



# VINTAGE ADVENTURE

Ⓐ HOME

PROTECTION



*Dear Friends,*

*Welcome to our November edition of Vintage Adventure on the theme of Protection. We all need it don't we in one form or another: whether it's warm gloves on a cold day, an apron when cooking or locking our doors at night. However, did you know there is an even greater protection available to us? Almighty God has promised to be our refuge and strength, a very present help in trouble. (Psalm 46 verse 1)*

*This month we include stories of how God stepped in and brought deliverance and healing. There are so many more true stories we could have included of God's protection during the 9/11 terrorist attack in New York, during bush fires, robberies and impending car accidents but we ran out of space! Our God is so faithful! Often angels are depicted as chubby cherubs with fluffy wings and yet in reality they are mighty warriors dispatched to protect God's people in times of danger and many people have seen them at such times.*

*The Bible gives a wonderful illustration in Psalm 91 of the Lord covering us with his wings. I remember once seeing a mother hen with all her tiny chicks running around her, as we approached she lifted her wings, the chicks scurried close to her and she closed her wings enfolding them and holding them tight to her breast. What a wonderful analogy of us running to the Lord and being kept secure against our heavenly Father's breast, hidden and safe in His arms.*

*Our God is so powerful and yet He cares about every detail of our lives and responds to our cries for help. Although at times it is easy to be afraid, God has given us such powerful tools of protection: His Name, His Word, Jesus' Blood, His mighty angels - so that we need not be afraid.*

*So relax, sit back and enjoy this edition. As always we have loved putting it together for you. If you've enjoyed reading it do let us know. In the meantime, know that you are loved by God and by us.*

*With our love, Margaret and the Caraway Team.*

***He will cover you with his feathers. He will shelter you with his wings.  
His faithful promises are your armour and protection.***

***Psalm 91 v 4***

# WORSHIP

## The Whole Armour of God



### Opening Scripture

*Finally be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces in the heavenly realms. Ephesians 6: 10-13*

The scriptures use a powerful illustration to teach us how to protect ourselves in the battle against evil. Every Christian enters a spiritual battle and the enemy, Satan, wants to bring us down. God in His love and provision for us gives us spiritual armour to wear.

### Opening Prayer

Dear Heavenly Father, help me to remember to put on your full armour every day. Thank you for providing me with all that I need to stand firm in this world against the enemy. Forgive me Lord for trying to do things in my own strength but to remember that only in you can we be strong enough to overcome all things that come against us in our walk with you Lord Jesus. Amen

### Poem - The Full Armour of God

When faced with the powers of Darkness  
When evil consumes the weak  
It's time to prepare for battle  
But there are weapons you must first seek

If your heart is true and noble  
Say a prayer bow your head and nod  
If your soul is pure and holy  
You'll receive the Full Armour of God

Put on the Shoes of Preparation  
Make ready the Gospel of Peace  
Gird yourself with the Belt of Truth  
All lies and untruths will then cease



Next comes the breastplate of Righteousness  
With this you can face any wrong  
Now add the Shield of Faith to this  
Your protection is incredibly strong

Hold fast to the Sword of the Spirit  
With this you will bring evil low  
Destroying your enemies by the power of His blood  
God's blade brings them down with one blow

Finally the Helmet of Salvation  
Now evil has no power over you  
For God stands there in the battles midst  
Empowering everything that you do!

*By Dan McGonagle*

### **Reflection**

In the book of **Isaiah 41:10** God tells us not to fear, He says,  
*fear not for I am with you; be not dismayed, for I am your God; I will Strengthen  
you, I will help you, I will uphold you with my righteous right hand.*

### **Can you recognise the fears in your life?**

Everyone experiences fear in their life. As a child I was very afraid of the dark. I carried this fear into adulthood even when I married and had two children.

These fears can be big fears, and others smaller fears. Some years later I committed my life to Jesus and became a born again Christian. I noticed soon after the fear of the dark had gone. As my faith and trust in Jesus grew, I was able to overcome many fears that held me captive for many years. The Lord has not promised that we will not have trials and tribulations on earth, but He promises to be by our side and will carry us through them.

### **2 Timothy 1:7**

*For God has not given us a Spirit of Fear but of Power,  
and of Love and of a Sound Mind.*





## Hymn

Onward Christian Soldiers,  
Marching as to war,  
With the cross of Jesus  
Going on before.  
Christ the Royal Master,  
Leads against the foe;  
Forward into battle  
See His banners go!

### *Chorus*

*Onward Christian Soldiers,  
Marching as to war,  
With the cross of Jesus  
Going on before.*

At the sign of triumph  
Satan's host does flee;  
On then, Christian soldiers,  
On to victory!  
Hell's foundations quiver  
At the shout of praise;  
Brothers, lift your voices,  
Loud your anthems raise. (Chorus)

Like a Mighty Army  
Moves the Church of God;  
Brother, we are treading  
Where the saints have trod.  
We are not divided,  
All one body we,  
One in hope, in doctrine,  
One in charity. (Chorus)

What the Saints established  
That I hold for true.  
What the Saints believed,  
That I believe too.  
Long as earth endureth,  
Men the faith will hold—  
Kingdoms, nations, empires,  
In destruction rolled. (Chorus)

Onward then, ye people  
Join are happy throng,  
Blend with ours your voices  
In the triumph song.  
Glory, laud and honour  
Unto Christ the King,  
This through countless ages  
Men and angels sing. (Chorus)

## Closing Prayer

Dear Lord Jesus, You are our fortress and our defender. No one can snatch us out of your hands. Fix our eyes and our hearts on you as we march forward in faith to the goal you have set before us. We pray that we might serve you without fear, in holiness and righteousness, all the days of our life. We pray in the lovely name of Jesus. Amen



## Reflection Protection

*He will not let your foot slip –*

*He Who watches over you will not slumber nor sleep Psalm 121:3*

David Bute, leader of a Christian project in Ukraine, believes that since the war broke out, God has put 'a dome of protection' over their town. Despite frequent air-raid warnings and the sound of drones overhead, for the first 575 days of the war, the city suffered no serious damage. Then the warhead of a cruise missile detonated on impact with a building in the town centre. Miraculously, no one was killed and the project remained unscathed. David believes that this dome of protection is in answer to many prayers by believers from across the world. Now we need to pray for the physical restoration of the dome of protection over the city.

Are we aware of God's protection in our daily lives? We don't live in a war zone, but as we grow older, we become more conscious of our frailty and need of protection. Our balance deteriorates and we worry about falling. We rely on sticks and walkers; crossing the road becomes hazardous. If our hearing declines, we lose our confidence on the phone, and become an easier prey to scammers.

Behind these daily dangers there lurks a sinister force trying to manipulate the events of our world to destroy us. Jesus was confronted by this evil one tempting Him to misuse His power (Matthew 4:1-11). Jesus taught us to ask God to '*deliver us from evil*' and '*from the evil one.*' It is not fashionable in our materialistic world to believe in evil spiritual forces, but we are foolish if we try to resist evil without seeking proper spiritual protection from God. It is impossible to imagine what it would be like, if God ever withdrew His spiritual 'dome of protection' from us.



This month's booklet contains a number of Bible promises from God about protection. Psalm 121 reminds us that God never ceases to watch over us, day and night. Psalm 23 rejoices that even in the valley of the shadow of death God protects us, like a shepherd guarding vulnerable sheep. Why not ponder some of those promises and claim them for yourself?

A small child is standing beside her mother, waiting to cross a busy road. The traffic is moving very fast, so she grips her mother's hand as tightly as she can, not realising that her mother is holding her even more tightly. God holds us more tightly than we hold Him; our faith is feeble. Let's say, during the day whenever we remember, "I trust You Lord" and mean it!

*"I trust you"*

## The Feather!

Have you come across Psalm 91? It's all about the way in which God protects us. It happened that a lady was pondering on this psalm. Here are the opening verses:

*He who dwells in the shelter of the Most High, will rest in the shadow of the Almighty. I will say of the LORD, 'He is my Refuge and my Fortress, my GOD, in Whom I trust .....'*

Verse 4 goes on, *'He will cover you with His feathers. He will shelter you under His wings. His faithful promises are your armour and protection.'* These words in particular remained in the lady's mind.

One day sometime later, she was walking along the street, when a man with a gun jumped out in front of her, demanding money. Terrified, the lady flung her hands in the air and cried out, 'Feathers!!!'

The armed robber was so taken aback that he thought she was mad, and ran off himself! The lady was safe. God had indeed protected her.

God still watches over us and His words are powerful.



## GOD'S PROTECTION

*David Bute moved to Ukraine to marry Katya in 1998 and they set up a ministry called 'Kreativity'. Here David writes a few words on how God has protected them since the war began.*



*Following on from the reference in the Reflection above here are David's thoughts on protection.*

We live in central Ukraine, and never left when this phase of the war began over six hundred days ago. Our ministry's aim is a new movement of the gospel that will spread across Ukraine and abroad - potentially even ending this war. But after experiencing so much death, displacement and destruction, how can we see and feel that God still cares about us? Despite this war, our city in central Ukraine has been attacked only once. Most days we hear the air raid sirens, and we see the consequences of missile attacks all over Ukraine. We have seen and heard missiles flying over us, we have seen and heard explosions from air defences and targets have been hit just outside our city. But how can we explain that so far our city has escaped major destruction? We call it our dome of protection, and we believe it is physical and spiritual. It has been intact since day one of the war, with only one attack on the city of Cherkassy that damaged buildings but not people, and we believe it is because of the prayers of so many people around the world. It is a heavenly dome of protection. This is not so that we can relax and enjoy life while war goes on around us. We believe our city is a place of refuge, especially for those displaced by the war, and that gives us so many opportunities to provide care and assistance, and help them understand where to find Jesus despite the pain and loss they have experienced. Be encouraged that prayer really works! Holy heavenly forces are more powerful than dark earthly powers. Prayers of protection are more powerful than body armour. Keep praying!

## Claiming GOD's physical protection

Have you heard about David Livingstone, the Scot, who became famous in the 19<sup>th</sup> century as a missionary doctor, explorer, and abolitionist? He was the first European to cross the continent of Africa from west to east and in the course of three expeditions, Livingstone discovered the Zambesi River, the Victoria Falls, and a number of central African lakes.



In 1856 Livingstone faced one of the greatest perils of his sixteen years as a missionary in Africa. He was passing through the territory of a volatile chief, Mburuma, who was hostile and had been trying to raise support against the white man's expeditions. Ominous reports reached Livingstone that natives were creeping towards his camp ready to attack.

Alone in his tent, Livingstone opened his Bible. Then he wrote in his journal:

*14 January 1856. Evening. Felt much turmoil of spirit in view of having all my plans for the welfare of this great region and teeming population knocked on the head by savages tomorrow. 'All power is given unto Me on heaven and on earth,' I read, 'Go ye therefore and teach all nations .... And lo, I am with you always, even unto the end of the world.'*  
*It's the word of a Gentleman of the most sacred and strictest honour, and there's an end on it! I will not cross furtively by night, as intended. It will look like flight.*

Thus Livingstone claimed the promise of Jesus' protection. During the hours of darkness nothing happened. The next morning Livingstone oversaw the crossing of the river by his company of 114 men and their oxen. All the time Mburuma and his tribesmen, armed to the teeth, watched from the water's edge.

Finally, Livingstone indicated that he would get into the last canoe in the very back place. One native bearer pleaded with him to move to safety and not give Mburuma the chance to shoot him in the back. *'Tell him to observe that I am not afraid.'* said Livingstone. Then, with dignity he approached the

natives, thanked them, wished them God's peace, and walked slowly back to the canoe, stepping into the very last seat with his back turned to the natives. Completely unexpectedly, the natives and their chieftain did nothing to prevent Livingstone's departure, even though they thought all explorers were enemies.

*'Lo, I am with you always'* Livingstone had written down the night before. During what must have seemed an endless crossing, how aware he must have been of Jesus' protective Presence alongside him! As everyone reached the opposite bank safely, faith had turned into fact.

The Kingly Presence beside Livingstone gave him such nobility that even the native warriors felt it. No one raised a hand to attack. Livingstone had prayed the Claiming Prayer, relying on Jesus' promise. And 'He of the sacred honour' amply fulfilled His promise of protection.

*'Lo, I am with you always'*

## **Bible Promises about GOD's protection**

### **From the Old Testament**

**Deuteronomy 31:6** Be strong and courageous. Do not fear or be in dread ... for it is the Lord your God Who goes with you. He will not leave you nor forsake you.

**2 Samuel 22:3** My God is my Rock, in whom I take refuge, my Shield and the horn of my salvation. He is my Stronghold, my Refuge and my Saviour

**Psalms 5:11** But let all who take refuge in You be glad; let them ever sing for joy. Spread Your protection over them, that those who love Your name may rejoice in You.

**Psalms 32:7** You are a hiding place for me; You preserve me from trouble





Psalm 34:7 The angel of the Lord encamps around those who fear Him, and delivers them.

Psalm 46:1 God is our refuge and strength, a very present help in trouble.

Psalm 121:8 the LORD will watch over your coming and going both now and forevermore.

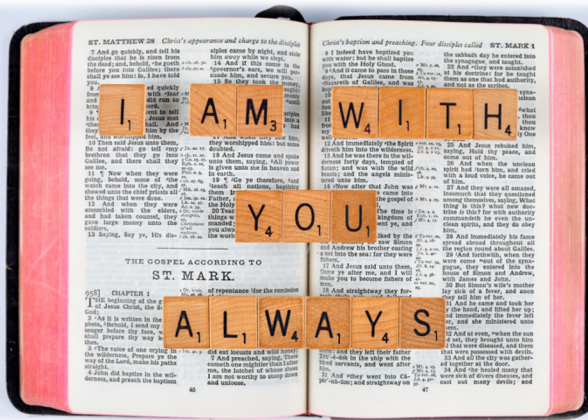
Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand. *(My late brother's favourite verse which we enclose on a card for you to keep with you)*

From the New Testament

Matthew 28:20 And lo, I am with you always, even unto the end of the world.

John 10:28 I give them eternal life, and they shall never perish; no one will snatch them out of My hand.

2 Thessalonians 3:3 But the Lord is faithful. He will establish you and guard you against the evil one.



# Protecting our thoughts and taking care of ourselves emotionally

Some of us reading this little booklet may be in a care home setting, others in our own homes but pretty much housebound and therefore isolated and lonely. How can we help our mental wellbeing?

## Move around

It is important to get outside, whilst the weather permits, into our garden if we have one, onto a balcony of a flat, or even simply to open our front or back doors, and stand with our walker on the sill, breathing in the fresh air and feeling it on our faces. If we are confined to a single room, try to sit near a window or French doors with a view over the outside. One lady I know enjoys simply watching the squirrels on the grass and the birds pecking, or watching the leaves change colour as the seasons move on.

Maybe you've been given some physio exercises to have a go at – don't let these be forgotten. Even a little movement is better than none! We must be gentle though, and avoid bending or standing up too fast. Stretches or walking about our home or room maintain our flexibility.



If we are sadly bedbound, we may be able to clench and unclench our hands and fingers, or flex and point our toes in the bed, or gently rotate our head and neck. Slow, deep breathing also calms us when we feel anxious.

## Healthy eating

When we are on our own, it can be hard to prepare proper meals for ourselves – it just doesn't seem worth the effort. But remember the advert -

**WE ARE WORTH IT!** Skipping meals and relying on snacks is not good for us. Aim to eat in a balanced, healthy way, with old fashioned green vegetables and lots of protein to nourish our bodies. Eggs: boiled, poached, scrambled, fried, are a marvellously versatile source of protein. Avocados are high in potassium and good fat to keep us full. We need to limit sugar and



carbohydrates - not too many biscuits, cakes and bread - as these can lead to diabetes. When my Mum could no longer cook, she was pleased to receive Meals on Wheels from Social Services. Other older friends prefer to purchase ready meals from companies which provide these for seniors.

### Create a comfortable routine

Keeping to a regular routine helps us live a more stress-free life. Are there any creative activities which can help fill the time? If our hands are arthritic and we can no longer manage hobbies like embroidery, knitting, crochet, painting or drawing, can we still read? If we have a kindle or iPad we can enlarge the font to help us see the text. Puzzles like sudoku, cross words and word searches keep our minds busy and active and help prevent the onset of depression and dementia. My centenarian mother-in-law enjoyed watching quiz programmes or playing patience when there was no one with whom to play scrabble. If we can no longer tend a garden, perhaps we can look after some houseplants or make a little herb garden on a windowsill.



### Feeling loved and needed

We all need to feel of value to others. Human beings were created to live in relationships so we feel increasingly lonely as our loved ones die, friends move away or into care homes themselves, especially if we can no longer get out to visit them and there are few people to come to us instead. Can we send cards to them?

Perhaps we can receive a phone call from a telephone befriender through organisations like Age UK, our local church or some community groups? If even that is not an option, we can ring the Hope telephone line set up at the start of the pandemic in 2020. Absolutely free and available 24 hours a day, we can dial even in the night when we may be awake and feel in need of hearing a human voice.



### Keeping our thoughts on positive things

Amid all the unimaginably horrific things happening across the world, in the face of war upon war upon war, watching the news on our TVs or reading newspaper headlines, may not be the best way of helping ourselves. We tend to keep thinking of these incidents and unwanted images intrude upon our minds, making us angry and full of despair. Why not turn those news bulletins off? Instead of newspaper images of violence and disaster, have we an old fashioned movie we can enjoy on catch up TV? Or good book we can read? The life story of some one who achieved something positive? Even our Bibles!

Whilst not putting our heads in the sand, we can, however, focus on uplifting things, at least for some of the time. Listening to favourite music on radio or CD can lift our mood. More than 2000 years ago, the apostle Paul was writing to some Christians in Philippi. Here is what he said,

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.*** Philippians 4:8

The old fashioned habit of counting our blessings, perhaps jotting things to be thankful for down on a piece of paper, can really help lift our spirits. We may not feel we have much for which to be grateful, but it is amazing how the list grows once we have started to ponder!



# Numbers to ring!

*Like to hear a human voice or have a chat?*

## **Local support**

**Anna Chaplains** (Older People's Chaplains) linked to **Caraway**

Ring 07535 164 014 to leave a message if you would like contact with an Anna Chaplain in Southampton

**Communicare in Southampton:** 023 8050 0050

Monday to Friday 9 a.m.-4 p.m.

Communicare, a friendly, local charity offering practical and emotional support at no cost to the users, including a befriending service mainly through phone calls. *The availability of help is dependent on the availability of volunteers.*

## **National support**

**Daily Hope: 0800 804 8044**

A free 24 hour phone line of hymns, reflections and prayers, offering comfort and support especially for those confined to home. Set up by Holy Trinity Claygate and Faith in Later Life.

**AGE UK Advice Line:** 0800 678 1602

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

Free confidential national phone service for older people, their families, friends, carers, and professionals.

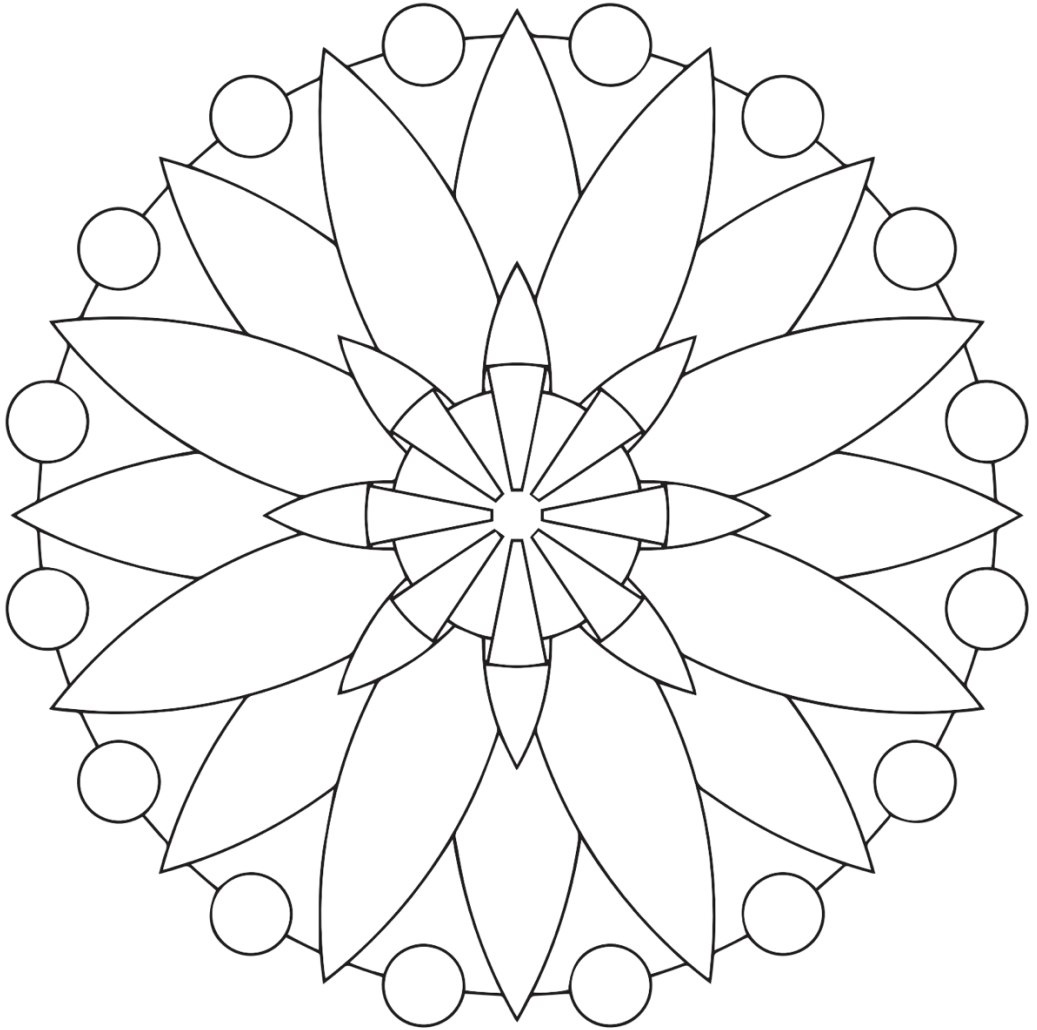
**Independent Age:** 0800 319 6789

Independent Age provides support such as telephone calls and home visits

**The Silver Helpline:** 0800 4 70 80 90

Free confidential helpline for older people across the UK open every day and night of the year. The Silver Line offers telephone friendship calls and help to connect people with local services in their area

*Colouring can be used as a form of mindfulness and art therapy, which can improve focus and attention on your surroundings or your emotions at that time. Recent studies have also shown colouring to reduce anxiety and depression. Here's this month's colouring.*





## LEST WE FORGET

*The War Horse Sculpture in  
Romsey Memorial Park, Hampshire*



On one wet October afternoon we were visiting the Memorial Park in Romsey, just behind the Abbey. I was stunned to come across a beautiful sculpture of a World War I war horse. I discovered that in the early 20<sup>th</sup> century there had been a large Remount Camp on Pouncefoot Hill to the south-west of the town. In March 1915 the first two horses arrived at the camp, but this increased dramatically to up to 830 horses being received per day. As horse-power was still the main way of moving men and supplies, eventually more than 120,000 horses and mules were prepared for war service. These horses were walked from the Remount Camp outside Romsey to Southampton Docks. In March 1917 over three days 1,200 Romsey horses were embarked from Southampton for France, and 1,000 the next week.

In 2013, almost a century after the outbreak of the 1914-18 World War, local residents raised funds to commission a statue from renowned equestrian sculptor Amy Goodman, to commemorate the horses and men, who trained at the Remount Camp. Amy, born in Windsor in 1974, was awarded a Fine Arts degree in Southampton in 1997. Amy is passionate about horses which she has ridden since a small child, and designed and cast the bronze resin statue of a war horse and soldier. Amy has explained, 'I wish to convey the powerful bond between horse and soldier, despite their hardship through war.' This is depicted by the physical closeness of the gaunt, wounded soldier, who with bowed and weary head, is offering food from a bag of grain to the horse, which is leaning towards his master. Under the footings of the War Horse statue, four horseshoes found on the battlefields of France, a Remount Depot Cap badge and two terracotta horses crafted by Romsey school children, lie buried.

This moving and thought-provoking work of art was unveiled by HRH the Princess Royal in 2015, to mark the centenary of the opening of Romsey Remount Depot. The poignant inscription reads:

**WE WILL REMEMBER THEM**

He who dwells in the  
**SHELTER**  
of the Most High

*I will protect him*

will rest in the  
**SHADOW**  
of the Almighty

*I will rescue him*

I will say, He is my  
**REFUGE**

*I will answer him*

and my

**FORTRESS**

my God in whom I trust

**SHIELD**

*I will deliver him  
and honour him*

**DWELLING**

*with long life  
I will satisfy him*

*I will be  
with him  
in trouble*

Psalms 91

# WORDSEARCH

The Armour of God *Ephesians 6*

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

ARMOUR

AUTHORITIES

BELT

BREASTPLATE

FAITH

FIRM

FULL

GOD

GOSPEL

HELMET

PEACE

RIGHTEOUSNESS

RULERS

SALVATION

SHIELD

SPIRIT

STAND

SWORD

TRUTH

WORD

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