



VINTAGE ADVENTURE

@ HOME

“I AM THE GOOD SHEPHERD”

Dear Friends.

Welcome to another Vintage Adventure! Once again we are so pleased to be sharing it with you and we do hope the contents of this pack will delight and inspire you!

This month as we continue to think about the 'I am' sayings of Jesus, we are looking at 'I am the Good Shepherd'. As the days become longer and hopefully warmer and brighter it can be easy to forget the cold and dark winter days and nights as we look forward to Spring. But it's struck me that the job of a shepherd needs to be done whatever the weather and however unappealing it may be outdoors. Sheep always need looking after and are completely reliant on their shepherd for all their needs. Whilst I'm thankful not to be in a job that calls me out in all weathers, I'm grateful for those who are. Perhaps you have experience of being in a role like that, or know someone who is doing that now? It's just as well we're all different, isn't it!

Talking of being different, there are some interesting facts in this month's pack about different breeds of sheep, how they live in different areas and have different patterns of life. And one of the amazing things about Jesus, our Good Shepherd, is that there is room in the sheep pen of eternal life for everyone – all are welcome and all are loved.

We pray God's blessing upon you and hope that you know God's peace and comfort as you enjoy this month's pack.

Love from Penny and all the Caraway team

WORSHIP



OPENING DECLARATION

Isaiah 40:11

*He tends his flock like a shepherd:
He gathers the lambs in his arms
And carries them close to his heart;
He gently leads those that have young.*

PRAYER

Father God, I thank you that I can rest
in the warm embrace of Your arms
and that You hold me close to Your heart.
I rejoice that I mean so much to You,
and that I can trust You
to always care for me
in every circumstance of my life.

OPENING SCRIPTURE



Psalm 23

*The Lord is my shepherd, I shall not be in want.
He makes me lie down in green pastures,
He leads me beside quiet waters, he restores my soul.
He guides me in paths of righteousness for his name's sake.
Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me;
Your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
And I will dwell in the house of the LORD forever.*

PRAYER

Lord, sometimes life can be really hard, tiring, painful and not kind to us and sometimes I just don't feel Your love. As I read this Psalm I hear the reassurances you want me to take deep into my heart and I thank you that I can trust in Your unfailing love, even when my feelings seem to be all over the place.
I choose to put my trust in You now.

OPENING REFLECTION

Have you noticed that Psalm 23 is so positive throughout? When we are helpless, lose direction, feel vulnerable, or are faced with frightening circumstances (just like sheep), we can draw on the words from this psalm to give us hope, confidence, comfort and strength. Because the Lord is My Shepherd, I shall not be in want – we have that assurance in every line. Let's dwell on the riches of His presence and provision described in each verse.

WORDS FROM SCRIPTURE

*Because of the Lord's great love we are not consumed,
for his compassions never fail. They are new every morning;
Great is your faithfulness. Lamentations 3:22-23*



*The eternal God is your refuge, And underneath are the everlasting arms.
Deuteronomy 33:27*

SILENCE

When our burdens seem great and the road ahead seems rocky,
let's dwell on the fact that, because of the Lord's great love,
we needn't be overwhelmed. We have a faithful and compassionate
God we can call on, whose resources will never run dry
and who gives us safety, protection and unconditional love.

HYMN

I heard the voice of Jesus say, "Come unto me and rest;
Lay down, thou weary one, lay down thy head upon my breast."
I came to Jesus as I was, weary, and worn, and sad;
I found in him a resting place, and he has made me glad.

I heard the voice of Jesus say, "Behold, I freely give
The living water; thirsty one, stoop down and drink, and live."
I came to Jesus, and I drank of that life-giving stream;
My thirst was quenched, my soul revived, and now I live in him.
Horatius Bonar, 1808-1889

PRAISE PRAYER

I praise you, Lord, that I can find my rest in You.
I praise You that I can come to You for sustenance and refreshment.
I praise You that in You I find security and contentment,
because of Your great love for me, now and for evermore.

BLESSING

*And my God will meet all your needs
according to His glorious riches in Christ Jesus.*
Philippians 4:19

~~~~~

## Reflection

I wonder if you watch Springtime on the Farm following farming brothers Dave and Rob at Canon Hall Farm, or Our Yorkshire Farm with the Owen family at Ravenseat



Farm? They give us insight into the dedicated life of a modern day shepherd. The shepherds go to great lengths for each sheep's wellbeing. They leave the warmth of their farmhouse to go out in freezing snow or driving rain and blizzards to feed their flock and go even further afield looking for a stray or injured animal. They bottle feed poorly

lambs, calling in the vet when one is injured and shear them when the weight of their wool has become heavy.

Jesus said, “I Am the Good Shepherd Who lays down His life for His sheep” John chapter 10 verse 11. I remember reading many years ago how a Holy Land Shepherd tends his flock. This had a profound effect upon my understanding of the 23<sup>rd</sup> Psalm and of Jesus as the good shepherd. Shepherd boy David would have learned his skill from many generations before him, so his writing of the 23<sup>rd</sup> Psalm came very much from this combined experience. We gain a much deeper, richer understanding reading this psalm from David’s perspective. He wrote, “*The Lord is my Shepherd I shall not want*”: the sheep, through experience, have learned that their shepherd has always provided well for them so they have no reason to doubt that he will in the future.



The sheep would graze from early morning until about 10 am, when they would lie down to rest and chew the cud. They start out on rougher grass, are moved to the sweeter grasses before coming to a shady place to rest in finer pastures. Here they feel content and put on weight. Therefore, *they lie down in green pastures.*

Sheep will not drink gurgling water. In the Holy Land hills small springs run down to the valleys. The shepherd sought pools where the water had settled. If there weren’t any, he cupped his hands together to form a vessel from which each sheep could drink. So we see the need for the Shepherd to find *still waters for his sheep.*

In the Holy Land each sheep took its place in the grazing line - keeping that same spot throughout the day. At one point every day each sheep would leave the flock to have a ‘one-to-one’ with the shepherd who would rub the sheep’s ears and chin and says a few words rather like we might with a family cat or dog. In response the sheep would rub its cheek against the shepherd, before going back to the flock.

In Palestine there is an actual valley called the *Shadow of Death*. It is a narrow track, 4 and a half miles long through a mountain range where wild dogs hide

in the shadows. So the shepherd threw his staff at the dogs like a weapon. It can be so narrow there isn't space for a sheep to turn around. Sometimes the sheep had to jump across a gulley, if they slipped or landed in the gulley, they were lifted to safety by the shepherd's crook, so the sheep knew that their shepherd would see them safely through.



Just inside every sheepfold were a bowl of olive oil and jar of water. The shepherd would sit by the gate of the fold laying his rod across the top of the gate. One by one the sheep entered the gate, and the shepherd quickly checked it for thorns, weeping eyes and scratches. If he spotted a wound, he placed the rod on the sheep's back which made it step out of line to have the injury cleaned and anointed with oil to stop any infection. Finally the shepherd dipped a large cup into the water, letting the sheep sink its nose into it to drink until refreshed.

Isn't this amazing! The sheep follow their master, they commune with him daily, whilst he leads, feeds, restores and totally cares for them. What a tender loving heart the shepherd has for his sheep. What a wonderful relationship they have. I am so glad the Lord is my shepherd. I am sure He is shepherd to thousands and thousands of other people, but it is the fact that He is my shepherd which is special. If the shepherd will go to such extraordinary lengths to care for an animal, how much more will the Good Shepherd Jesus care for me.

Life can be so confusing, and at times upsetting but with Jesus, the Good Shepherd leading us, we are safe and well taken care of. If He isn't your shepherd today, then why not ask Him to be? You are so special to Him. God bless you.



Imagine you were a shepherd back when the Psalms were written. What verses would you want inscribed on your Shepherd's crook?

The Lord is my shepherd, I shall not be in want

He makes me lie down in green pastures

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me

He leads me beside quiet waters, he restores my soul

Your rod and your staff, they comfort me

Surely your goodness and love will follow me all the days of my life

He guides me in paths of righteousness for his name's sake

And I will dwell in the house of the LORD forever

You prepare a table before me in the presence of my enemies

You anoint my head with oil; my cup overflows

# Seaweed eating sheep and autumn lambing!

Do you enjoy watching farming programmes? On a Sunday evening we love to settle down with a cuppa and watch Countryfile, which we find really informative and interesting.

This month's theme is about Jesus describing Himself as a Good Shepherd. As we read in Margaret's reflection, being a shepherd in the Middle East is quite different from the One Man and His Dog style shepherding with which we are familiar here in the UK. In 2021 we were fortunate to meet Matt Baker at the Cheltenham Literary Festival, where he was being interviewed and signing copies of his first book: A Year on our Farm. Matt told us that he moved back to the Durham Farm as his Mum had been knocked over by sheep in the pens, consequently needing knee replacement surgery. So Matt, his wife and two children left their small holding in the Chilterns, and went north. Not long afterwards More4 commissioned Matt to present a new TV Show entitled Our Farm in the Dales, which he filmed and directed himself. Matt's parents understandably did not wish to leave the Dales, but Matt knew the farm needed to be made more sustainable and easier for them to live on.

Owing to the harsh winter months 'up north', when it was really hard work to keep the animals in good health, the family decided to change the breed of sheep from lowland pedigree Hampshire Downs to a hardier variety. So now Matt has Herdwicks, Cheviots, black mountain sheep as well as a Hebridean flock. Matt's teenage son and daughter are involved in decision making about which rams to buy and deal with problems like sheep getting stuck in a fence.



Another farming presenter is Adam Henson, who manages a huge farm in the Cotswolds. Adam explains that to keep afloat his father created the Cotswold Farm Park in Gloucestershire where he could showcase his British rare pedigree animals, including sheep, rams and goats.

The start of spring is heralded for lots of us by the sight of newborn lambs gambolling in the meadow. Adam says he was a toddler when he first saw lambs being born and since then has helped thousands of new arrivals, who have a habit of appearing at inconvenient times, typically in the night. Those needing additional help often do so just as other ewes are starting labour.



However, not all lambs are born in the spring. Dorsets are a breed which give birth in the autumn, typically November. Did you know that the lamb sold in butchers' shops at Easter is often not the lambs you have seen recently in the fields but might be from animals up to a year old?



In the summer of 2022 we visited Orkney to the north of Scotland. On the tiny island of Ronaldshay you can find some seaweed eating sheep – the shoreline is very close as the island is only three miles long and two miles wide. These sheep unusually do not flock but tend to graze as individuals. They are an odd shape, with short tails and legs. Apparently they started eating seaweed 200 years ago, when the laird of the time built a sheep dyke round the island to keep these sheep out, as he wanted to graze more profitable breeds on the fertile inland soil. So the North Ronaldshay adapted their diet to graze at low tide on the seaweed instead.



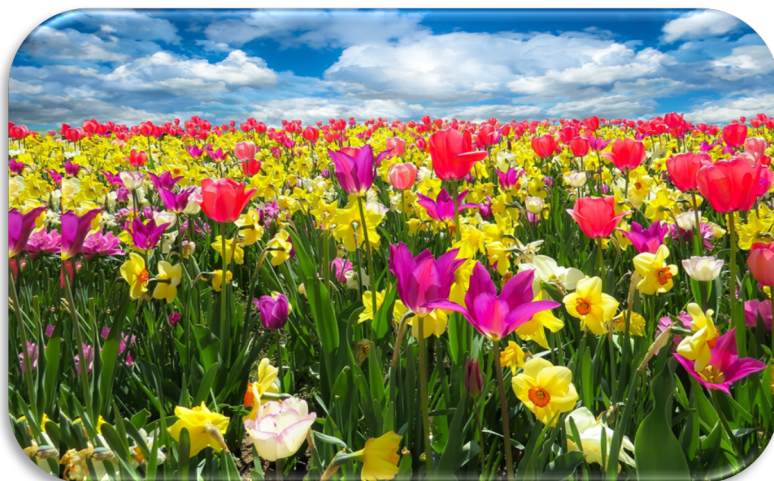
Because livelihoods are threatened on this remote island, four years ago a project was launched to attract families to the area. New jobs are that of sheep dyke warden to protect the wall and a seaweed shepherdess. The hope is that the North Ronaldshay fleece can be processed at the island wool mill, providing extra employment and boosting the local economy.

Remember the Herdwick sheep mentioned above? In Cumbria fleece from Herdwicks is being processed in an ingenious way to make 'chimney sheep' to block up chimneys. We lose about 5% of the heat in our homes up the chimney breast of open fireplaces, which are designed to draw air out, whether or not the fire is lit. There are over 11 million chimneys in the UK making our homes draughty. The physical properties of wool vary according to the type of sheep. Herdwick wool is coarse, wiry and pliable, a natural sustainable, fire retardant insulator. After the wool has been bought directly from local farmers, who thereby receive a better price, the wool is scoured (washed) to lose grease and dirt. It is turned into felt and cut to size for chimneys of all shapes. Felt pads are stitched together in two layers and fittings added. What a creative way of reducing heating bills, saving energy and carbon!

# SPRING

In spring you should feel better. I did. I got a letter  
from someone I hadn't seen In 20 years.  
She lives so far away, in a country, I must say,  
where just living there, fulfils all of my fears.  
She's coming in spring for a reason, for it's the very season,  
in May, it's really when, I'll be four score years and ten.  
It's such a special day, I'd like you all to pray  
nothing stops my friend in her intention. Did I forget to mention?  
That in ten more years, the anniversary nears,  
when The King will send a letter. Already I feel better  
than I did at the beginning, when I was almost binning  
this poem I am writing, for our Vintage folk delighting,  
who'll be ninety before I will, (just take another pill).  
For we've made it through the cold of winter. Truth be told.  
We're game old folk till now, so say a mighty 'WOW.'  
It's spring, it's spring, it's spring. It just makes you want to sing!

*Gillian Gain*



# I AM THE GOOD SHEPHERD

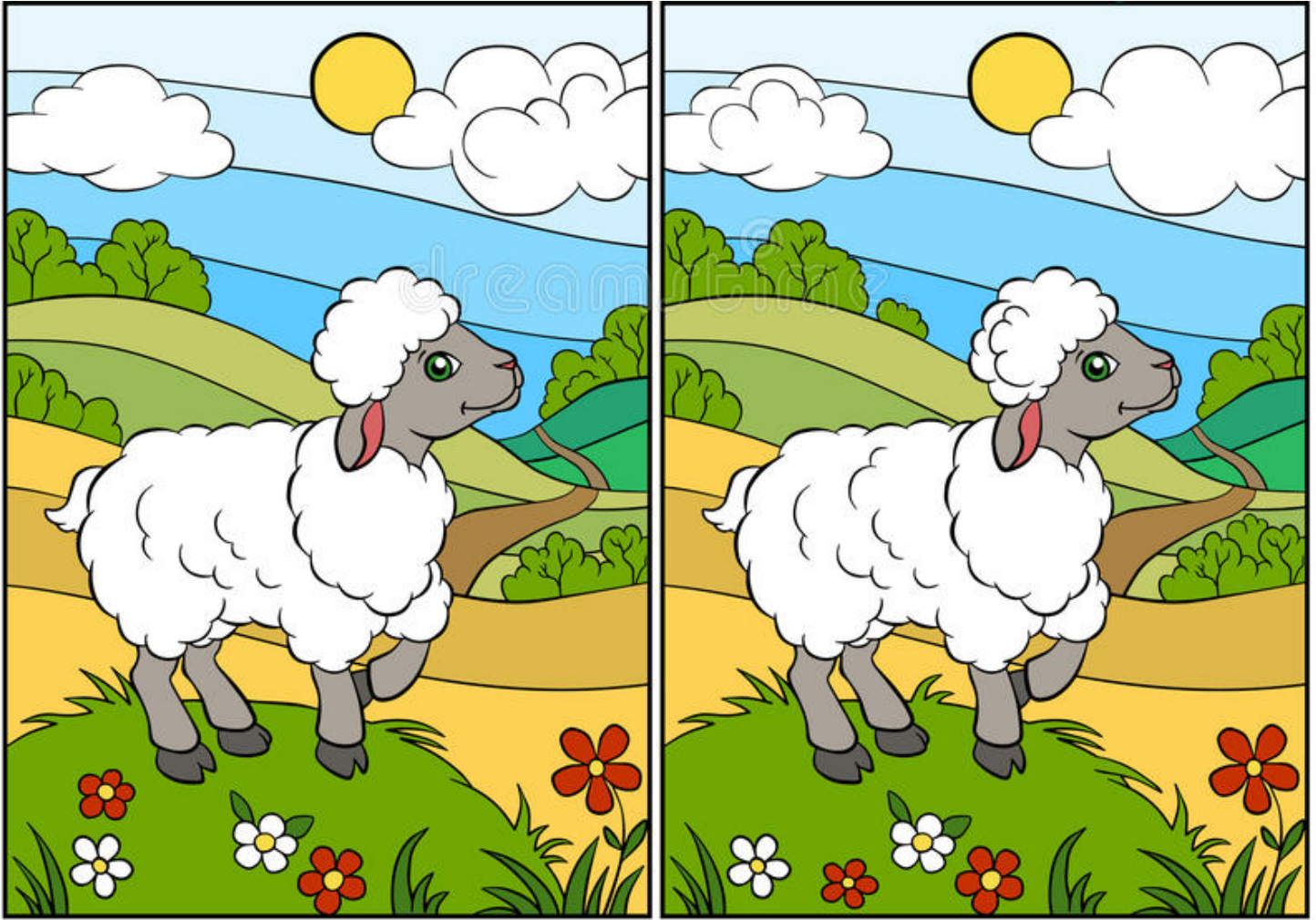


The good shepherd lays down his life  
for the sheep.

- John 10:11



Find 12 differences



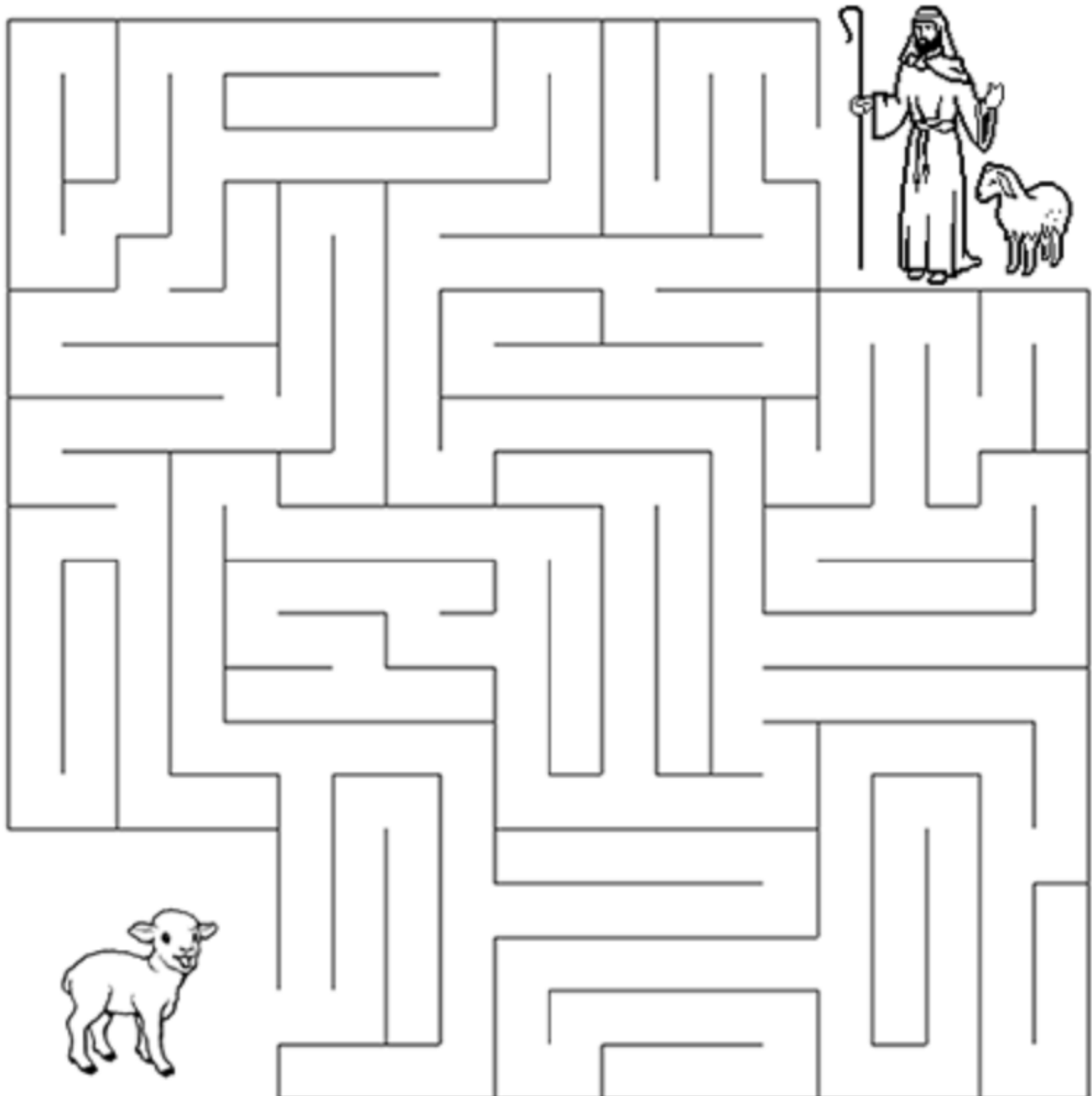
**SPOT THE DIFFERENCES – 8 TO FIND!**



# Good Shepherd Maze

The Good Shepherd

Help the sheep find his way to the shepherd.



"I am the good shepherd; I know my sheep  
and my sheep know me."

John 10:14 (NIV)

# SHEPHERDS IN THE OLD AND NEW TESTAMENTS

(Answers at the back)

1. According to Genesis 4:2, who was the first shepherd?  
Cain                  Nimrod                  Enoch                  Abel
2. According to Genesis 29:9, what woman was serving as a shepherdess when she first met Jacob?  
Leah                  Sarah                  Rebekkah                  Rachel
3. According to Exodus 2:16-17, what man married the shepherd girl Zipporah?  
Aaron                  Methuselah                  Korah                  Moses
4. David is credited with writing the popular Psalm known as 'The Lord is My Shepherd'. What number is the Psalm?  
Psalm 21                  Psalm 1                  Psalm 7                  Psalm 23
5. What prophet of God made the following statement in the Old Testament? *"He will feed his flock like a shepherd; He will gather the lambs with His arm, and carry them in His bosom, and gently lead those who are with young."*  
Isaiah                  Jeremiah                  Daniel                  Ezekiel
6. What prophet of God said, *"Strike the Shepherd, and the sheep will be scattered"*?  
Isaiah                  Elisha                  Nathan                  Zechariah
7. In two different Gospels, Jesus tells a parable about a shepherd with one hundred sheep when one of them goes missing. In what two Gospels do you find the parable?  
Matthew & Luke                  Mark & John                  Matthew & John                  Mark & Luke
8. According to John 21:15-17, who did Jesus command to feed his sheep?  
John                  Andrew                  James                  Peter
9. According to Matthew 9:36, who had compassion on the people because they were *"weary and scattered like sheep having no shepherd"*?  
John the Baptist                  Pontius Pilate                  Peter                  Jesus
10. Jesus made the statement *"I am the good shepherd. The good shepherd gives His life for the sheep."* In what Gospel do you read such a statement?  
Matthew                  Luke                  Mark                  John

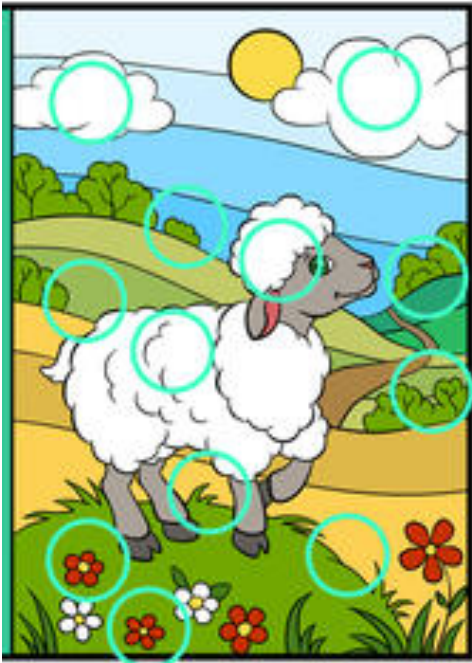


## The Parable Of The Lost Sheep

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | K | E | E | E | T | A | R | B | E | L | E | C |
| E | M | O | U | N | T | A | I | N | S | T | V | R |
| I | A | D | C | I | P | E | R | O | T | Z | E | F |
| G | N | Y | S | N | G | E | R | B | S | J | W | O |
| H | W | Q | E | E | H | R | F | I | O | I | M | U |
| B | O | T | R | T | Y | N | Y | I | L | A | O | N |
| O | F | M | A | Y | M | E | C | A | H | S | O | D |
| U | R | F | E | N | F | E | E | S | T | T | E | H |
| R | I | P | I | I | K | R | L | I | P | R | E | C |
| S | E | E | L | N | N | W | T | N | D | A | S | R |
| P | N | E | J | E | D | I | Q | N | V | Y | B | A |
| A | D | H | S | W | Y | T | U | E | H | N | L | E |
| P | S | S | J | O | Y | H | N | R | A | E | M | S |

|           |         |           |             |            |
|-----------|---------|-----------|-------------|------------|
| ASTRAY    | FRIENDS | LIFE      | NEIGHBOURS  | SHEEP      |
| CELEBRATE | HEAVEN  | LOST      | NINETY-NINE | SINNER     |
| FATHER    | HOME    | MAN       | REJOICE     | SORRY      |
| FIND      | HUNDRED | ME        | RESCUE      | WILDERNESS |
| FOUND     | JOY     | MOUNTAINS | SEARCH      | WITH       |

## Answers



### Shepherd Quiz answers with some extra information!

1. **Abel** - Genesis 4:2 states Abel was the "keeper of sheep" while his older brother Cain was a "tiller of the ground." No further details are giving about their occupations. The two men were the sons of Adam and Eve. Chapter 4 of Genesis goes on to tell of Cain killing Abel in a severe fit of jealousy.
2. **Rachel** - According to Scripture, Jacob had travelled to Haran, the home of his mother Rebekah, when he met Rachel, who was taking care of her father's sheep. Scripture goes on to tell of Jacob rolling the stone from the mouth of a nearby well, enabling Rachel's sheep to drink. Scripture goes on to tell of Jacob working for fourteen years for Rachel's father Laban to earn the right to win her hand in marriage. Jacob and Rachel were the parents of Joseph and Benjamin.
3. **Moses** - According to Exodus 2, Moses first met Zipporah in Midian after he had fled from Egypt where he had murdered an Egyptian man who was beating a Hebrew. Verses 16-17 tell of Moses meeting seven sisters at a well while they were tending the flocks of their father Reuel, also known as Jethro elsewhere in the Bible. Scripture goes on to tell of Moses ending up at the home of Jethro and then taking Zipporah as his wife. Moses and Zipporah were the parents of two sons, Gershom and Eliezer, as per Exodus 18:3-4. The Website Biblegateway.com states Zipporah means "a little bird" or "a sparrow."
4. **Psalms 23** - David is credited with writing more than seventy Psalms. It's impossible to come up with an exact total of the number of Psalms David wrote as many do not have credit lines. The numbers vary, with different Websites giving a different total for David's contributions. However, the consensus appears to be that David wrote more than seventy Psalms at the very least. According to notes in the NKJV Study Bible, some of the other Psalmists include Ethan, Heman, Moses and Asaph as well as Solomon, who is credited with writing two of the Psalms -- 72 and 127.

5. **Isaiah** - the words found in Isaiah 40:11. Many Christians believe the verse is prophecy pertaining to the Lord Jesus Christ, who described Himself as the Good Shepherd. According to Isaiah 40:1, Isaiah was the son of Amoz and prophesied in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah
6. **Zechariah** - The statement is found in Zechariah 13:7. Zechariah prophesied during the period following the Babylonian captivity, and wrote a book in the Old Testament that bears his name. The book of Zechariah is part of the Minor Prophet section in the Old Testament of the Christian Bible and part of the Twelve Prophet section in the Hebrew Bible. The book consists of fourteen chapters. Many Christians believe the book of Zechariah contains a number of prophecies pertaining to the Lord Jesus Christ. According to notes in the NKJV Study Bible, passages such as 9:9-10, 11:11-13, 12:10 and 13:7 are all in reference to Christ. Meanwhile, it is believed by many Chapter 14 prophecies about Jesus coming as a "Judge" and "righteous King."
7. **Matthew & Luke** - The Parable of the Lost Sheep is found in Matthew 18:10-14 and Luke 15:1-7. In the popular parable, a shepherd has a flock of one hundred sheep and loses one of them. The shepherd goes looking for the missing animal and eventually finds it, bringing it back to safety. The passage in the NKJV concludes with this statement by Jesus: "I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance."
8. **Peter** - Jesus commanded Peter to feed His sheep, as per John 21:15-17. Christ made the request during one of His appearances after His resurrection. In this case, He appeared to a group of the disciples who were fishing on the Sea of Galilee. While they were dining on the shore, Jesus had a conversation with Peter. Three times during the conversation Jesus asked Peter if he loved Him, and three times Peter responded by saying he loved Him. After Peter declared his love the first time, Jesus instructed Peter to "Feed My lambs." After the second time, Jesus said to Peter, "Tend My sheep." On the third occasion, Jesus said, "Feed My sheep."
9. **Jesus** - Matthew 9:35-38 tells of Jesus travelling about Israel preaching the gospel of the kingdom and "healing every sickness and every disease among the people." Verse 36 goes on to state: "But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd." The passage concludes with Jesus telling His disciples, "The harvest truly is plentiful, but the labourers are few" and that they should pray for more labourers.
10. **John** - The statement that Jesus is the good shepherd is found John 10:11. The statement comes on the heels of Christ's statement in Verse 7 in which He says He is the gate of the sheep. Building on the theme, Jesus claims in Verse 11 that He is the good shepherd "who gives His life for His sheep." True to His statement, Jesus ended up giving His life for His sheep.

## **Rev Canon Erica Roberts**

City Chaplain for Older People  
Southampton  
revericarob@gmail.com  
07535 164014

## **Marion Hitchins**

Anna Chaplain  
for Older People  
Southampton East  
marionhitchins@yahoo.co.uk  
07766 745503

## **Rev Margaret Hague**

Anna Chaplain for Older People  
Southampton West  
margaret.hague@caraway.uk.com  
07564 026471

*If you know of anyone who would like to receive a free monthly copy of  
Vintage Adventure @ Home please contact us and we will happily add them  
to our mailing list.*

*[caraway@caraway.uk.com](mailto:caraway@caraway.uk.com)*

*07535 164014 (leave a message and we will return your call)*

*Monthly copies are also available to download on our website [caraway.uk.com](http://caraway.uk.com)*

**Image credits in this pack**

Shutterstock | Pixabay | Freeimages | Goldencarers.com | Sermon4kids.com

**Messy Vintage**

from The Bible Reading Fellowship 