosed. We would love to hear from you.

We thank God for you. You are precious to Him and to us and we send you our love,

*from
Margaret and all the Caraway team*

WORSHIP

OPENING SCRIPTURE

"This is the day that the Lord has made;
let us rejoice and be glad in it."

Psalm 118: 24

Let's pause for a moment and bring to mind those people and situations for which we'd like to give thanks today.

HEARING FROM GOD

*As we join together to worship, we've used the lyrics from the well-known song:
"Count Your Blessings"*

When upon life's billows
You are tempest tossed
When you are discouraged
Thinking all is lost

Count your many blessings
Name them one by one
And it will surprise you
What the Lord has done

This has been a hard year. We've been separated from family and friends and it has felt as though we've been tossed in a tempest or perhaps a COVID storm. Isn't it wonderful that slowly we are able to reconnect with our loved ones again? But some of us are still feeling vulnerable, fearful, and isolated. This song reminds us to count our blessings, whatever our circumstances.

*\Even when life is hard, I love the reminder of God's promise
to be present with us in the storms of life*

"Fear not, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you."

Isaiah 43: 1b-2

Are you ever burdened
With a load of care?
Does the cross seem heavy
You are called to bear?

Count your many blessings
Every doubt will fly
And you will keep singing
As the days go by

Once again, these next verses suggest that if we rejoice and give thanks in all circumstances our doubts and burdens will be lifted.

Jesus invites us to cast our burdens on him

"Come to me, all who labour and are heavy laden, and I will give you rest."
Matthew 11:28

And like the words in our song, St Paul reminds us to rejoice in all circumstances

"Rejoice always, pray without ceasing, give thanks in all circumstances;
for this is the will of God in Christ Jesus for you."
1 Thessalonians 5: 16-18

TIME TO PRAY

*As we come to a time of prayer, why don't you say out loud the words in bold!
Sometimes just giving thanks helps us remember the blessings
that God has given each of us.*

Give thanks to the Lord, his love lasts forever

Creator God, we give you thanks for the beautiful world we live in, for our green spaces, and the changing seasons.

Give thanks to the Lord, his love lasts forever

Caring Lord Jesus, we thank you that you have promised to always be present with us, rejoicing when life is good and holding us when we are struggling.

Give thanks to the Lord, his love lasts forever

Come Holy Spirit we pray, sustain us and by your power, enable us to share your love with those around us.

Give thanks to the Lord, his love lasts forever

Compassionate Father, we thank you for those we love and ask that you would be close to those today who are lonely, unwell or bereaved.

Give thanks to the God of heaven, his love lasts forever

AMEN

So, amid the conflict
Whether great or small
Do not be disheartened
God is over all

Count your many blessings
Angels will attend
Help and comfort give you
To your journey's end

Count your blessings
Name them one by one
Count your blessings
See what God has done

FINAL PRAYER

As we close in prayer, let's be reminded of the words in our song, that God will help and comfort us until our journey's end and then we can rejoice in eternity!

Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind.

Let them sacrifice thank offerings
and tell of his works with songs of joy.

Psalm 107: 21-22

**O give thanks to our God who is so good,
whose love stands firm forever.**

Let thanksgiving enhance the joys you experience,
let thanksgiving transcend the pains you may suffer,
let thanksgiving sweeten the duties you must perform,
let thanksgiving underpin even the griefs you may have to endure.

**O give thanks to our God who is so good,
whose love stands firm forever.**

The love of the Redeemer,
the love of the Creator,
the fellowship of the Counsellor,
will be with you now and always.

Amen!



THE HEALING OF THE TEN LEPROERS

Luke 17:11-19

¹¹ Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. ¹² As he was going into a village, ten men who had leprosy met him. They stood at a distance ¹³ and called out in a loud voice, "Jesus, Master, have pity on us!" ¹⁴ When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. ¹⁵ One of them, when he saw he was healed, came back, praising God in a loud voice. ¹⁶ He threw himself at Jesus' feet and thanked him—and he was a Samaritan. ¹⁷ Jesus asked, "Were not all ten cleansed? Where are the other nine? ¹⁸ Has no one returned to give praise to God except this foreigner?" ¹⁹ Then he said to him, "Rise and go; your faith has made you well."

This story opens with Jesus and his disciples traveling to Jerusalem and we are told that this journey took them along the border between Samaria and Galilee. The Jews and the Samaritans did not normally associate with one another. This was due to an ancient quarrel which pre-dated Jesus by hundreds of years. The inhabitants of Samaria had started to worship at sites other than Jerusalem and they intermarried with the nations around them. So over the course of centuries the Jews regarded the Samaritans as no longer 'pure' Jews and they despised them.

As Jesus is about to enter a village on his journey, his name is called by a group of 10 lepers. Over the last 15 months we have all experienced social distancing and isolation, but for lepers there was an extreme form of exclusion. The laws in the book of Leviticus prohibited them from living in villages or towns or having any form of social contact with other people. This is why these ten men do not approach Jesus, but call out to him. Interestingly, this group seems to have been a mix of Samaritans and Jews. Jesus mentions later on in the story that the one who returned to give thanks was a 'foreigner', implying that at least some of the others were not, they were Jews. It seems that their disease, whilst erecting huge social barriers between themselves and others, had broken down the barrier between Jews and Samaritans and they were living together.

In what happened next we can see Jesus testing the faith of these 10 men. He does not heal them then and there in front of himself, but tells them to go and show themselves to the priest. This was a normal ritual, again laid down in the book of Leviticus, for those who had been healed of leprosy. These men had to have faith that by the time they reached the priest they would be healed. We know that they were not healed in front of Jesus, because otherwise the grateful one would have thanked Jesus at the time, there would have been no need to come back to do so. It is worth noting that Jesus did not distinguish between Jews and Samaritans, he healed them all. The love and healing power of Jesus is for everyone.

On the surface, this story could be seen as a tale of bad manners. We can all remember being told to say 'thank you' for the things we had been given as children and to not do so was seen as rude and showed bad manners. However, in this story something far deeper is happening. All 10 lepers showed faith and went through the ritual of going to the priest to be certified as clean; but it seems that only one of them went beyond the ritual and allowed God to work in his heart, developing a spirit of thanksgiving and allowing an 'attitude of gratitude' to develop.

What Jesus had done for these ten men was enormous. Not only had he healed them physically of an horrific disease that could lead to nerve damage resulting in loss of sensation and awful facial disfigurement, but he had also restored them to their families and communities. They were now free to go home and live a normal life. No more social isolation! For the man who went back to thank Jesus there was a double blessing. Not only was he healed but Jesus commended him for his faith.

This story has to raise the question are we allowing God to work in our hearts so that we are filled with praise and thanksgiving? In 1 Thessalonians chapter 5, verse 18 Paul writes 'give thanks in all circumstances, for this is God's will for you in Christ Jesus'. For many this can be a real challenge and sometimes, if we are honest, we have to search for things to be thankful for in some circumstances. There is a great example of this in the diary of Matthew Henry, the famous biblical scholar. On one occasion he was robbed and his wallet was stolen. That night, writing in his diary, he found three things in this situation for which to be grateful. Firstly, he gave thanks that he had not been robbed before; secondly, that although they took all the money he had, it was not very much and thirdly, that it was not he who was doing the robbing.

If we allow God to work in us, developing a spirit of praise and thankfulness, as we give thanks in all circumstances, then the circumstances may not change but we are changed and blessed. If after looking carefully at the circumstances of our lives we find it hard to find something to give thanks for, then we can thank God that in his great love for each of us he sent Jesus to be with us in all the issues of our daily lives and to open to us the promise of eternal life. Jesus said, 'I am with you always, to the very end of the age'. (Matthew chapter 28, verse 20). No matter what our circumstances may be, we can be grateful and give thanks because Jesus is there with us, to guide and support us every step of the way. What a promise!

CONFESIONS OF A GRUMBLER

Are you a grumbler or a mumbler? I am sometimes! I've caught myself doing it on more occasions than I care to admit. The thing is, I don't want to be a moaner and groaner. I want to change.

Why the sudden guilty conscience? Well, it all started at our home group meeting – I don't like the way they made my coffee ... I think she's got that wrong ... he's a bit long-winded ... I wouldn't have said that ... Yes, I admit it, sometimes I am not thankful for people! Our topic was worship – there we were, talking about how we worship God in church and I found myself thinking about some of my recent gripes: 'well, I wish the leader would speak up ... I can't see past the tall person sitting in front ... I think the preacher's going on a bit'

Oh dear. OH DEAR! How "I" predominates, quickly followed by a negative attitude. OK, I wasn't verbalising it all, but for it to be in my thoughts was enough for God to effectively say 'right that's it, I've heard enough of your grumblings, now listen to me.' Am I the only one to sometimes have the grumps? I reckon we all have our moments and need to ponder God's perspective.

Isn't it amazing that God created each one of us, purposefully and uniquely, and made us to be in relationship with Him? Surely that in itself is enough to be thankful for. But there's more. He created us knowing we would have strengths and weaknesses – and still He remains thankful for us and delighted that He has made us. Can you imagine – that God is thankful for you and for me? And if He's thankful for you, me, and every other person He created, what gives me the right to think that I can grumble about someone He loves unconditionally? After all, He tells us to "love one another as I have loved you" (John 15:12) and loving people includes being thankful for them.

No church is perfect and, if we look into our hearts, how can it be with an imperfect me or you in its midst? Yet each of us is loved and valued by God just as we are, before we change. We are thankful to God for that, and we can play our part in making our churches and our world better places to be by having a positive, thankful attitude for those He brings into our lives, rather than be a grumbler – whether in our thoughts or expressed in words.

BEING GRATEFUL IS GOOD FOR YOU!

I don't like, I'm not happy, I don't want to Forget it! Thank God for the person who willingly made you a cuppa, thank God for the diversity of others, thank God that we complement each other and have things to learn from one another, that we can meet together to worship God in church (well, soon!) ... and, yes, let's tell others we're thankful for them. When we feel the stirrings of grumpy thoughts, let's quickly dismiss them in favour of thankful ones and, you know what, we'll like ourselves better and we'll be changed for the better as we see others in the light of God's love and acceptance. God is at work in us: we can be grateful that we are works in progress towards becoming more thankful people.

Yes, we find it hard to be thankful sometimes but, if God commands it ("in everything give thanks, for this is the will of Christ Jesus for you" – 1 Thessalonians 5:18), He will enable us.

Here's our challenge: with God's help to change our outlook and attitude towards others and be thankful for them. How about taking a good look at the next person we see and deliberately focussing on the many things we can be thankful for – their appearance, their personality, their skills and abilities, their strengths and weaknesses, their smile keep going! Do you feel your own spirit lifting as you let the grumbling go and choose to be thankful? It works for me!

A Reforming Grumbler!

“Be Thankful”

Do you remember the cute bags, tea towels and t-shirts that said on them happiness is... having a friend, a cute puppy, and so on. They could have said... "Happiness is feeling grateful!"

It turns out, being thankful can have many positive health effects. Studies show practicing gratitude can lead to more intimate and connected relationships, less depression, more motivation and engagement, and better overall mental well-being.

It is also good for your physical health, by lowering blood pressure, reducing depression, allowing for better sleep and making you more likely to be active and lively.

It can also help you to heal faster and recover better from illness such as a heart attack.

I think it is a bit to do with whether you live your life with your cup half empty or if you live as if it is half full. We are what we are but being aware of our balance of positive and negative feelings can allow us to choose to become more positive.

A thankful attitude can help with this. It is suggested that you thank God daily for the good things you have and how he has blessed you and those you love. This makes us more likely to help others, increasing empathy and compassion. This in turn allows us to be more of a blessing to others.

Yes, being thankful is a catching disease!

Do you remember that hymn,

"Count your blessings, name them one by one,
Count your blessings see what God has done,
Count your blessings, name them one by one,
And it will surprise you what the Lord has done."

It is said in the bible that knowing God better allows Him to change our attitudes, transform our minds to be more in line with God's values. This hymn reminds us that it is God working in us that helps us improve for good, and that it is not our effort to be thankful that counts, it is our response to a merciful loving God who changes us and blesses us to be a blessing to others.



An Attitude of Gratitude

Choose an attitude of Gratitude
Apply throughout the day
With an attitude of Gratitude
Thing will flow your way
Give thanks for things that happen
Appreciate experiences anew
Look to your inner guidance
To tell you what to do

If you focus on the positive
Even though you're feeling bleak
An amazing thing will happen
To your mind within a week
You will see the brighter side
Your spirits they will lift
Then you'll realise you have inside
A most amazing gift.

Life is full of challenges
Sometimes they're big, sometimes they're small
When you train your mind to see the best
You will find your way through all
Be gentle and persistent,
Tell your mind you are aware
To learn new skills may take some time
But you need never fear

With your will and a dash of persistence
You will begin to make your way
Reflect on the things you've accomplished
To give you a boost each day
From Monday through to Sunday
Gaining momentum through the week
Your actions build upon each other
Bringing the confidence you seek

Take time to re-evaluate
For all that you have done
With an attitude of Gratitude
You have surely won.

Jann Rau

Pied Beauty

Glory be to God for dappled things—
For skies of couple-colour as a brinded cow;
For rose-moles all in stipple upon trout that swim;
Fresh-firecoal chestnut-falls, finches' wings;
Landscape plotted and pieced—fold, fallow, and plough;
And all trades, their gear and tackle and trim.

All things counter, original, spare, strange;
Whatever is fickle, freckled (who knows how?)
With swift, slow; sweet, sour; adazzle, dim;
He fathers-forth whose beauty is past change:
Praise Him.

Gerard Manley Hopkins - 1844-1889

The Serenity Prayer

God, grant me the Serenity
To accept the things I cannot change...
Courage to change the things I can,
And Wisdom to know the difference.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is,
Not as I would have it.
Trusting that He will make all things right
if I surrender to His will.

That I may be reasonably happy in this life,
And supremely happy with Him forever in the next.
Amen.

Reinhold Neibuhr



There are many ways we can say thank you before we eat – here are some examples, some familiar, some not so.

A Grace Before Meals

Be present at our table, Lord,
Be here and everywhere adored.
Thy people bless, and grant that we
may feast in paradise with thee.
Amen.



Traditional Blessings

For food that stays our hunger,
For rest that brings us ease,
For homes where memories linger,
We give our thanks for these.

God is great, and God is good,
And we thank him for our food;
By his hand we all are fed;
Give us, Lord, our daily bread.

Bless this food to our use, and us to thy service.
Fill our hearts with grateful praise. Amen.

The Selkirk Grace

Some have meat but cannot eat;
Some may eat but have no meat:
We have meat and we can eat.
So let us praise the Lord together

What we said at School

For what we are about to receive,
may the Lord make us truly thankful/grateful.
Amen.



Moravian Dinner Prayer

Come, Lord Jesus, our guest to be
And bless these gifts
Bestowed by Thee.

And bless our loved ones everywhere,
And keep them in Your loving care.

Amen.

Humble Hearts

In a world where so many are hungry,
May we eat this food with humble hearts;
In a world where so many are lonely,
May we share this friendship with joyful hearts.
Amen.



GRATITUDE JAR

Each day, write down something you're thankful for.
The power of gratitude can improve mood and happiness.

You'll need:

- A jar or box
- Sticker labelling your jar or box
- Sheet of labels for you to fill in
- Scissors

Directions

Label your chosen jar or box.

Decorate your jar with colourful ribbon or paint if you have any.

Cut out the labels for your gratitude to-do's.

You're ready to start your gratitude jar.

You can write one a day or more, see how long it takes to fill up your jar of thankfulness.



Gratitude Jar

I am thankful for _____

Taken from <https://www.bestow.com/blog/gratitude-games/>

The Grateful Cake Recipe

Right now, we are all dealing with different problems in these pandemic times. I am extremely grateful that I am fortunate enough to be able to go out and buy food, be able to take a walk. I thank our health professionals and everyone who has been risking their lives in saving others. This cake was inspired by some of my friends and families who aren't allowed to go out and buy groceries, fresh fruits or cakes for celebrations. You can make this dessert with a few simple ingredients and it is pretty simple and fast to make as you cook it in a microwave.



Ingredients

3 tbsp all-purpose flour
2 tbsp sugar
2 tbsp cocoa powder
 $\frac{1}{4}$ tsp baking powder
3 tbsp milk
2 tbsp sunflower or vegetable oil*
 $\frac{1}{2}$ tsp vanilla extract
a pinch of salt

*Use a flavourless oil such as canola, sunflower or vegetable oil, but not olive oil

Frosting

1 tbsp butter
4 tbsp/ $\frac{1}{4}$ cup icing sugar
2 tbsp cocoa powder
1 tbsp milk
a splash of vanilla
a pinch of salt

Fruits or chocolate chips to decorate with. You can also use Nutella/chocolate hazelnut spread for a quick frosting alternative.

Step 1: Making the Batter

- In a bowl, add in the flour, sugar, cocoa, baking powder and salt.
- Mix it until everything is combined together.
- Next add in the milk, oil and vanilla.
- Blend it until smooth.

Step 2: Baking It

This recipe fits in a medium-sized mug. Please add more or fewer ingredients to suit the mug you are using. You can choose to add butter or to spray the inside of the mug so the cake doesn't stick.

Pour in the batter and microwave it. It usually takes 45 sec to a minute, but please adjust the timing according to your own microwave. Mine took about a minute and a half. Be careful not to bake it too much otherwise, it will end up too dry.

Once it is baked, turn it over and let the cake fall out onto a plate. Let it cool for about 10 minutes. Next, cut your cake in half or thirds. Mine became very thin but I could still manage to cut it in half.

Step 3: The Frosting

- Start by blending the butter into a creamy white colour.
- Next, mix in the cocoa and icing sugar.
- Slowly add in the milk, while mixing to get a creamy consistency.
- Pour in the vanilla extract and add in a pinch of salt.
- Blend it until it is creamy. If it is too thin add more sugar one spoon at a time.

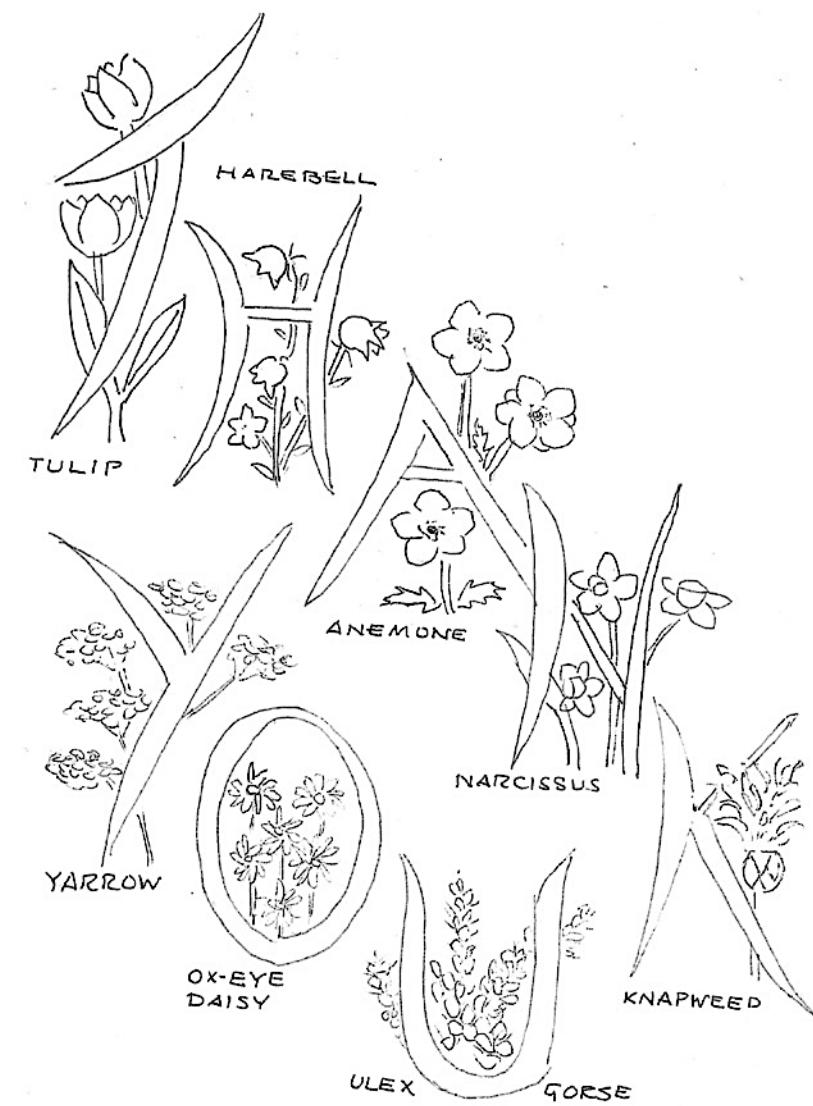
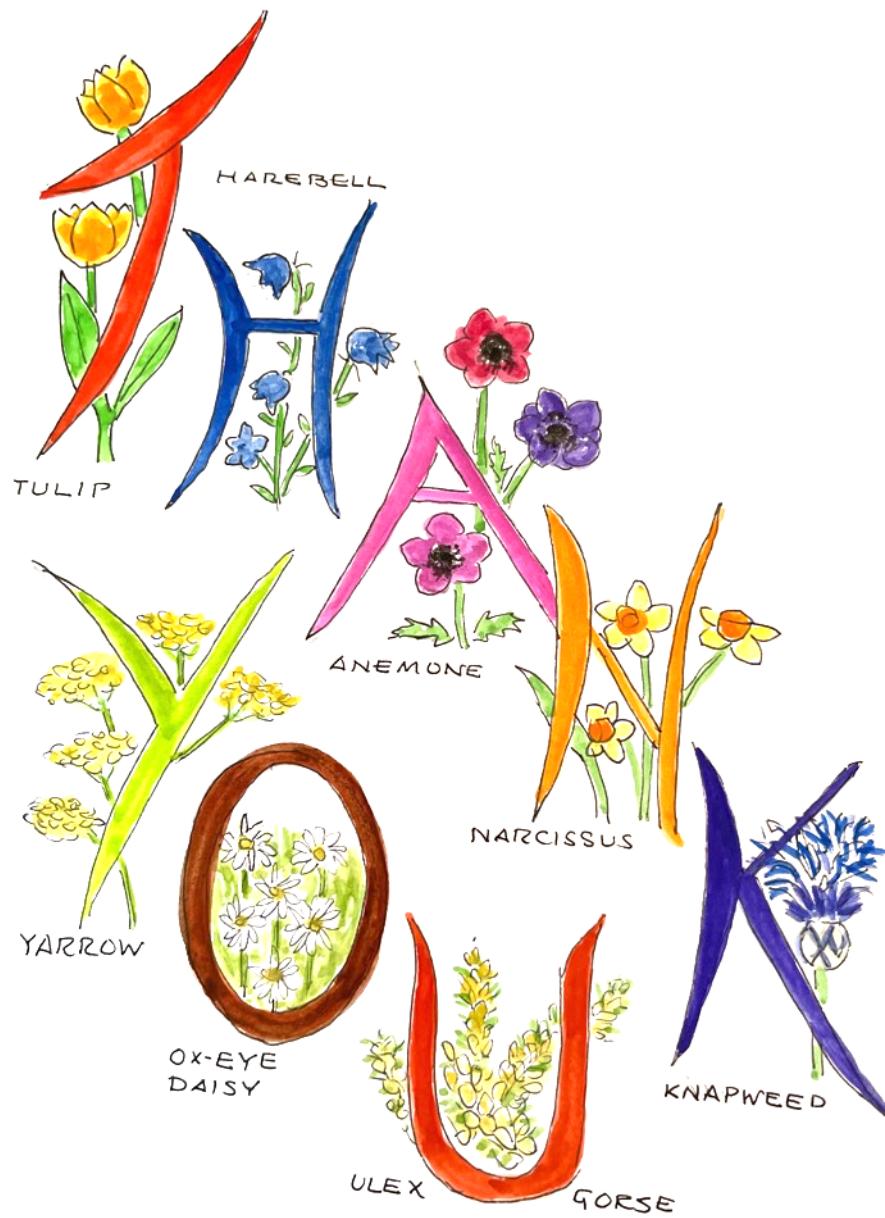
Using good quality cocoa is very important.

Step 4: Assembling It Together

Start by making the rough side of the cake as the base. Next, add a layer of frosting making sure it is not so much that it will ooze out. Place the second half of the cake on top. Now frost the whole cake (the sides and top).

Step 5: Decorating

I topped the cake with blueberries and strawberries. You can use chocolate chips as well. This cake wasn't the prettiest but it was very moist and delicious!



CROSSWORD – COUNT YOUR BLESSINGS

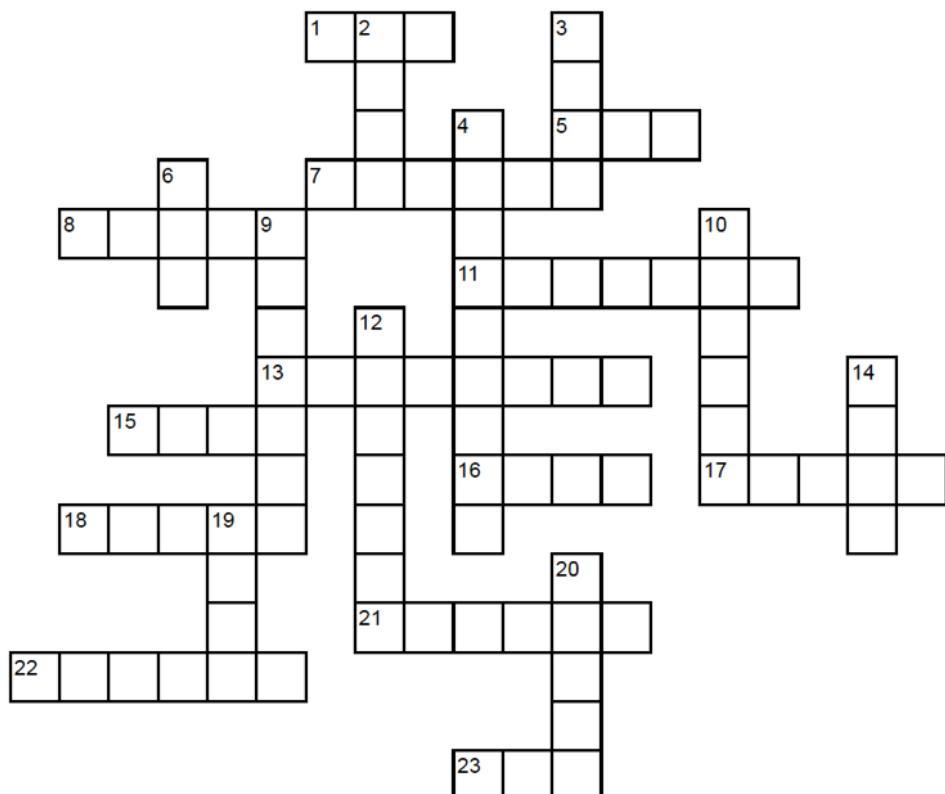
Solve the clue – or take a look at the ‘Count your Blessings’ hymn for a further nudge in the right direction.

Across

- 1 Go to the East or West in London
- 5 First and foremost in our National Anthem
- 7 This isn't material – but it does describe my riches
- 8 One, two, three, four, five
- 11 Choir practice?
- 13 Some drip gets sorted – guaranteed!!
- 15 A word to your driver, James
- 16 Word before ‘medal’ and ‘leaf’
- 17 Clothing size
- 18 Hesitate to believe
- 21 Have you done this with your pancakes?
- 22 Offer made on a lost dog poster
- 23 Pigs might – but it's very unlikely

Down

- 2 You have one – it's how I know you
- 3 Like some seas and teas
- 4 God _____ you, tunefully extended
- 6 It sounds like I'm leaving to make a purchase
- 9 Shakespeare's stormy tale
- 10 Wonderfully behaved little children
- 12 Give a bit of tender loving care
- 14 SOS
- 19 Put up with Paddington
- 20 Phew! Difficult to lift



ANSWERS

Across

- 1 End
- 5 God
- 7 Wealth
- 8 Count
- 11 Singing
- 13 Promised
- 15 Home
- 16 Gold
- 17 Small
- 18 Doubt
- 21 Tossed
- 22 Reward
- 23 Fly

Down

- 2 Name
- 3 High
- 4 Blessings
- 6 Buy
- 9 Tempest
- 10 Angels
- 12 Comfort
- 14 Help
- 19 Bear
- 20 Heavy

Ten Lepers Luke 17:11-19 Word Search

E	E	L	I	L	A	G	W	D	N	E	D
R	E	D	R	O	B	N	O	E	S	R	U
U	U	S	I	E	Y	I	T	S	R	E	H
D	V	A	A	S	S	S	H	N	Y	H	H
R	E	I	Y	M	T	I	E	A	S	W	T
E	D	L	L	T	A	A	R	E	O	N	I
T	E	G	E	L	I	R	N	L	R	S	A
S	L	S	O	V	A	P	I	C	P	R	F
A	A	N	U	D	A	G	N	A	E	R	T
M	E	L	A	S	U	R	E	J	L	H	N
M	H	P	R	I	E	S	T	S	W	B	R
E	J	L	H	R	B	J	P	F	L	O	I
BORDER		JESUS		PRIESTS		CLEANSED					
LEPROSY		RISE		DISTANCE		MASTER					
SAMARIA		FAITH		MEN		TEN					
GALILEE		ONE		THREW		GOD					
OTHER NINE		PITY		PRAISING		TRAVELED					
HEALED		VILLAGE		JERUSALEM		WHERE					

A Celebration of Summer

Thursday 1st July 2021

Meet together with your friends in the comfort of your home, or theirs, to celebrate Summer and the easing of lockdown.

We will deliver our Gift Bag containing:

- Afternoon tea
- Activities & Crafts
- Interesting articles



And there will be the opportunity to join our virtual community on Zoom

To book your place contact us with the following information:

Name

Full address and postcode of where to deliver your gift bag

(your house or where you are meeting with your group)

Telephone number

Email if you would like to join us on zoom

Any Dietary requirements

Contact us by email: caraway@caraway.uk.com

Phone and leave a message: 07535 164014

We look forward to celebrating summer with you!