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VINTAGE ADVENTURE

HOME

CELEBRATING OLDER PEOPLE

*With our best wishes*

**Messy Vintage**

from The Bible Reading Fellowship 

*Greetings dear friends!*

*During the difficult weeks and months of lockdown, it was so easy to slip into doom and gloom and feel anxious and negative, especially if, as older citizens, we are more isolated than our younger neighbours and are perhaps finding life quite tough.*

*So, as an antidote to this, this month we are celebrating older age and the vital contributions many senior citizens make to their families and communities. We are doing this partly because, since 1990, 1 October has been designated by the United Nations as the International Day of Older Persons and we want to share good news stories about older people, locally here in Southampton and further afield. This year's theme is Digital Equity for all ages, which acknowledges that in a rapidly changing world, where technology is becoming more and more important, older people can easily fall behind in their understanding of and ability to use effectively mobile phones, iPads, social media, online zoom meetings etc.*

*As our response to this, locally, we want to find ways of building community, linking up with each other, and remaining connected, so that none of us feels left out. Eventually we should like to do this in face to face gatherings, but in the meantime, these Vintage Adventure @ Home packs are one means of keeping us in touch with one other.*

*To help keep us connected, useful telephone numbers to ring if you are feeling in need of a chat, a reminder about our lovely Anna Chaplains, as well as resources with a Christian perspective from the Bible Reading Fellowship and their Gift of Years Ministry. You can also find out about the charity Faith in Later Life as well as a down to earth, practical book *A Good Old Age*.*

*One of the reasons behind the setting up of Caraway was the strong belief in the value of each and every older person and the encouragement in the Bible that older people will bear good fruit in their old age. We have therefore included some Bible promises about old age, which reassure us that we are not on our own, even though it may sometimes feel like it and that GOD is there to draw strength from and will not let us down.*

*Many of the historic characters in the Bible were already old, when GOD called them to do great things for Him, so we include some inspiring accounts of seniors from across the world who have achieved amazing things. Moving closer to home, we have stories of Vintage community members who have also made a difference.*

*This pack has poems to make you smile, colouring, a fun puzzle about shoes, as well as a recipe for cupcakes. We are praying that you will find something among the contributions to inspire and encourage you, and to remind you that we are thinking of you.*

**“I will be your GOD throughout your lifetime – until your hair is white with age. I made you and I will care for you. I will carry you along and save you.” Isaiah 46 verse 4.**

*With love from Cynthia and your Vintage Adventure team*

# WORSHIP

## CELEBRATING OUR LATER YEARS

### Opening Thought

"You are never too old to set a new goal or dream a new dream"  
C. S. Lewis

*God's promises are for all of us whatever age we may be!*

### Opening Scripture

"In the last days, God says,  
I will pour out my Spirit on all people.  
Your sons and daughters will prophesy,  
your young men will see visions,  
your old men will dream dreams."  
Acts 2:17

### Opening Prayer

Heavenly Father, as we come to worship you today,  
we celebrate the gift of years that you've given us,  
the wisdom of experience, the maturity to enjoy the small things in life  
and the time for reflection, stillness, and prayer.  
Thank you that you continue to have a plan for us in our older years  
And by your grace and mercy,  
we pray that we will continue to bear fruit  
that will bring peace and hope to your world. Amen

*The following hymn reminds us that God is with us through all the seasons of our life*

### Hymn

Lord of all hopefulness, Lord of all joy,  
Whose trust, ever childlike, no cares could destroy,  
Be there at our waking, and give us, we pray,  
Your bliss in our hearts, Lord,  
At the break of the day.

Lord of all eagerness, Lord of all faith,  
Whose strong hands were skilled at the plane and the lathe,  
Be there at our labours and give us, we pray,  
Your strength in our hearts, Lord,  
At the noon of the day.

Lord of all kindness, Lord of all grace,  
Your hands swift to welcome; Your arms to embrace.  
Be there at our homing, and give us, we pray,  
Your love in our hearts, Lord,  
At the eve of the day.

Lord of all gentleness, Lord of all calm,  
Whose voice is contentment, whose presence is balm,  
Be there at our sleeping, and give us, we pray,  
Your peace in our hearts, Lord,  
At the end of the day.  
Jan Struther, 1931

*As the next scripture shows, God's promise that he will care for us, even carry us into our older years is a wonderful reminder of how much God loves and values us. Spend a moment imagining God carrying you to a place of safety; I wonder what that would feel like and where you'd find your place of safety?*

### Scripture

And I will still be carrying you when you are old.  
Your hair will turn grey, and I will still carry you.  
I made you, and I will carry you to safety.  
Isaiah 46:4

*I wonder how many older people in the Bible you can think of who served God in their later years? Be encouraged that God continues to have a purpose for you too! I wonder what goals and dreams God is placing in your heart today.*

- Moses was 80 when God called him to lead Israel out of Egypt (Exodus 7:6-9)
- Anna was 84 when she recognised the baby Jesus in the Temple (Luke 2: 36-38)
- Naomi cared for Ruth when returning home to Bethlehem as an older woman (Ruth)
- Abraham was 99 when God made a covenant with him (Genesis 17: 1-2)

## Prayers

### *For others*

God of compassion and grace, we pray for all those who,  
through age and infirmity find themselves imprisoned  
within the loneliness of home, watching a world outside  
that once had their full involvement  
increasingly pass them by.

Be with and bless them, Lord, along with family and carers  
calling through the week to help.

May they know that they are loved, still precious in your sight,  
and feel your arms support them  
in the day and through the night. Amen

### *For ourselves*

Gracious God

We pray that you would continue to call us to new pastures,  
dreaming new dreams, setting new goals,  
so that we can serve you with all the gifts and experience given to us.

May we grow closer to you day by day,  
knowing the joy of the present moment  
seeing beauty when we may once have passed by.

Give us the assurance of your eternal love,  
trusting you for all that lies ahead. Amen

### *And the prayer for all seasons and all of God's people*

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,  
as we forgive those  
who trespass against us.

And lead us not into temptation,  
but deliver us from evil.

For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.

*As we come to close our worship let's be encouraged by this verse in Psalm 71.  
The Psalmist is confident that God will not abandon him in his older years, but  
more importantly, he wants to use what time is left to share the good news of God  
to the younger generation.*

*Who can we share our faith with over the coming weeks?*

*How might we do that?*

*A letter to a godchild, a book for our grandchildren, pray for the young people in  
our church, send some encouragement to our children's and youth workers.*

## Scripture

Now that I am old and grey,  
do not abandon me, O God.

Let me proclaim your power to this new generation,  
your mighty miracles to all who come after me.

Psalm 71: 18

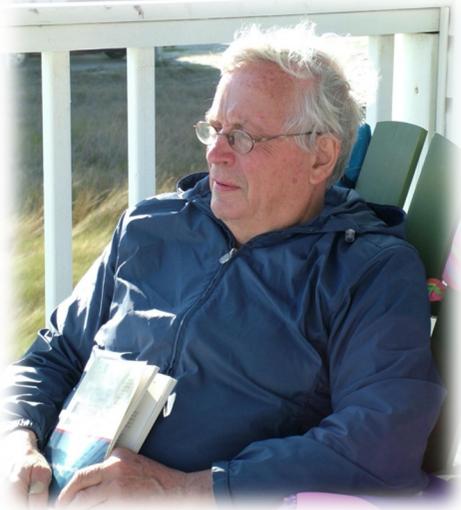
## Blessing

God bless you and keep you,  
God smile on you and gift you,  
God look you full in the face  
and make you prosper.

Amen

Numbers 6: 24-26

## GOD AND OLD AGE



Have you ever noticed how the Bible is full of older people whom GOD uses? Moses was already 80 when he was called by God. Miriam was 93 when she danced as part of her worship to GOD. And in the New Testament, a grandmother Lois is mentioned. Lois shared her Christian faith with her grandson Timothy, and Timothy went on to work with the apostle Paul. In fact, we could even say that Grandmother Lois contributed to the founding of the church and the Christian community of which we are a part today, 2000 years later!

I was on a zoom conference recently and one of the speakers, Louise Morse, a distinguished writer and speaker on all sorts of issues relating to old age, shared her thoughts on God's view of later life. One of the things Louise said, was that old age is a gift from GOD, and growing old is actually a reward from GOD. Have you ever thought of it like that?

Louise emphasised that old age is not a mistake, GOD has designed old age on purpose. Part of His plan is that we older people should do as Lois in our example above did, and share the stories of how GOD has been faithful throughout our lives. Significantly, it was to Elizabeth, an older woman, that the young Virgin Mary turned, after she had received the news of her pregnancy. The Bible clearly sees older people as having a role in supporting, encouraging and guiding the younger generation.

GOD created a **balanced society** in which both young and old are of equal value. Sadly, as we have all experienced, we now live in a culture which regards youth as the most important phase in life. Anti-ageing face creams are advertised for women in their forties, which is already considered 'old'! So how does that make those of us in our seventies, eighties, nineties or even centenarians feel about our worth? The Bible tells us that GOD values us **ALL, old as well as the young**.

Proverbs 20 verse 29 tells us, *The glory of young men is their strength, but **grey hair is the splendour of old men***. Louise reminded us that in the Bible grey hair is synonymous with wisdom. And in the New Testament, Paul, when writing to Philemon, starts his letter with the words, *I Paul, **as an old man**, appeal to you ....* Paul expected to be listened to and respected because he was older.

The Old Testament in Leviticus 19 verse 32 instructs us, *Rise in the presence of the aged, **show respect for the elderly** and revere your GOD*. This indicates that GOD thinks it is right that older people should be honoured for their wisdom. And it follows that we must do our best to draw wisely on our life's experiences!

The Bible has a unique perspective on ageing. We see this in Psalm 92 verse 14 *They will still yield fruit in old age; they shall be full of sap and very green.'*

Older age can be a time of continuing growth spiritually, a period in which to go on being as productive as we are able. And in the Bible being useful is NOT just about 'doing things'. It can be demonstrating an attitude of contentment amid difficulties, taking the time to encourage someone or simply not being a 'grumpy old man or woman'. Ephesians 2 verse 10 says, *We are His workmanship, created in Christ Jesus for good works which GOD prepared in advance for us to do.* No timeline there – not just until you are 60!

Of course, you may be reading this from a vulnerable situation, and thinking, this doesn't mean me. I am unwell, in pain, very frail, facing a life changing illness, can't get out and about much, all alone ....

Be encouraged by a true story from one of the other conference speakers, Carl Brettle. Carl had gone off the rails somewhat, having been a Christian in his early life, but as a young adult became involved with bad company, drink and drugs. After three years, by which time his life was a complete mess, he felt drawn to return to his home church where he happened to sit down next to an elderly lady, Irene. Irene surprised him by turning to him and whispering, 'I have been praying for you every day since you went away!' This statement so profoundly affected Carl, that his life was turned around from that point. Irene appeared to be a weak and useless old lady, but her faithful prayers over a three year period were the catalyst which led Carl into a lifetime's ministry and service. Who says that old people are no good?

And most importantly, remember GOD's promise to Ruth (Ruth 4 verse 15) *I will renew your life and sustain you in your old age.* We aren't expected to do any of this in our own strength but with GOD's help.

Don't forget: **we are never too old for GOD's kingdom.**

The poet Robert Browning wrote

*Grow old along with me! The best is yet to be,  
the last of life, for which the first was made.  
Our times are in his hand who saith, 'A whole I planned,  
youth shows but half; Trust God: See all, nor be afraid!'*

Let's welcome the challenges of the second half of life, the gift of years. As Louise encourages us, 'Don't be content with half the story!'

*With thanks to Louise Morse.*



## GROWING OLD

A renowned speaker and teacher, Rev David Runcorn, regularly writes on a range of contemporary issues. An ordained priest, he served in a West London parish, and was chaplain at Lee Abbey conference and holiday centre in Devon. He was also a lecturer at Trinity College Bristol, Director of Ministry Development in the Diocese of Lichfield, and Warden of Readers and Director of Ordinands in Gloucester Diocese. He is now retired but still engaged in what he describes as 'freelance' ministry. In this reflection we share some of his thoughts on growing old, a topic which affects us all. These ponderings were originally included in a series on ageing in New Daylight Bible Reading Notes for July-Aug 2021. David comments,



We start ageing from the moment we are born. We call it 'growing' at that point – which sounds more positive! It is unfortunate that we call the later stages of life 'ageing', as if 'growing' has stopped and declining has begun. In fact, there is no stage of life that does not involve growing. Our growing is never finished.

We call the first stage 'growing up'. The tasks in this stage involve the establishing of life, home, work and relationships. Though this never completely stops, the focus does begin to shift as we move into the second half, and later stages, of life. There is good reason why those years, in traditional cultures, are expected to prioritise the more inward qualities of reflection and contemplation. The focus is no longer so much on what we have achieved, but on its significance and meaning - not so much the container but what it contains. We reflect not only on what we have been doing but also on what kind of person we have become in the process.

Growing old is a challenge to be embraced as adventurously as growing up. As in all life, there will be losses and gains. Energies and priorities will change, for, as Carl Jung said, 'We cannot live in the afternoon of life according to the programme of life's morning.'

What stage of life are you living in? What does the invitation and challenge to be growing ask of you? What, within the season of your life, are you enjoying and celebrating? Perhaps it comes with things that are difficult to live with. Where are the gifts and the challenges of this season? Are there things to embrace and value – even if it IS tough going? For everything there is a season. And GOD is present in it all – seen and unseen.

*Runcorn D, 2021, Growing Old in New Daylight pp 99 and 101, Bible Reading Fellowship*

## Just As I Am

Who am I, Lord, when I am alone,  
When the four walls close in on me  
And I stare blankly into the distance?

Who am I, Lord, when I look at who I am  
And what I have achieved  
And I stare blankly at my worldly accomplishments?

Who am I, Lord, when I look at my words  
And my works  
And stare blankly at evidence of my achievements?

My child, my precious child,  
I'll tell you who you are.  
You are My Beloved.

You need not strive for recognition  
Or affirmation from men or women  
Whose accolade is fleeting.

You need only to rest in the embrace of my arms  
And hear my words ring out: I love you –  
Just as you are.

Shall I tell you what you're worth?  
Seek out my face  
And look into the heart that sees you  
Exactly as you are  
And loves you unconditionally.

If you had nothing,  
If you achieved nothing,  
I would still love you.  
Come.  
Just as you are.

*Jenny Gomm*

## You Never Will Be Old

You never will be old  
with a twinkle in your eye,  
with the springtime in your heart  
as you watch the winter fly.

You never will be old  
while you have a smile to share,  
while you wonder at mankind  
and you have the time to care.

While there's magic in your world  
and a special dream to hold,  
while you still can  
laugh at life,  
you never will be old.

*Iris Hesselden*  
*Publisher Tim Tiley Ltd.*

# Hall of Fame

## *Inspiring Older People from around the World – and closer to home!*

Do you recall any of these older people and their achievements?

Incredible accomplishments aren't just for young people. Across the globe people in later life have shown that they can do things that are just as amazing as people who are less than half their age. Some are breaking records or achieving lifelong dreams, and some are simply spending time with family and friends, or helping to make their community a better place. These seniors are astonishing and deserve a round of applause!



You may remember **John Glenn**, Senator, who in 1998 at the age of 77, became the oldest astronaut, when he was blasted into space as part of Space Shuttle mission STS-95. He spent 11 days in space before returning to Earth. Glenn had previously been into space in 1962 as part of the Mercury space programme, which as we shall find out below, was reserved for male astronauts. He was one of the first American astronauts sent to space and was the first to orbit the Earth.

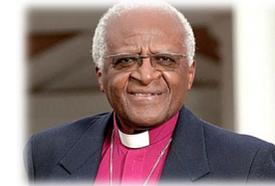
Other older people dream of accomplishing something year after year, but only achieve their goal towards the end of their life, perhaps by choice, or because they didn't have the opportunity to do so earlier. Whatever the case may be, these seniors deserve congratulations for persevering and finally making their dreams come true.

One of these is **Mary Wallace (Wally) Funk**, who trained as an astronaut in the 1960s but was not permitted to take a full part in the Mercury space programme, owing to being a woman. This July, after sixty years, Wally at 82 has now become the oldest ever person to fly in space, when she was part of the crew in billionaire Amazon founder Jeff Bezos' spacecraft. The spacecraft travelled at nearly three times the speed of sound, reaching a height of nearly 100km (62 miles) above the Earth's surface. The capsule then returned to Earth using parachutes on a trip that lasted ten minutes. Born in New Mexico in 1939, Wally Funk has had a life-long love of aviation, taking her first flying lesson aged nine. Since then, she has logged 19,600 flight hours across her career and taught some 3,000 people to fly.



Someone else who waited a lifetime to achieve a dream was American **Nola Ochs**, who died at the great age of 105. In 2007 Nola at 95, became the oldest college graduate, actually gaining her degree alongside her granddaughter, who was only 21 at the time. However, she didn't stop there. In 2010, at 98 years old, Nola became the oldest person to receive a master's degree. She encouraged everyone to keep on learning, telling her grandchildren, 'If grandmother can do it, you can.'

Closer to home, former solicitor, **Archie White**, 96, who did not retire until he was 92, in July 2021 became the oldest graduate in the UK, having completed a bachelors (BA) degree in Fine Art. Archie proved that it is never too late to learn new skills by taking up painting, photography, clay modelling and how to use Photoshop as part of his course in Hastings.



Another famous figure is **Desmond Tutu**, born in 1931 in Klerksdorp, Transvaal, South Africa. In 1984 he was awarded the Nobel Peace Prize for his Anti-Apartheid efforts. In 1985 he became the Bishop of Johannesburg, the first black African to hold the office. He always tried to use nonviolent methods to achieve his aims, encouraging fasting and prayer alongside marches and strikes. In 1986 he was elected Archbishop of Cape Town, and was in charge of five African countries. In **1995** Tutu became one of the seventeen commissioners on the Truth and Reconciliation Commission (TRC) and was chosen by Mandela to chair the commission. One of Tutu's sayings is, 'Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.' In 2007 he and Nelson Mandela established a group called the Elders, a forum of distinguished, older statesmen from around the world. The group's aim is to deliberate on issues of global significance such as climate change. Members have included Kofi Annan (Former U.N. Secretary General) and Jimmy Carter (Former President of the United States).



You will no doubt immediately recognise this well-known face! I remember enjoying the Agatha Christie Miss Marple series on BBC Television. Already an accomplished stage actress, having worked in theatre and film, **Joan Bogie Hickson, OBE**, was the oldest actress ever to take the lead in a major television series. Joan was a sprightly 78, when she was chosen to portray Agatha Christie's spinster detective. Born in 1906 in Northampton, this popular actress played the role from 1984-1992, and like her character, was herself an octogenarian for most of the series' run. The show ran for three seasons, adapting all 12 of Christie's original novels.

In the UK, during the pandemic and first lockdown of 2020, **Captain Sir Thomas Moore**, popularly known as Captain Tom, became internationally known for his efforts to raise money for charity prior to his 100<sup>th</sup> birthday. On 6 April 2020, at the age of 99, Captain Tom began to walk one hundred lengths of his garden in aid of NHS Charities Together, aiming to raise £1,000 by 30 April. In the 24-day period of his fundraising, he made many media appearances and became a household name, attracting over 1.5 million individual donations. By the time the campaign closed at the end of that day it had increased to over £32.79 million (worth almost £39 million with expected tax rebates). Captain Tom had served many years ago in India and the Burma campaign during World War 2. He held two Guinness World Records: first, as the fundraiser raising the greatest sum of money in an individual charity walk. Second, as the oldest artist to have a number-one single on the UK charts. For this he collaborated with Michael Ball and the NHS Voices of Care Choir to sing You'll Never Walk Alone. Since his death in February of this year, his family has set up the Sir Tom Foundation to carry on his legacy of fund raising and bringing hope.



Another Christian whom you may not perhaps have heard of is **Derek Prime**. Derek is described as a 'lovely man, gracious and gentle'. Derek became a Christian as a young teenager, and later taught history and religious knowledge at Battersea Grammar School. He was ordained in 1957. In 1969 he accepted a call to be the minister at Charlotte Chapel in Edinburgh. Charlotte Chapel seated a thousand people, but Derek's ministry was so captivating that services were regularly broadcast to overflow congregations in other halls. Students from all over the world packed the Chapel on Sundays and many came to Christian faith through his ministry, returning to their own countries to serve Christ. During retirement, he wrote several books, adding to the 36 already published. His final publication, in 2017, was "A Good Old Age, subtitled An A to Z of loving and following the Lord Jesus in later years". We feature this book elsewhere in this VA@Home pack.

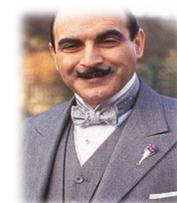


Nonagenarian **Sir David Attenborough**, British broadcaster, naturalist and conservationist has been a familiar figure on television ever since the 1950s. Perhaps you recall watching Life on Earth, or more recently, Blue Planet. As the years have gone on, Sir David became increasingly aware that the animals and habitats he was filming, were under threat. He is the author of documentaries which overtly tackle environmental issues but prefers a subtler approach, showcasing the natural world in the hope we might be inspired to preserve it. Counting former President Obama among his biggest admirers, Sir David has done more than almost any other person to help millions of us understand and appreciate the wonders of the creation around us.

**Her Majesty, Queen Elizabeth II**, born 21 April 1926, and now in her 96<sup>th</sup> year, and the 69<sup>th</sup> year of her reign, has devotedly served the British people ever since her coronation on 6 February 1952. Writing on the occasion of her 90<sup>th</sup> birthday, the Queen said, 'In my first Christmas broadcast in 1952, I asked the people of the Commonwealth and the Empire to pray for me as I prepared to dedicate myself to their service at my Coronation. As I enter my 91<sup>st</sup> year, I remain eternally grateful for those prayers, and to God for His steadfast love. I have seen His faithfulness to me, as I have sought to serve.' In 2015 she surpassed Queen Victoria to become the longest-reigning monarch in British history. 2022 will mark her Platinum (70<sup>th</sup>) Jubilee Year. One of Her Majesty's formal titles is Defender of the Faith, and throughout her life she has not been afraid to acknowledge her Christian beliefs.



The oldest person to reach the summit of Mount Everest is **Yuichiro Miura** from Japan. He climbed the peak for the THIRD time in 2013 at the age of 80 – he had already scaled the mountain to its peak at the age of 70 and again at 75. Yuichiro, who as well as being an adventurer, became famous as the first person to ski down Everest, did this last ascent despite having had several heart operations, pelvis surgery, and diabetes. Still alive and now 88, this intrepid mountaineer, plans to ski down the sixth highest peak if he reaches the age of 90!



This photo shows the quirky Belgian detective Hercule Poirot from the Agatha Christie novels. The role has been superbly portrayed over a period of 25 years by **Sir David Suchet**, CBE, who has received many accolades for his outstanding depiction of a variety of characters on the British stage and on television. What you may not know, is that in between filming the final series in the 70 episodes of Poirot, Sir David also recorded the whole of the Bible from Genesis right through to the Book of Revelation. That amounts to over 200 hours in the recording studio, a total of 752,702 words! His publisher for this project, Hodder and Stoughton, says that he is the first British actor of stature to attempt this incredible feat. Sir David became a Christian, while reading Romans 8 in a hotel Bible in 1986, and the completion of this mammoth task in 2013, was the fulfilment of an ambition he had cherished for twenty seven years, which he described as 'the biggest role of my life.'

## Unsung older heroes in their local communities

From the examples in our Hall of Fame, we might have the impression that in order to count, we have to be doing astonishing things and be in the public eye. However, the following stories show that ordinary people doing ordinary things can have an extraordinary impact on those around them.



**Doris Martin** (19 April 1920, now 101) is pictured here with her youngest great grandchild, Clio, aged just 1 (so a century separates the youngest and oldest in the photo). For many years Doris volunteered in the local hospital in Billericay as part of the WRVS (Women's Royal Voluntary Service,) serving refreshments and taking magazines and sweet treats to patients on the

wards. Later, she volunteered every week at a tea club for older people, and was often to be found behind the scenes in the kitchen, washing up countless cups and plates. One day well into her eighties, Doris realised that she was actually about 30 years older than the guests whom she was serving!!!!

Someone else who volunteered in behind the scenes roles is **Joan Heal**, now in her late nineties. In the days when we used to have printed service sheets and church magazines, Joan was often to be found in the Highfield church office, folding and collating leaflets. On Saturdays, she volunteered at the weekly lunch club, started by John and Pat Benwell, and helped both at Tea Club and at Coffee Pot, where she oversaw the second-hand books, which people brought in for others to take away and read. Earlier in her long life, in the 1940s Joan worked for two years in computing in the Atomic Energy facility, housed at that time in the University of Montreal. Joan's role required her to sign the Official Secrets Act. Joan has travelled widely, living in Switzerland, Canada, Jamaica, and for 25 years in Northern Ireland. Joan has many tales to tell of the unhappy years of the clashes between the IRA and British troops. She recalls in the stoic way typical of her generation, frightening experiences of explosions and the complications of having to cross border points, when she and her family were visiting the Irish Republic.



Some of you observant readers, may remember that in January 2021 we did a piece about local resident, **Maureen Champion**, who at the age of 91, took up the challenge of abseiling down the Spinnaker Tower in Portsmouth with her daughter Kate, who was celebrating her 60<sup>th</sup> birthday. Maureen decided to raise



money for Mercy Ships, a Christian charity which she had supported for many years in their work providing free medical and health care to the vulnerable in desperate need in some of the poorest countries of the world. Not only did Maureen do something amazing herself, but also raised £2,400. Maureen had planned a further adventure on a zip wire over a quarry in Wales, but Covid and lockdown intervened. However, on 23 September she was taken for a ride by a friend who owns a 1600 cc Harley Davidson motorbike! Maureen reports, 'We went to visit my grandson in West End. I was pleased to get this in before my 93<sup>rd</sup> birthday in a couple of months. It was certainly an experience and I might even do it again!'

Maureen recommends that even if such exploits are not your cup of tea, you might consider joining a Chairobics Class, such as the one she attends in the Highfield Church Centre. She explains that it does take quite a bit of mental as well as physical energy to do the class, but emphasises that it is vital to keep active and as mobile as possible, even if you happen to be, as she is, at almost 93 possibly the oldest in the class! Congratulations Maureen!



**Valda White**, who suffered agonizing osteoporosis, supported the work of Kreativitiy in the Ukraine. Despite the pain she was often in, in her mid-seventies, Valda went out to Cherkassy and was an inspiration to those serving the local community there. She visited three times, in 2010, 2011 and 2012, to help with the Yazik English



language teaching project. With teams from the UK and the USA, Valda took the lead in organising a week of free English language teaching for young people. David Bute who oversees the Kreativitiy initiative in the Ukraine, says, 'Valda was a great hit with those attending, and we really appreciated her enthusiasm and passion for not just teaching, but humbly serving those in her classes. Valda proved that age and disability are no barrier to making a difference and helping those less fortunate than ourselves, even if that means travelling abroad well into retirement.'



Down in North Cornwall, **Bill Pearce** (87) an accomplished fund raiser for good causes over many, many years, continues to oversee and edit the Davidstow Parish Magazine. Bill negotiates with advertisers and contributors, incorporating a variety of news and items of real interest to the local

community. Every letter of every word is typed by the middle finger of Bill's right hand! The magazine is delivered free to over 350 households in the rural Davidstow parish. Bill's final fundraising triumph on behalf of Davidstow Church was a Military Wives Concert in December 2018. Bill drove miles canvassing businesses across north Cornwall and advertising in the special souvenir programme raised £2950. We drove down for the big night, and found the church decorated with bunting and paraphernalia from the three Armed Services, and absolutely packed with an audience of 200 guests, who thoroughly enjoyed every moment! Bill's marvellous efforts and remarkable hard work raised over £4000, from which Davidstow PCC made a generous donation to the Plymouth Military Wives Choir, themselves a charity. Bill has also been church warden for a long time and an active member of a tiny congregation, helping to raise revenue to keep this beautiful church open.



One of our Southampton neighbours, an older member of our Vintage Adventure team, **Jill Heard**, has demonstrated that seniors can make a real difference. Jill regularly phoned former Tea Club members each Thursday during lockdown for an encouraging chat. In addition, Jill has organised coffee gatherings and tea parties, in the grounds of local blocks of apartments and in her

own beautiful garden, to enable isolated older friends to meet up and have a cuppa and a catch up. This photo shows some of her happy guests enjoying the sunshine and friendship together. These efforts have reminded other local people that they are not alone, are valued and being remembered.



And last but not least, we highlight the fact that some of us can still be creative in our later years. Retired local priest, **Rev David Corfe**, now in his late 80s, has published two anthologies of thought provoking poetry penned over more than thirty years. We close this article with a selection of his poems, which focus in different ways, on the older person. The first,



Rembrandt Self-Portrait, can be found in the anthology, *The Road Taken, Selected Poems, 1990-2013*.



You couldn't count the hours I've watched this face,  
studied its wrinkled contours, gazed within  
the eyes reflected to meet mine, traced  
the record of my life beneath the skin.

I'm glad I've left behind vainglorious youth,  
flamboyant gesture and exotic dress;  
my fading smock serves well to tell the truth,  
the slanting light catches its warm darkness.

The curls have greyed beneath my ancient cap,  
so too the whiskers on my lip and chin;  
my skin is mottled like a well-thumbed map,  
the veins show through in places where it's thin.

As for my nose, that bulbous knob that thrusts  
at me so strongly, I have to mix grit  
with the paint to get its texture. Age encrusts  
each feature as I faithfully record it.

Groan as I may, yet let me not despair;  
thank God I still have eyes as keen as new.  
A pattern of decay confronts my stare,  
but I shall paint God's image breaking through.

*David Corfe*

From *The Road Taken Selected Poems 1990-2013* (2014) FeedARead publishing  
David's second anthology is *More from My Knapsack – selected poems 1980-2017*

Our final two poems inserted have been written by David especially for this issue of *Vintage Adventure@Home*. Thank you, David!

## Celebrating Age

So this is ageing,  
to wake from eight hour's sleep and still feel tired  
or tire in a hundred yards,  
reluctantly admit  
we're now incapable of speed.  
New pleasures though are ours -  
to lie abandoned in the grass  
and watch buds bursting round us,  
or through a spread of branches  
to contemplate the shimmering sky.

This is ageing;  
What though our potency has failed,  
the urgency to reach a climax?  
We now have time to admire the other  
and draw them closer in affection.

The time has come to understand,  
discover who we are,  
allow the pieces once suppressed  
to surface and find healing,  
no longer to pretend or be ashamed.  
A time for friendships long neglected,  
or to make new ones.

We quieten ourselves  
for the final invitation,  
ready to rest in the Lover's arms;  
with confidence we wait  
for the full-blooded  
Resurrection.

*David Corfe 2021*

## You are old, Davey-Boy

*with thanks to Lewis Carroll*

You are old, Davey-boy, a part of me sighs,  
relax and stay in your bed;  
no urgency now, no children who cry  
to disturb your venerable head.

You're wrong, young man, there's life in me yet,  
so much I have left undone;  
get up, you sluggard, may I never regret  
that I've wasted this life I've begun.

You are old, Davey-boy, and the sky is grey,  
there's a cutting wind on the park;  
the forecast predicts that there's rain on the way,  
you'll die of cold in the dark.

So what, say I, I'll do as I feel,  
enjoy the wind on my cheek,  
the colour it brings will help to conceal  
how inside I'm frail and weak.

You are old, Davey-Boy, and walk with a stick  
and wobble from side to side;  
let your childrens' children run out and kick,  
the old should huddle inside.

No, says old Dave, I'll put on my shoes -  
there's a world out there to explore;  
I shall stagger along at the pace I shall choose,  
to the comforting cafe next door.

Yes, says old Dave, there's sparks in my brain  
which the writing of verse may yet fan,  
with coffee inside I'll get busy again,  
and laugh at myself while I can.

*David Corfe 2021*

## Faith-based Resources to support you in later life

In this article we tell you about two Christian charitable organisations, whose aim is to support older people, in part by providing high quality and appropriate spiritual resources. Sometimes these resources are human, in the form of Anna Chaplains, sometimes they are print based like the Bible Reading Notes, sometimes they are audio to be listened to if you prefer, and sometimes they are digital and can be downloaded onto phones and laptops. We also highlight the book by Derek Prime and the audio recordings of the Bible by David Suchet, both of whom we feature in our Hall of Fame.



**Faith in Later Life** was founded in 2017 and since then has grown rapidly. This organisation seeks to provide a voice and advocate for older people in the UK. If you can go to their website

(<https://faithinlaterlife.org/>) you will read the following:

With a focus on the rapid acceleration in the numbers of older people in the UK and older people often being portrayed as a “burden” and being “written off”, Faith in Later Life seeks to reframe the way we see those in later life. The Bible describes older people as having a vital role to play in the church and in society and so an increasingly older demographic brings significant opportunity, as well as challenge. Many older people will be Christians who will be seeking to know how they can continue to work out their faith in later life. There are also many older people, who are living increasingly lonely and isolated lives and who need to hear the good news of the gospel. Faith in Later Life also supports over 500 volunteers who are Church Champions for older people, and can help their churches and local communities with support for those of us who are seniors.

Another Christian charity is the **Bible Reading Fellowship** (BRF) <https://www.brf.org.uk/> with the vision to ‘enable people of all ages to grow in faith and understanding of the Bible.’ BRF has four dimensions to its ministry, the one of most interest to older people being the Gift of Years and Anna Chaplaincy.



**The Gift of Years** seeks to improve the spiritual and emotional lives of older people across the UK. The inspiration behind this ministry is Debbie Thrower, a well-known former journalist and broadcaster. Debbie's face may be familiar from Songs of

Praise or as newreader on BBC national news and especially on ITV's Meridian Tonight from its beginnings in 1993-2009. At that point, Debbie decided to focus on her role as



volunteer Licensed Lay Minister and became the first Anna Chaplain. She still volunteers on a part time basis in this role, whilst simultaneously heading up this ministry within BRF.

Debbie writes,

At the heart of the programme lies development of the Anna Chaplaincy model of supporting older people which began in Alton, Hampshire. It is named after the widow Anna who appears with Simeon in St. Luke's gospel; both fine role models of faithful older people who believed God's promises, and transcended loss and the diminishments of older age.

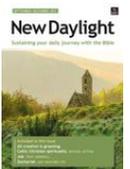


She goes on to explain that the ageing process can be compared to a journey, which, whether a person has a faith or not, nevertheless incorporates a spiritual dimension. Over a thousand medical studies have demonstrated that meeting people's spiritual needs has the potential to improve physical and mental well-being. Benefits to health include an improvement in a person's immune system, an improved ability to cope with illness and indeed faster rates of recovery. The United Nations recognises the importance of spiritual health. The World Health Organisation also includes a spiritual dimension to well-being, alongside physical, mental and social well-being.

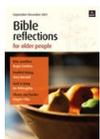
Since modest beginnings in 2009, the Anna Chaplaincy model of supporting both men and women in later life, has grown rapidly. There are to date approximately 160 Anna Chaplains nationally. It is important to note that Anna Chaplains, who are men and women, and work in care homes as well as within the wider community, are there to be alongside everyone: people of faith, little faith or none. You do not need to be a Christian to receive a visit or support from an Anna Chaplain.

Another part of BRF's ministry is the resources it provides. These include a variety of notes to help us understand how the Bible can help us in Living Faith our daily lives. This ministry goes right back to 1922 when Bible reading notes were distributed in south London. Now, a century later, it has grown into a worldwide ministry, enabling people of all ages to keep learning throughout their lives, as well as feeling part of a much wider family of Christian believers.

In this VA@Home we feature an extract from a reflection on 'Growing Old' by David Runcorn, which appeared in full in a recent set of **New Daylight** notes. New Daylight offers four months of daily Bible reading and reflection for everybody who wants to go deeper with God. It is ideal for those looking for a fresh approach to regular Bible study, and offers a talented team of contributors who present a Bible passage (text included), helpful



comment and a prayer or thought for the day ahead. The series is edited by Sally Welch and a single copy currently costs £4.75.



Some of you may like the format of **Bible Reflections for Older People**. Erica, the founder of the charity Caraway, which produces these VA@Home packs, is a regular writer for these notes. All the contributors are seniors, with a deeper understanding of the challenges we can face as we age. The reflections are designed to bring hope, assurance and sustenance, reminding the reader of the love and presence of GOD. Each booklet also includes in its centre pages an interview by Debbie Thrower with one of the contributors. The pages are printed in larger font and are undated, so that you can dip in and out and not feel tied to reading on specific dates. Bible Reflections for Older people currently cost £5.25 for each issue.

You can obtain Bible reading notes directly from BRF, or through Christian bookshops such as Oasis at 25 Church St, Romsey SO51 8BT. Phone: [01794 512194](tel:01794512194) If you live in Southampton, October Books on the high street in Portswood will order books for you. They are at 189 Portswood Road, SO17 2NF, 02380 581 030. <https://www.octoberbooks.org/>

A reputable Christian bookseller, who will post books to your home is Aslan Christian Books at <https://www.aslanchristianbooks.com/>. However, you do not



have to go online. They also send out regular catalogues/magazines with the latest titles. At the back of the booklet is an order form which you can complete and return in the old fashioned way! Send your payment, which can be by cheque, to Aslan Christian Books, 1c Woodland Industrial Estate, Westbury, Wiltshire, BA13 3QS. Or you can order by phone: 01373 823451.



I came across this book, **A Good Old Age**, on the bookstall at the Cotswold Bible Festival in 2019. On the cover I read the following statement, which really intrigued me: 'Old age often gets a bad press. Associated with grumpiness, aches and pains, loneliness, and isolation, it's not something we particularly look forward to or relish when we are there.' Pastor Derek Prime shows us that there is another way to view old age. Never one to resist a special offer, I bought a copy. Derek wrote this particular book, when already in his 80s. In it he shares biblical wisdom and practical ways in which we can live out our later and final years in a genuinely constructive way, whilst nonetheless acknowledging the difficulties which can arise. The book is intentionally printed in a larger typeface than usual, to make it an easier read. Each of the 26 sections, which take a letter of the alphabet as a prompt for a positive quality or principle, needs to be read and

pondered one at a time, rather than reading the book straight through from cover to cover. I can thoroughly recommend it.

Sometimes we feel too tired to read the Bible for ourselves and failing eyesight may make it increasingly hard to do so. One possibility then is to simply shut your eyes and listen to some passages, may be from the psalms or one of the gospels, and let yourself be drawn into its riches by David Suchet's deep and melodious voice. You can purchase the entire **Bible, in several parts, on CDs**. Alternatively, you can listen to it as an audio book, by downloading a copy on Audible, if you have a smartphone, iPad, or tablet.



We are praying that you are inspired to obtain a copy of at least one of these resources. Or to find our more and be encouraged by visiting the Faith in Later Life <https://faithinlaterlife.org/> and Bible Reading Fellowship <https://www.brf.org.uk/> websites, where you can discover lots more exciting news about support that is available.

#### Help is at hand!

If you are unsure how to download any items, please contact Caraway using one of the contacts on the inside of the VA@Home cover sheet, or let one of the Anna Chaplains know. We are sure we can put you in touch with someone who can help you!

## Uplifting Verses from the Bible on Old Age

The Bible contains promises to encourage us as we become older. Here are some from the Old and New Testaments and a prayer from Psalm 71 for help for ourselves to use our remaining time well.

From the Old Testament:

**Ruth 4:15:** *He will renew your life and sustain you in your old age.*

**Isaiah 40:31:** *but those who keep waiting for the LORD will renew their strength.*

**Isaiah 46:4:** *And I will still be carrying you when you are old. Your hair will turn grey, and I will still carry you. I made you, and I will carry you to safety.*

**Psalm 92:12-14** *But the godly will flourish like palm trees and grow strong like the cedars of Lebanon..... They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green.*

And from the New Testament

**2 Corinthians 4:16-17** *That is why we are not discouraged. Though outwardly we are wearing out, inwardly we are renewed day by day.*

And a prayer for help for ourselves to use our remaining time well

**Psalm 71: 18** *Now that I am old and grey, do not abandon me, O God. Let me proclaim your power to this new generation, your mighty miracles to all who come after me.*

## Underground etiquette

From Waterloo to Maida Vale we share the Underground

Observing fellow passengers with covert glances round

It is not done to speak to them however close we sit

Wrapped in our cloaks of privacy as we endure the heat.

If in your neighbour's newspaper some headline makes you look

He subtly moves as if to say, "please go on with your book"

To be quite safe and not offend the only thing to do's

Feign interest in the ads above, or study all the shoes.

Conclusion: Although some fellow passengers may be ready to exchange a few pleasantries when there is room to breathe, people generally prefer to put up an illusory protective barrier around themselves and keep their eyes down. It is amazing how interesting and varied footwear can be.



# What do shoes say about you?

Some shoes are only for one age group, while others can be worn at any age.

How many different kinds of shoes do you own or wear?

Have some fun with the collection of shoes pictures overleaf. Using the grid below enter the types of shoes you think are appropriate to the age bracket given in the columns.

Think about your shoes, ones you wear often, other you might keep for the memories they represent, or you hope to wear them again. You may be surprised to find what your shoes mean to you!

Age 0-10yrs	10-25yrs	25-50	50-75	75-100



## Helping to connect you with someone friendly

If you or someone you know just needs to talk here are some numbers to call.



### Independent Age

0800 319 6789

<https://www.independentage.org/>

Independent Age provides support to older people including regular telephone calls and home visits.

### The Silver Line Helpline

0800 4 70 80 90

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year.

[wwwthesilverline.org.uk](http://wwwthesilverline.org.uk)

They also offer telephone friendship where they match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.

### Age UK Advice Line

0800 678 1602

Lines are open 8am-7pm, 365 days a year.

<https://www.ageuk.org.uk/services/age-uk-advice-line>

Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals.



**Daily Hope** is a free 24 hour phone line mainly for those unable to use the internet, or confined to home. It offers comfort and spiritual support through a choice of popular hymns, prayers and reflections. It has been created by **Holy Trinity Claygate** and **Faith in Later Life**.

## WHEN YOU NEED A FRIEND .....

There are times when we all need a friend to talk to, someone who will listen and offer a shoulder to cry on or an arm to lean on.

If that's you and you don't have that special person to turn to, why not speak to an Anna Chaplain (an Older Person's Chaplain).

We are all here to support you.

We care about you and would love to chat with you.

**Give us a Call! We're here for you!**

(our contact details are below)



Our Anna Chaplains are community based and support those navigating the changes we face in older age. Their primary role is to listen, both affirming those in their later years and helping them to celebrate the gift of life. An Anna Chaplain hopes to be a friend along the journey, supporting those with and without faith; listening, praying and building bridges with others in the community.

[www.caraway.uk.com](http://www.caraway.uk.com)



Marion

Southampton East  
07766 745503  
164014



Kathy

Southampton East  
07471 536733



Margaret

Southampton West  
07564 026471



Esther

Southampton West  
07535 164014



Erica

Southampton  
07535

# CELEBRATION CUP CAKES

This cupcake recipe uses self-raising flour and baking powder for an extra-fluffy texture and an all-important drop of vanilla extract to add that moreish vanilla flavour.



## Ingredients

- 115 g / 4 oz self-raising flour
- 1 tsp baking powder
- 115 g / 4 oz caster sugar
- 1 tsp vanilla essence
- 115 g / 4 oz baking spread (Stork, Perfect for Cakes), or butter
- 2 large eggs

## To decorate

- 120 g / 3 ½ oz icing sugar
- 2 Tbsp water
- Decorations

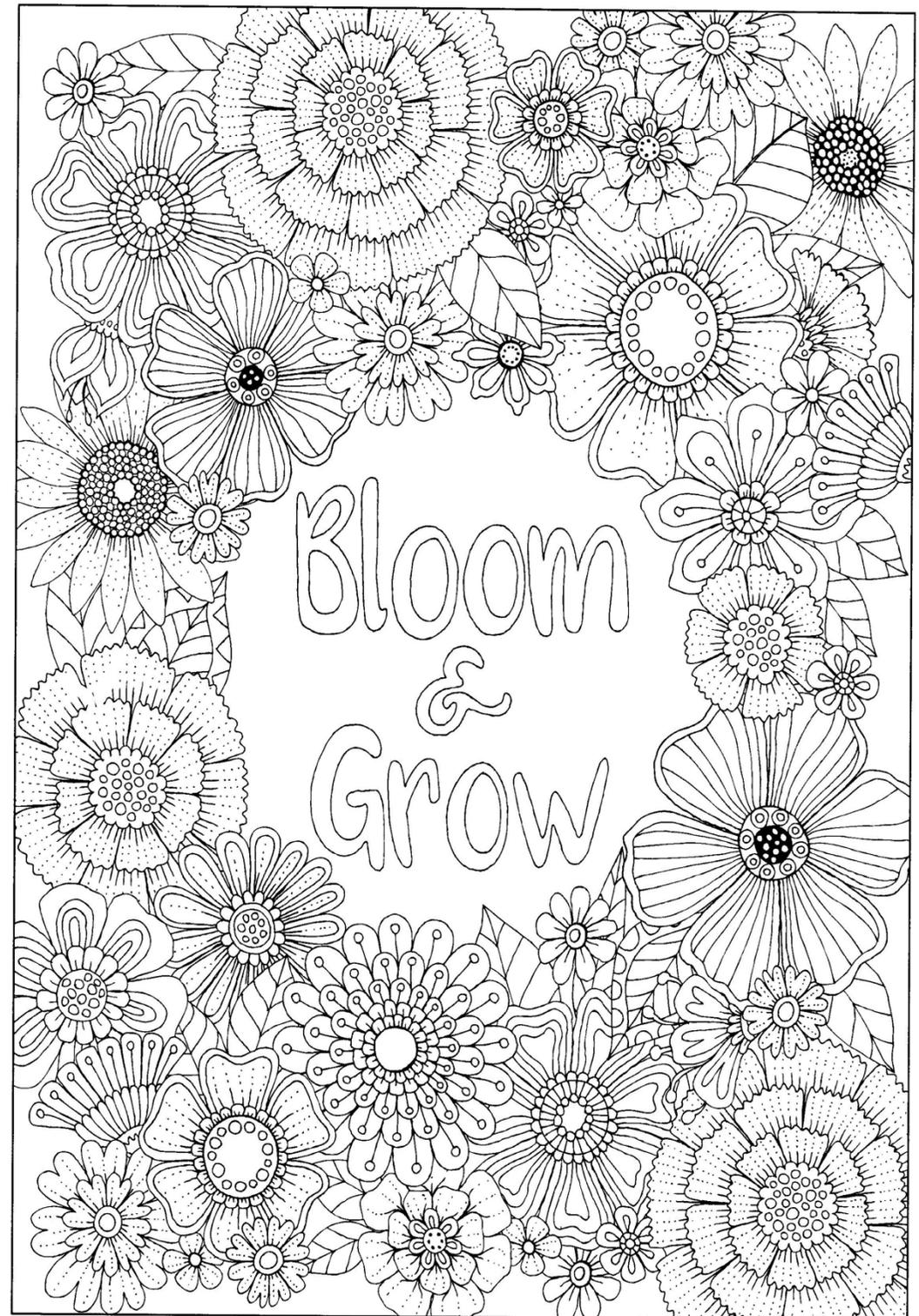
## Method

1. Preheat your oven to 180 C / 160 C Fan / Gas Mark 4
2. Line a 12 hole cake tin with paper cases if you have them, or grease well with buttered greaseproof paper so they don't stick to the bottom of the tin
3. Sieve the flour into a mixing bowl and add the remaining ingredients, mixing with a hand whisk or a wooden spoon until smooth and evenly combined
4. Divide the mixture evenly between the paper cases
5. Bake on the middle shelf for about 20 minutes, until golden and springy to the touch
6. Transfer to a wire rack to cool

## Topping

- Sieve the icing sugar into a bowl
- Gradually add the water, stirring to form a thick glossy icing
- Smooth the icing over the cakes
- Decorate with your favourite topping

*Enjoy - preferably with a friend*



## Test your knowledge!

### How carefully are you reading this month's VA@Home?

*Circle one answer out of the three choices given*

1. **Anna Chaplaincy** was founded by  
*Pam Rhodes/Deirdre Thrower/Debbie Thrower?*
2. **Sir David Attenborough** first appeared on television in the  
*1940s/1950s/1960s?*
3. **Joan Hickson** played Miss Marple for *12/11/8* episodes?
4. **Doris Martin** volunteered in  
*a hostel for the homeless/a food bank/a hospital?*
5. **Faith in Later Life** was set up in *2007 / 2015 / 2017?*
6. **The Queen's** coronation took place in *1951 / 1952 / 1954?*
7. **Joan Heal** has lived in *Japan / Jordan / Jamaica?*
8. **Wally Funk** was prevented from flying in space craft of the past  
because she was *too tall / a woman / too heavy?*
9. **Jill Heard** contacted friends in lockdown by  
*sending text messages / writing letters / telephoning?*
10. The **extreme skier who climbed Mt Everest** as an octogenarian  
comes from *Nepal / Japan / China?*
11. **Sir David Suchet** has recorded the  
*New Testament / Old Testament / the whole Bible?*
12. **Maureen Campion** raised money for *Tearfund / The RNLI / Mercy  
Ships?*
13. **Nola Ochs'** granddaughter was *16 / 19/ 21* when her grandmother  
gained a degree?
14. **Valda White** volunteered in *Rumania / Poland / Ukraine?*
15. **Captain Tom's** charity walk raised  
*£28 million / £31 million/£39 million?*
16. The **Military Wives' Concert** in Davidstow raised more than  
*£400 / £1400 / £4000?*
17. **David Corfe** has published *novels / poems / sermons?*
18. **Derek Prime** was pastor in a church in  
*Glasgow / Edinburgh/ Aberdeen?*
19. **John Glenn** was *58 / 65 /77* when he first orbited the earth?
20. **Sir Desmond Tutu** was awarded the Nobel Peace Prize in  
*1974/ 1980 / 1984?*
21. This year **Archie White** gained a BA in  
*Media Studies / Psychology / Fine Art?*
22. The free telephone line set up by **Faith in Later Life and Holy  
Trinity Claygate** is called *Daily Bread / Daily Hymns / Daily Hope?*
23. **Caraway's Anna Chaplains** include  
*Mary / Marion / Miriam?*

*Check your answers by reading the Hall of Fame, Unsung local heroes,  
Christian Resources, Connecting you with someone!*