



VINTAGE ADVENTURE

④ HOME

I AM THE WAY, THE TRUTH
AND THE LIFE

Dear Vintage Adventure friends,

How extremely hot it has been over the last month since I was writing the welcome letter to you all! The sunshine is glorious but can also make us feel weary without much 'get up and go'. So our July booklet offers us the opportunity to sit down with a cuppa or a cool drink, and relax over the content we have created for you.

Jesus and His friends must have regularly experienced uncomfortably hot weather in their Middle Eastern homeland, especially as they were often walking the dry, dusty roads in barren, rocky places with little shade. Journeys were physically exhausting just as sometimes our own life's journey can be hard and tiring, with sadness or illness to distress and worry us as we contemplate the future.

Jesus had some comforting words for us, telling us that He is the Way, the Truth and the Life which we so yearn for, especially when the going gets tough. Jesus told us that the only way to experience peace with GOD is by trusting in Him for forgiveness. Then we can make a fresh start, no matter how old we are.

Our grandsons used to enjoy exploring (and getting lost in) a huge maze within a field of sweetcorn near Southwold in Suffolk. Margaret tells us about her experiences in the maze at Longleat and David has written a poem about the puzzles in our life's journey, when we sometimes wonder if we actually are on the right track. Fortunately, Jesus has promised to help us find our way again as we trust in Him so that whatever befalls us (and we may still have troubles) He is there alongside us to give us the daily strength we need to cope.

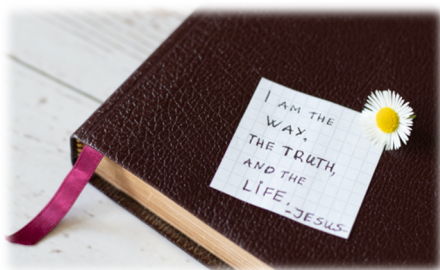
We all need spiritual help from time to time and you can read about reflections on short Bible passages designed for older people. And on a practical note, you can find out about our local Memory Cafés, which support those in our community living with dementia, their family, friends, and carers.

Please do get in touch via the contacts on our back cover – we should love to know what you enjoy, what you would like to see included, or help you with understanding more about what Christians believe.

With our love and blessings

Cynthia and your Caraway friends

WORSHIP



Jesus said, “I am the way, the truth and the life.”

John 14 v.6

This is an extraordinary statement. We are used to living in a consumer society where we choose from a selection of goods on offer. Sometimes the choice can be so large as to be baffling. And yet we all do want to make the best choice from all that is available.

Jesus is not saying that He is a possible way, nor a possible truth, nor perhaps a good way of life.....He is THE real thing.

Take a moment to ponder...

THE WAY

THE TRUTH

THE LIFE

What does that mean for you today?

Here is a hymn by G.W. Doane expressing a response which you may echo.

Thou art the way, to Thee alone
From sin and death we flee;
And he who would the Father seek,
Must seek Him, Lord, by Thee.

Thou art the truth, Thy word alone
True wisdom can impart;
Thou only canst inform the mind,
And purify the heart.

Thou art the life, the rending tomb
Proclaims Thy conquering arm;
And those who put their trust in Thee,
Nor death nor he shall harm.

Thou art the way, the truth, the life:
Grant us that way to know,
That truth to keep, that life to win,
Whose joys eternal flow.

In the Old Testament we read how God led his people through the wilderness.
By day the Lord went ahead of them in a pillar of cloud to guide them on their way and by night in a pillar of fire to give them light, so that they could travel by day or night. Exodus 13 v.21

The psalmist was aware how difficult his path could be, but he trusted in God
and wrote:

He will not let your foot slip, he who watches over you will not slumber.
(Psalm 121 v3)

We all go through tough times. Perhaps your body sometimes lets you down, maybe you tumble, maybe you sometimes need a support to help you (a zimmer frame or a walking stick). The older we get the more we realise that we need help. God is there for us all the time, day and night, so that we can just keep going.

The Irish prayer known as St Patrick's breastplate includes these words:

**Christ be with me,
Christ within me,
Christ behind me,
Christ before me,
Christ beside me,
Christ to win me,
Christ to comfort and restore me,
Christ beneath me,
Christ above me,
Christ in quiet,
Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.**



In these days of false information I wonder if you sometimes wonder who you can trust. News on TV seems to be full of propaganda and broken promises.

Truth seems to be replaced with lies much of the time.

In the garden of Eden we read that the serpent started by casting doubt on what God had told Adam and Eve and then moving on to telling lies. (Genesis 3)

Jesus often emphasised that He was telling the truth, "*Truly I tell you...*"

Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.

(John 5 v.24)

Take a moment to thank God for telling us the truth of His love for every one of us and especially for His love for you, yourself, made in His image, His precious child.

Teach me Thy way, O Lord,
Teach me Thy way!
Thy gracious aid afford,
Teach me Thy way!
Help me to walk aright,
More by faith, less by sight:
Lead me with heavenly light:
Teach me Thy way.

Long as my life shall last,
Teach me Thy way!
Where're my lot be cast,
Teach me Thy way!
Until the race is run,
Until the journey's done,
Until the crown is won,
Teach me Thy way.

B.M.Ramsey

Let us pray a blessing on all who join with us in reading this.



**May the God of our journeys be with us, to guide us and sustain us,
May we know His truth day by day to encourage us,
And may we live in the power of His Spirit to His glory, evermore.
Amen.**

Reflection

I AM the Way

Can you follow a map? Sometimes when out walking in the countryside we have used an Ordnance Survey map, which shows us the footpaths we need to follow to get to our intended destination. More recently, owing to advances in technology, we can use Google Maps on our phones. If we are in our car, nowadays we have a Satnav, which provides a route for us.



The Holy Bible is rather like a map. If we are careful to follow the guidelines we find in it, it leads us to GOD our Heavenly Father. Jesus, Who Christians believe, is the Son of GOD, tells us that He is the **Way, the Truth, and the Life**. Through following him daily in faith, He promises to lead us to a better, richer, more abundant and meaningful life than we could ever achieve on our own.

In the early church, Christianity was sometimes called 'The Way,' and Christians 'Followers of the Way.'

Importantly, in John 14 verse 6 Jesus is emphasising that **He alone is the way** to God, not one of many possible ways. He goes on, '*No one comes to the Father (GOD) **except by Me.***' He is the one and only access to God and salvation.



Indeed, all the actions on which we pride ourselves, our 'good' works cannot save us. We must rely solely on what Jesus has done for us. This is non-negotiable. Of course, Jesus is pleased when we are kind and helpful, but we cannot earn our way into heaven. These good deeds are a sign of our love for Him but **not** the way of becoming reconciled to GOD. Jesus is the only way to eternal life in heaven after we die, and a fulfilling life here on earth.

In his poem *The Road Mistaken?* one of our Vintage Adventure community, David, admits that from time to time we may feel uncertain about the path we have chosen for our life's journey. However, Jesus assures us that, if we follow Him we won't get permanently lost, even though the road may have twists and turns. And even if we do make mistakes and go off the route God had in mind for us, we just have to tell Him we realize we've got things wrong and ask for His help. As the Creator and Sustainer of life, the wonderful thing is that Jesus can use our failures to get us back on track.



The disciples wanted to know exactly where this journey in faith would lead them. However, Jesus makes it clear that we won't know in advance every detail of the way we are supposed to travel in life. Instead, we are to simply trust in Jesus daily, walking in faith that HE is the way, and ask Him what our next step should be. Catherine Aldis reminds us in *Threads of Gold* that GOD actually DOES know best and that He has the pattern of our lives in His hands. How comforting!



The Road Mistaken?

After Robert Frost

So many paths diverged in the wood
I was bemused; I couldn't guess
how each would twist from where I stood
or reach to where I thought I should
be going. The choice seemed limitless.

I took, I thought, the straightest track,
the steepest, what seemed most direct,
but as I climbed I tired, grew slack,
admired the paths behind my back;
was my chosen route correct?

From high above the woods I saw
tracks below now lost in shade,
The richness of the valley floor
Attracted me. Should I explore -
reverse the youthful choice I'd made?

Ah, but above and out of view
Mountains surely waited, tall
and sharp against the sky, and blue,
with dazzling snows. I must renew
my journey upwards, risking all.

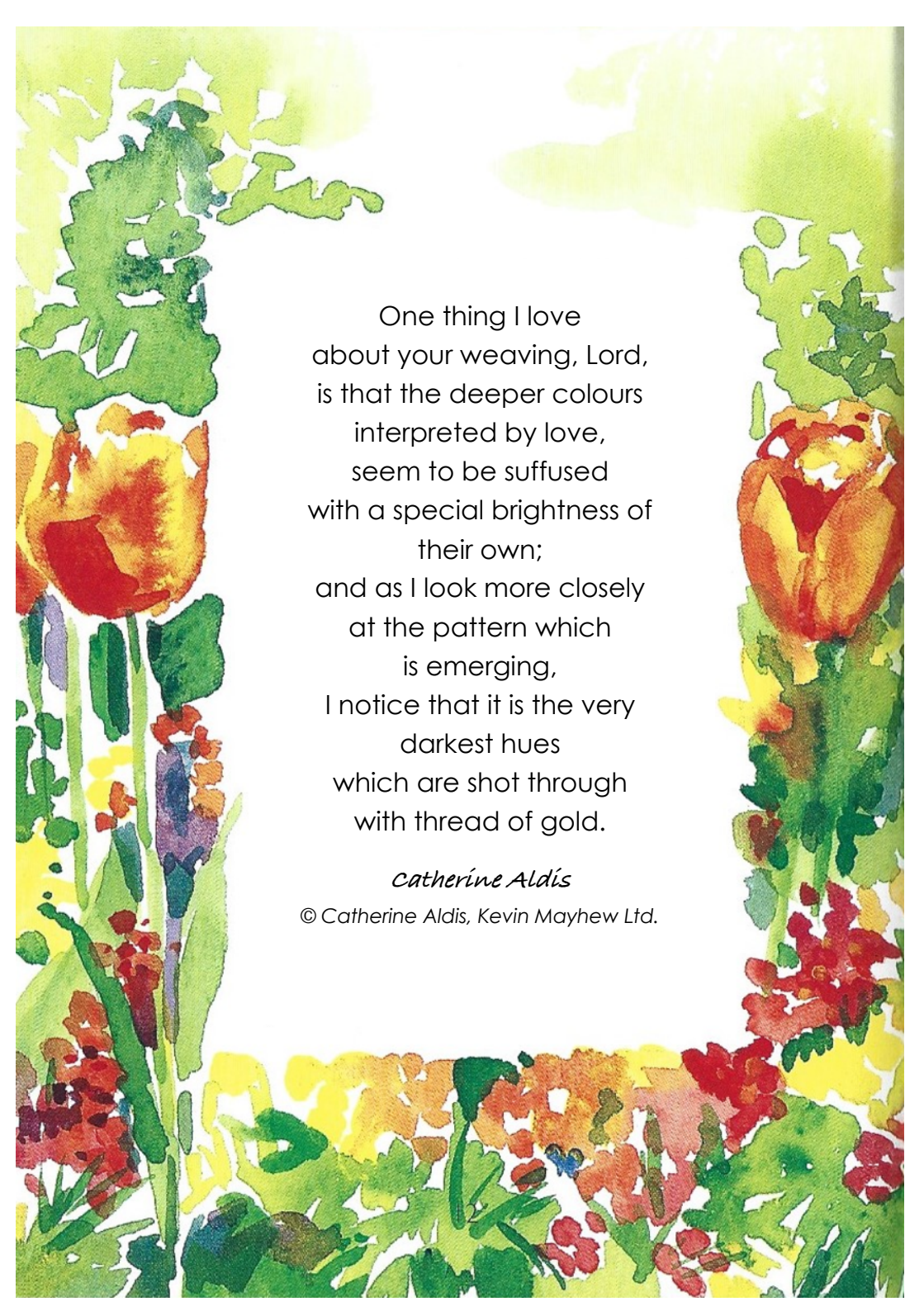
David Corfe (2014) The Road Taken.
Selected Poems 1990-2013 FeedARead Publishing

A watercolor illustration of various flowers and foliage. On the left, there is a large green leafy plant at the top, a tulip with yellow and red petals, and a purple iris. On the right, there is a tulip with yellow and red petals and some red flowers at the bottom. The bottom of the page is filled with a dense, colorful border of various flowers and green leaves in shades of yellow, orange, red, and green.

Threads of gold

You have the pattern of my life
in your hands, Lord.
The threads are yours for
the weaving,
the artistic inspiration is yours
as well,
and yet you take the risk
of allowing me to choose
the details of the design.

I have made many mistakes,
but I am learning
that it is better to relinquish
my own imperfect choices,
and wait to catch your
visions instead,
allowing it to shape mine.



One thing I love
about your weaving, Lord,
is that the deeper colours
interpreted by love,
seem to be suffused
with a special brightness of
their own;
and as I look more closely
at the pattern which
is emerging,
I notice that it is the very
darkest hues
which are shot through
with thread of gold.

Catherine Aldis

© Catherine Aldis, Kevin Mayhew Ltd.

*Jesus said I am the **The Way, the Truth, and the Life***

*“Lord,” said Thomas, “we do not know where You are going, so how can we know the way?” **Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through Me. If you had known Me, you would know My Father as well. From now on you do know Him and have seen Him.”*** John 14 4-7

Many years ago, we went as a family on a day trip to Longleat. The stately home of the Marquess of Bath in Warminster, Wiltshire. When we arrived we wandered around the gardens and as it was late morning thought we would just go quickly round the maze before stopping for lunch. Or so we thought! Off we went through the entrance to the maze, along this pathway then turning along another only to reach a dead end. We backtracked then tried taking another pathway and so on. This was so much harder than we had anticipated! We went round and round, up and down the pathways only to keep reaching dead ends. We could see where we needed to get to (a raised platform in the middle – with people proudly waving their arms and delighting in their success!) but it evaded us. Not ones to give in, we continued. We passed the same people coming in the opposite direction who were obviously as frustrated as we were and they almost became like long lost friends. Seeing them coming (again!) we would smile, wave and say hello!! The chocolate wrapper on the ground too became so familiar as we passed it again and again! How could this be so hard? In the end with the pangs of lunchtime hunger becoming more demanding and our daughters becoming more and more fed up with the whole situation we decided to call it a day and went back to the entrance.



It was there that I noticed something. There were 2 entrances to the maze side by side. One was wide and well trodden – the bushes had been kept trimmed back and it was a well used path. Next to it was a narrower pathway – a little overgrown, it didn't look as used. Leaving our disgruntled daughters safely behind – and not being ones to be beaten – off we went again. This time along

the narrow path and yes, you've guessed it – walked straight to the central platform where we could at last show off and let everyone know we had made it – at last!!

I have never forgotten that experience because it reminded me so much of the words of Jesus in Matthew's Gospel Chapter 7 v 13/14 *"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."*

There are times when we just don't know what road to take in life or which way to turn but we can be sure that if we follow Jesus we will be safe. There are many demands on our attention in these days, lots of false claims and it is so easy to be sucked in and journey on the wrong road. So many religions offer a new way to find peace but Jesus said *"I Am the Way, the Truth and the Life, no one comes to the Father except through Me"*. A few years ago a phrase was coined WWJD -what would Jesus do? So when you are not sure what to do, think – what would Jesus do – then follow Him and you won't go wrong.

God bless you - Margaret

Facts about the Maze at Longleat



Built in 1978, Longleat's hedge maze is the largest in the UK and was once the largest maze in the world, built from over 16,000 English yew trees. The maze was the idea of Alexander Thynn, 7th Marquess of Bath, who lived in Longleat House

until his death in 2020. An observation tower marks the maze's centre point and the aim is to arrive at the tower, which is easier said than done thanks to numerous dead ends built into the yew paths. There are also six bridges, which offer great views of the grounds and also a vantage point for trying to plot your way around (or out of) the maze. Longleat House is an Elizabethan-era building, the current structure of which dates back to the 16th century, being officially completed in 1580.

<https://www.historyhit.com/locations/longleat-maze/>

Life is a journey which for some of us and our families, becomes harder through a diagnosis of dementia. The following pages provide information about local Memory Cafes who offer support and friendship for all those affected.

MEMORY CAFES

Are for carers of, and people living with dementia or, if you are concerned about your memory.

"A chance to talk to others in the same situation, invaluable support and advice from Admiral nurses and other health care professionals"



Cafes are attended by various health care professionals such as Admiral Nurses. Our cafes provide a safe, friendly space where you will:

- have fun
- make new friends
- play games, get active
- listen to music
- dance and sing
- enjoy tea, coffee and cake.

"It has opened doors and given us new support, friendship. So informative, our family benefits from this too."

All cafes are free

No booking needed, just come.

For more details contact Caraway on:

T: 07535 164014

E: caraway@caraway.uk.com

Caraway

Spiritually Resourcing the Older Person

Southampton Memory Cafés

Bitterne 2nd & 4th Wednesday each month, 2.30-4.30pm
Ascension Church Café, Thorold Road, SO18 1HZ
Katherine Barbour caraway@caraway.uk.com 07535 164014

Highfield 1st & 3rd Tuesday each month, 2-4pm
Highfield Church Centre, Highfield Lane, SO17 1RL
07535 164014 caraway@caraway.uk.com

Lordshill 2nd & 4th Thursday each month, 1.30-3pm
Lords Hill Church, Lordshill District Centre, SO16 8HY
07535 164014 margaret.hague@caraway.uk.com

Lordswood 1st Wednesday each month, 2-4pm
Kings Church, 414 Coxford Road, Lordswood, SO16 5LL
Sally Collins, 07712 182266 caraway@caraway.uk.com

Maybush 3rd Tuesday each month, 2-4pm
Potters Court, 538 Wimpson Lane, Southampton, SO16 4JA
07535 164014 caraway@caraway.uk.com

Mayflower 1st Friday each month, 2-4pm
MAST Theatre Reminiscence Café, 142-4 Above Bar Street,
Southampton, SO14 7DU 023 80711811

Shirley 3rd Monday each month, 2-4pm
Make & Brew Café, St. James Rd Methodist Church, SO15 5HE
Liz Woodman elizabethwoodman@uwclub.net 07535 164014

Thornhill 1st Tuesday each month, 2-4pm
Medwall Court Community Centre, Tatwin Close, SO19 6JS
You can contact the Admiral Nurse team on 0300 123 4026

Weston 1st Wednesday each month, 2-4pm
Hope Centre, Kings Community Church, Drayton Close, SO19 9JN
Sian Hurst southamptonhomecare@nurseplusuk.com 02380 638935

Scan QR code to
subscribe to our weekly
what's on for
Southampton's Dementia
Community



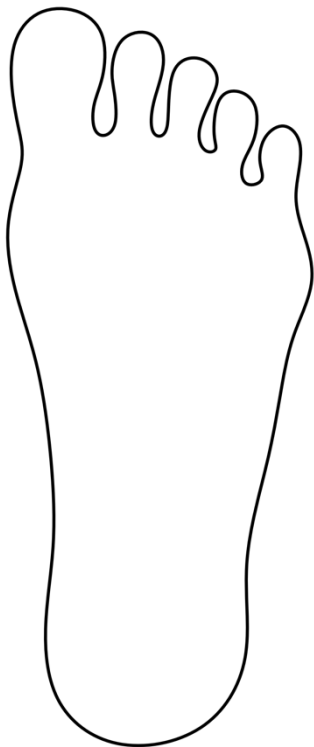
Unscramble – Countries of the World

Unscramble the words to reveal the answers – maybe you've visited a few! (answers on next page)

- | | | |
|------------|--------------|-----------------|
| 1. AHINC | 8. ANGYREM | 15. CREIMAA |
| 2. DREALIN | 9. NLAZEEUEV | 16. AILASURAT |
| 3. GIUMBLE | 10. NAPIS | 17. LGNEDNA |
| 4. SLAWE | 11. ADANAC | 18. CRAENF |
| 5. SPYCUR | 12. DATHALIN | 19. WEN ADANZEL |
| 6. CAMOON | 13. ASURIS | 20. CLODSNAT |
| 7. AMANAP | 14. ALDOLNH | |

Journeys of Your Life

In the foot below write down some of the places you have visited and enjoyed over the years. Maybe you have photos you can look at for each place and enjoy again the memories of those visits and of the places your feet have walked.



Helping us to follow Jesus CHRISTIAN RESOURCES

In our June VA at Home we thought about feeding our souls and spirits as well as our physical bodies, and this month we are continuing to explore following Jesus as the Way, the Truth and the Life. To help us keep close to God there are resources (many free) we can use.

Of course, there are our Bibles in modern translations as well as Daily Devotionals to read (if you would like one of these do please let us know).

Good News for Everyone (formerly The Gideons)

Large print Psalms, Proverbs & New Testaments which are generally free. Margaret (Anna Chaplain) has links.



If you prefer a magazine style format why not try.....



Hope Magazine large glossy pictures illustrating many of the Psalms and John's Gospel is also produced by Good News for Everyone. Attractive, easy to read A4 format with lots of photos and encouragement.

Did you know that the **Bible Reading Fellowship (BRF)** publishes booklets specifically designed for Older People?

Called **Bible Reflections for Older People** they are lightweight to handle and in larger font, providing a set of single page reflections (a couple of verses, short thought for the day and prayer).



Answers to Unscramble puzzle

1. CHINA
2. IRELAND
3. BELGIUM
4. WALES
5. CYPRUS
6. MONACO
7. PANAMA
8. GERMANY
9. VENEZUELA
10. SPAIN
11. CANADA
12. THAILAND
13. RUSSIA
14. HOLLAND
15. AMERICA
16. AUSTRALIA

WORDSEARCH

I am the Way, the Truth, the Life John 14:6

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

ANSWERED

COMES

EXCEPT

FATHER

HEARTS

HOUSE

I AM

JESUS

LIFE

ME

NO ONE

PLACE

PREPARE

ROOMS

THE

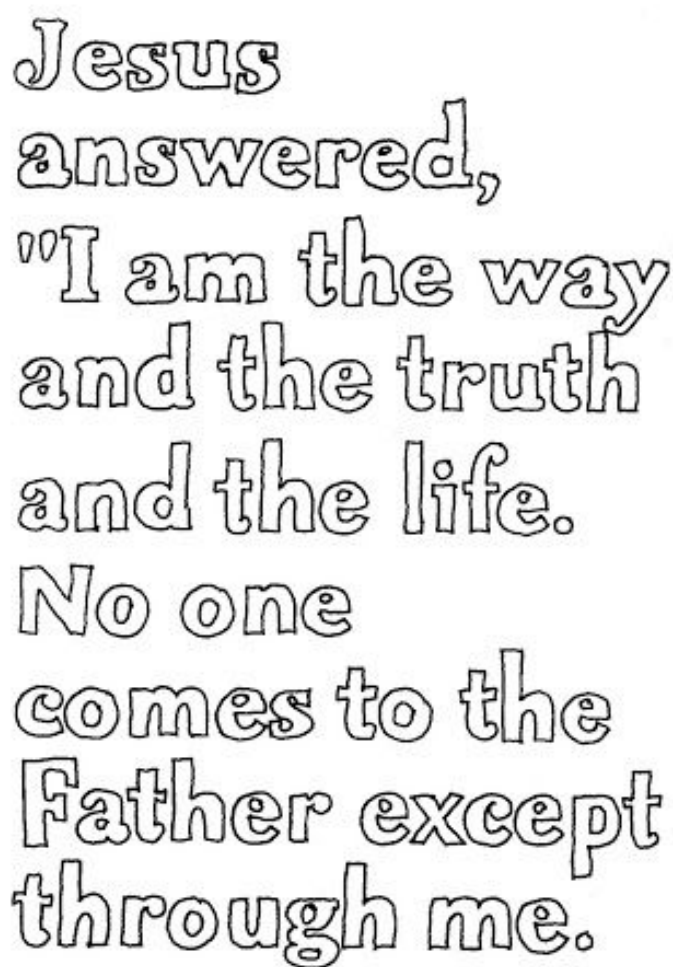
THROUGH

TO

TROUBLED

TRUTH

WAY



Jesus
answered,
"I am the way
and the truth
and the life.
No one
comes to the
Father except
through me.

John 14:6



Rev Canon Erica Roberts

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them to our mailing list.*

caraway@caraway.uk.com

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

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Messy Vintage

from The Bible Reading Fellowship 