



# VINTAGE ADVENTURE

④ HOME

PROVISION



*Dear Friends,*

*I expect, like me, you'll have basked in the glorious Indian summer during September. I love the chill of the early morning air that breaks into the warm glow of sunshine, beckoning us outside to enjoy one more cuppa. It's not quite time for winter woollies or an open fire, but we know the seasons are about to change and we begin to prepare for the colder months ahead.*

*But this is a season where we see fruits ripen, where red apples are falling from trees, and where blackberries have been picked. Out in the countryside, farmers have brought in the harvest, and trees are beginning to take on their autumnal hue. It's the time we celebrate God's provision through creation and give thanks for the increasingly rich variety available to us. As we give thanks, we also acknowledge the struggle for so many to put a meal on the table for their families. It's a reminder for us all to add a few extra items to our shopping bags for a local food bank. Every little makes a difference.*

*The name of our charity, Caraway, comes from some verses in Isaiah 28: 27-30, which also speak about a harvest.*

*"Caraway is not threshed with a sledge - - caraway is beaten out with a rod and cumin with a stick - - all this comes from the Lord Almighty, whose plan is wonderful, whose wisdom is magnificent."*

*What I love about these verses, is that the spices, caraway, and cumin, are harvested with just a stick and a rod, a harvest which could therefore involve people of different ages and physical ability. This is a wonderful reminder that we all have a role and purpose whatever our age, our ability, our gifts, or our experience. God wants each of us to take part in caring for our beautiful world.*

*Everyone has received a pack of caraway seeds this month, a reminder of not only God's abundant gifts, but also that God has a purpose for each of us. So perhaps you'll try planting a few seeds, with the promise of a later harvest or maybe you'll bake some bread or make a cake and share it with someone. But remember that God, Whose plan is wonderful, is inviting us both to not only enjoy all He has provided in creation but is also inviting us to play our role in caring for this precious world.*

*Blessings*

*Erica and your Caraway family*

# WORSHIP

God our Provider



Let's take a moment to still our hearts and minds  
as we come to spend time with our God

## **Psalm 145: 13-16**

*The Lord is trustworthy in all He promises  
and faithful in all He does.*

*The Lord upholds all who fall  
and lifts up all who are bowed down.*

*The eyes of all look to You,  
and You give them their food at the proper time.*

*You open Your hand  
and satisfy the desire of every living thing.*

## **Opening Prayer**

God our Father we thank You for Your unfailing provision for us.  
As we draw near to You, draw near to us that we may hear Your voice  
and experience Your love and grace. Amen



## Hymn

Great is Thy faithfulness, O God my Father  
There is no shadow of turning with Thee  
Thou changest not, Thy compassions, they fail not  
As Thou hast been, Thou forever will be

*Great is Thy faithfulness*  
*Great is Thy faithfulness*  
*Morning by morning new mercies I see*  
*All I have needed Thy hand hath provided*  
*Great is Thy faithfulness, Lord, unto me*

Summer and winter, springtime and harvest  
Sun, moon and stars in their courses above  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love *Chorus*

Pardon for sin and a peace that endureth  
Thine own dear presence to cheer and to guide  
Strength for today and bright hope for tomorrow  
Blessings all mine, with ten thousand beside! *Chorus*  
*Thomas O. Chisholm (1923)*



At this time of harvest it's good to thank God for His loving provision for us



## **Psalm 65: 8-13**

*The whole earth is filled with awe at Your wonders  
where morning dawns, where evening fades,  
You call forth songs of joy.*

*Pause and reflect*



*You care for the land and water it; You enrich it abundantly.  
The streams of God are filled with water  
to provide the people with corn, for so You have ordained it.*

*Pause and reflect*

*You drench its furrows and level its ridges; You soften showers and bless its crops.  
You crown the year with Your bounty, and Your carts overflow with abundance*

*Pause and reflect*

*The grasslands of the wilderness overflow; the hills are clothed with gladness.  
The meadows are covered with flocks and the valleys are mantled with corn;  
they shout for joy and sing!*

*Pause and reflect*

*“Count your blessings name them one by one  
And it will surprise you what the Lord has done.”*

So often we see life as full of problems and troubles but counting our blessings can be very therapeutic reminding us that there's loads to be grateful for, not just our food but our homes, our family, our church, our bus pass.....

How many good things, big or small, can you thank God for today?  
*Here's a space to start a list.....*

*Thank You God for.....*

When you've done that, how does it make you feel?  
Will you, like the psalmist, "shout for joy and sing"?  
God is our faithful provider so we do not need to worry!

### **From the Bible**

*Jesus said, "I tell you, do not worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"* Matthew 6:25



*"My God will meet all your needs according to the riches of His glory in Christ Jesus."* Philippians 4:19

*Pause and ponder these promises*

And in the light of all God our Father has provided for us let us .....

### **Pray for our needy world**

Almighty God we pray for our world.  
We thank You that You love and care for all peoples.  
We ask today that You will provide food for the hungry  
and shelter for the homeless.  
That You will heal the sick and wounded.  
That You will give comfort to those who mourn and despair  
and that in Your mercy You will set captives free.  
That the whole earth may live to praise Your name.  
For we ask in the name of Jesus Christ our Lord. Amen

### **Final prayer**

God our Father, thank You for Your provision for us, physically, spiritually and emotionally, and that we can always depend on You and trust You for all we need.

*Great is Thy faithfulness  
Morning by morning new mercies I see  
All I have needed Thy hand hath provided  
Great is Thy faithfulness, Lord, unto me. Amen*

## Reflection

October is a busy time for farmers and gardeners. Wheat harvested, winter vegetables dug, pumpkins and sprouts picked, glorious chrysanthemums and bright Michaelmas daisies gathered, to name but a few.

The Harvest hymn sings of ploughing fields and scattering seeds. Surely seeds need more attention than just being scattered? Remember Jesus' parable about the Sower and the seed? Some seeds fell along the path, and birds ate them. Others fell on rocky ground, immediately sprang up but withered away when scorched by the sun as the soil lacked depth. Other seeds fell among thorns which grew up and choked them. Some seeds fell on good soil and did produce grain. *[Matthew 13:4-8]*



Faith grows in different ways and at varying speeds, some staying strong from the start, whilst others find that difficult times lead to feeling uprooted, or bad influences take over like the choking thorns, causing us to lose faith.

October is the best time to sow many types of seeds including wildflowers; we must not worry if we are not picture perfect like the image on a seed-packet, or our past days have been rather wild. God knows and cares for each of us, nurtures our tender seeds of faith as we grow closer to Him.

Even when the autumn years of our lives come around, we need not fear. We can still be fruitful for Christ. God, the eternal gardener, calls us to remain rooted in Him, to contribute to His harvest by sharing the good news of Jesus' generous, bountiful saving grace through the way we treat others.

It is never too late to invite Jesus to sow the truth of His saving love in our hearts, to pray that He will lead us safely through the winter months of our earthly lives until, as the farmer carefully gathers in the grain for protection, God will gather us into the shelter of His eternal home.

# GOD'S BOUNTIFUL PROVISION

*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 provided for them since the war began.*



**Provision** The consequences of the war in Ukraine continue to be felt all round the world. Governments, international aid organisations and volunteers have provided billions of pounds worth of aid and assistance to Ukrainians in many different forms. After nearly 600 days of this phase of the war, with death, destruction and displacement now the norm for so many Ukrainians, sometimes we struggle to be hopeful about the future. Although many have fled to the safety of Europe, we stayed in Ukraine with our children and our team, making use of the new opportunities presented by the war to share God's love and our Faith with those in need. And there were and are many new opportunities. We know that God does not create wars and conflict - they are the result of this broken sinful world, our broken sinful nature. But I'm sure God uses wars and conflict to show His glory and to share His light. One of the ways this is done is through God's provision. As we have worked with tens of thousands of Ukrainians displaced by the war, God has provided through many generous donations, physical resources, new clothing, bedding, food, hygiene products. God has provided vehicles for evacuating the elderly and infirm, as well as generators for keeping the power on. Most importantly God has provided teams of volunteers - human resources - who are able to distribute this aid, and talk and comfort and share Jesus with those whom God places in their path. Our teams, providing emotional support for Ukrainians, are trained in helping them to find Jesus in the midst of this war. He is everywhere if we are attentive. And I'm sure that applies to your life too, no matter what challenges you are facing - look for Jesus. Because with Jesus comes hope, forgiveness, grace and a bright future.

**The Piano** When our daughters were small I had the desire that they should learn to play the piano. However, we would need to buy one! In those days money was tight, and a piano a luxury item. I decided to pray and believe God would grant the desire of my heart. I prayed a simple



prayer, something like, "Heavenly Father. Please would You supply a piano for the girls to learn on?" I then added, "We could afford £10!" I'm not sure why I added that part, for I am sure God didn't really need the help of our £10. But that is where the level of my faith was. Daily for weeks, I would thank the Lord for our wonderful piano costing £10. I imagined it in the corner of our room. This continued until the provision became so real I could almost dust it!

One day I was looking in the local Post Office window, where postcards were placed with items for sale. There it was! Piano for sale suitable for beginner £12.50! I phoned and asked the lady if she would accept £10 and she did. The piano was ours and a friend with a trailer helped us transport it home. GOD answered my prayer.

Our daughters both learned to play on that piano. As they progressed, we were able to upgrade it but I learned a valuable lesson in how to believe GOD for something and how He longs to be our provider and grant us the desires of our hearts.

### **The pink three-piece suite**

Sometime later we had re-decorated our lounge and wanted a pink 3-piece suite. Again I prayed. One day a lady who attended our church, asked if I knew anyone who would like a pink 3-piece suite with very little wear and tear..... you've guessed the rest of the story! GOD cares about the details of our lives. He loves to answer prayer and He is our faithful provider.

*Margaret*

## The Hot Water Bottle

<https://www.fahanchurch.org/thehotbottlewatertruestorybyhelenroseveare.htm>  
*Helen Roseveare, a doctor missionary from Northern Ireland, to Zaire, Africa, told this true story as it had happened in the 1950s in what was then the Belgian Congo. She writes:*

'One night, in Central Africa, I had worked hard to help a mother in the labour ward, but in spite of all that we could do, she died, leaving us with a tiny, premature baby and a crying, two-year-old daughter. We would have difficulty keeping the baby alive. We had no incubator. We had no electricity to run an incubator, and no special feeding facilities. Although we lived on the equator, nights were often chilly. A student-midwife went for the box we had for such babies and for the cotton wool the baby would be wrapped in. Another went to stoke up the fire and fill a hot water bottle. She came back, in distress, to tell me that in filling the bottle, it had burst. "All right," I said, "Put the baby as near the fire as you safely can; sleep between the baby and the door to keep it free from draughts. Your job is to keep the baby warm."



The following noon ...I went to have prayers with those orphanage children who chose to gather with me. I gave them suggestions of things to pray about and told them about the tiny baby. I explained our problem about keeping the baby warm enough, mentioning the hot water bottle. The baby could so easily die if it got chilled. I also told them about the two-year-old sister, crying because her mother had died.

One ten-year-old girl, Ruth, prayed with the usual blunt consciousness of our African children. "Please God, send us a water bottle. It'll be no good tomorrow, God, the baby'll be dead; so, please send it this afternoon." While I gasped at the audacity of the prayer, she added, "And while You are about it, would You please send a dolly for the little girl, so she'll know You really love her?"

As often with children's prayers, I was put on the spot. Could I honestly say "Amen?" I just did not believe that God could do this. Oh, yes, I know that He can do everything: The Bible says so, but there are limits, aren't there? The

only way God could answer this particular prayer, would be by sending a parcel from the homeland. I had been in Africa for almost four years, and I had never, ever received a parcel from home. Anyway, if anyone did send a parcel, who would put in a hot water bottle? I lived on the equator!

Halfway through the afternoon, a message was sent that there was a car at my front door. By the time that I reached home, the car had gone, but there, on the veranda, was a large twenty two pound parcel! I felt tears pricking my eyes. I could not open the parcel alone. So I sent for the children. Together we pulled off the string, carefully undoing each knot. We folded the paper, taking care not to tear it unduly. Some thirty or forty pairs of eyes were focused on the large cardboard box. From the top, I lifted out brightly coloured, knitted jerseys, knitted bandages for the leprosy patients, and the children began to look a little bored. Next, came a box of mixed raisins and sultanas - that would make a nice batch of buns for the weekend. As I put my hand in again, I felt ...could it really be? I grasped it, and pulled it out. Yes, "A brand-new rubber, hot water bottle!" I cried. I had not asked God to send it; I had not truly believed that He could. Ruth was in the front row. She rushed forward, crying out, "If God has sent the bottle, He must have sent the dolly, too!" Rummaging down to the bottom of the box, she pulled out the small, beautifully dressed dolly. Her eyes shone: She had never doubted! Looking up at me, she asked, "Can I go over with you, Mummy, and give this dolly to that little girl, so she'll know that Jesus really loves her?"



That parcel had been on the way for five whole months, packed up by my former Sunday School class, whose leader had heard and obeyed God's prompting to send a hot water bottle, even to the equator. One of the girls had put in a dolly for an African child - five months earlier - in answer to the believing prayer of a ten year-old to bring it "that afternoon!"

***And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear. (Isaiah 65:24)***



## What happened when someone kept on praying .....

In our September issue we focused on the power of prayer. Here is a true story about a well-known American evangelist, Dwight Lyman Moody, (*pictured right*) born in Massachusetts in 1837. Moody made a preaching tour of major British cities during the years 1873 to 1875, at which he and gospel songwriter and



composer Ira Sankey (*pictured left*) attracted enormous crowds, in some cases 20,000 strong.

More significantly though, this gentleman committed to pray daily for 100 people whom he longed to become Christians. To ensure he did not forget anyone, he wrote each name on a list and as each person became a believer in the Lord Jesus, Moody put a line through the name and carried on praying for the others.

Remarkably, the praying for some people went on for years and years until D. L. Moody was an old man. At the time of his death in 1899, 96 of the names on his list were crossed off – each of these had received Jesus as their Saviour. What about the other four? Well, during Moody's funeral the remaining four also put their trust in Jesus for forgiveness and the gift of eternal life. Moody's persistent praying on their behalf had been most wonderfully answered – even though he did not know it at the time of his death.

Let this be an encouragement to us to keep up those prayers for our family, friends and others, whom we long to have real hope for the future.

Prayer works!



*Did you know that at a time when we all want to protect and care for our beautiful natural world, there are two fantastic local initiatives that are really working hard to make a positive impact on our environment?*



This local company's motto is "Keep it Simple. Keep it Local." The Bitterne Box Co delivers farm-fresh and locally produced fruit and vegetable boxes across a wide area of Southampton, as far out as Romsey, Chandlers Ford, Eastleigh, Fair Oak, Hedge End, Totton, and Hamble. Alongside their tailored-for-you bespoke fruit and veg boxes, they also have over 1200 other products to choose from, such as jams and chutneys, cupboard essentials and even ales, alongside eco-friendly cleaning products! Where possible, all products are locally sourced, and their deliveries, which at the time of writing cost £2.75, are emission-free. They are not open to the public, but their shop is open for orders weekly from 11am Thursday – 6pm Sunday, for delivery the following week.



Unfortunately, they can only be contacted online for orders and payments. Cash payments are not possible, but if interested please do email them at [info@bitternebox.co.uk](mailto:info@bitternebox.co.uk)

## **WILDER SOUTHAMPTON**

"Wilder Southampton" is a partnership project between Southampton City Council and the Hampshire and Isle of Wight Wildlife Trust, and is supported by the National Lottery Heritage fund as part of the nationwide "Nextdoor Nature" project. Their mission is to create a Southampton where wildlife is thriving and everyone benefits from a healthier environment. They are keen to encourage and enable more wildlife-friendly areas that have been created and supported by local communities, so if anyone thinks they have a great idea but don't know where to start or how to do it, they would love to help you!





There is lots going on! For example – just in the Highfield area alone - Lyn has created a wildflower garden with homes for insects and easy-to-grow edible plants. Over in the Uplands Estate, a small group of local residents is working hard to re-establish and increase biodiversity in the small Spinney area opposite the existing wet meadow and stream. In Portswood, volunteers at October Books have created a green outdoor space with flowers, herbs, and other sensory plants on a patch of concrete that was attracting antisocial behaviours and fly tipping. And the “Friends of Portswood Rec” group has a group of volunteers who work regularly with the council to maintain the green space and allow it to attract wildlife, particularly pollinators.

If you have been inspired by the work going on at “Wilder Southampton” and you would like to get involved, why not call their general enquiries number 01489 774400, Monday to Friday, 9am – 5pm, and have a chat!



## International Day of Older Persons

This special day is celebrated annually on 1<sup>st</sup> October and was started on 14<sup>th</sup> December 1990, when the United Nations General Assembly passed a motion declaring this particular date to be the International Day of Older Persons.

Although society often ignores us older people, **GOD values seniors**. The Bible tells us in Proverbs 20:29

*The glory of the young is their strength;  
the **grey hair of experience is the splendour of the old.***

GOD has promised to be with us throughout our lives. In Isaiah 46:4 He reassures us,

*Even to your old age and grey hairs I am He, I am He Who will sustain you. **I have made you and I will carry you; I will sustain you .....***

Remember people look at the outward appearance, noticing how frail or wrinkled or bent we are – but most importantly

*‘the Lord looks at the heart.’ – 1 Samuel 16:7*

Even though we live in a culture in which youth is celebrated, hold on to the fact that YOU matter to GOD Who loves you and really cares about you.



# 10 Tips for Ageing Better

People are living longer and 23% of the UK will be aged 65 and over by 2035. Older People's Day exists and aims to challenge negative attitudes and outdated stereotypes and focuses on celebrating the achievements and contributions that older people make to our society and the economy.

So this leads nicely on to – 10 Tips to Ageing Better!

1. Watch what you eat and drink
2. Look after your teeth
3. Stay active
4. Make the most of your doctor
5. Get a vitamin boost
6. Take care of your feet
7. Sort out your sleep
8. Take the tests – hearing and eyes
9. Stay in touch
10. Give up smoking

Always nice to end with a little quote or thought for the day and who better than Winnie the Pooh!

"What day is it" asked Pooh.

"It's today", squeaked Piglet.

"My favourite day," said Pooh.



# You have to be a "certain age" to appreciate this one....

*I can hear my mother now.....*

## THE BASIC RULES FOR CLOTHESLINES:



1. You had to hang the socks by the toes...  
NOT the top.
2. You hung pants by the BOTTOM/cuffs... NOT the waistbands.
3. You had to WASH the clothesline(s) before hanging any clothes - walk the entire length of each line with a damp cloth around the lines, because the lines might have been dirty, and leave marks on the clean clothes you pegged there.
4. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
5. You NEVER hung a shirt by the shoulders - always by the tail! What would the neighbours think?
6. Wash day on a Monday! NEVER hang clothes on the weekend, or on Sunday, for Heaven's sake!
7. Hang the sheets and towels on the OUTSIDE lines so you could hide your "unmentionables" in the middle (busybodies, y'know!)
8. It didn't matter if it was sub-zero weather... clothes would "freeze-dry."
9. ALWAYS gather the clothes pegs when taking down dry clothes! Pegs left on the lines were "tacky"!
10. If you were efficient, you would line the clothes up so that each item did not need two clothes pegs, but shared one of the clothes pegs with the next washed item.
11. Clothes off of the line before dinner time, neatly folded in the clothes basket, and ready to be ironed.
12. IRONED????!! Well, that's a whole OTHER subject!

## And now a POEM ...

A clothesline was a news forecast to neighbours passing by,  
There were no secrets you could keep when clothes were hung to dry.

It also was a friendly link for neighbours always knew  
If company had stopped on by, to spend a night or two.  
For then you'd see the "fancy sheets", and towels upon the line;  
You'd see the "company table cloths", with intricate designs.  
The line announced a baby's birth, from folks who lived inside,  
As brand new infant clothes were hung, so carefully with pride!

The ages of the children could, so readily be known  
By watching how the sizes changed, you'd know how much they'd grown!

It also told when illness struck, as extra sheets were hung;  
Then nightclothes, and a bathrobe too, haphazardly were strung.

It also said, "On vacation now", when lines hung limp and bare.  
It told, "We're back!" when full lines sagged, with not an inch to spare!

New folks in town were scorned upon, if wash was dingy and grey,  
As neighbours carefully raised their brows, and looked the other way.  
But clotheslines now are of the past, for dryers make work much less.

Now what goes on inside a home, is anybody's guess!

I really miss that way of life; it was a friendly sign ~ !  
When neighbours knew each other best ~ by what hung out on that line.

*Author Unknown*





blessest it. **Thou crownest the year**

## Psalm 65

**You** tend the earth and water it:  
**You** make it rich and fertile.

**The** river of God is full of water:  
and so, providing for the earth  
you provide grain for men.

**You** drench its furrows,  
you level the ridges between,  
you soften it with showers,  
and bless its early growth.

**You** crown the year with your goodness  
and the tracks where you have passed  
drip with fatness.

**The** pastures of the wilderness run over  
and the hills are girded with joy.

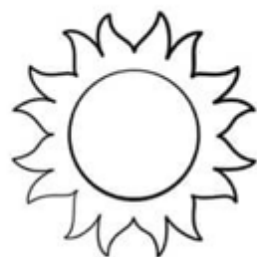
**The** meadows are clothed with sheep,  
and the valleys stand so thick with corn  
they shout for joy and sing.



**Thou visitest the earth and**

**the year with thy goodness**





# Autumn Words

*What comes to mind for you when you think about Autumn. Here's a few words we thought of. Add some of your own and if you like sorting, put them into alphabetical order!*

- |             |                  |
|-------------|------------------|
| 1. Equinox  | 11. Football     |
| 2. Maize    | 12. Sweater      |
| 3. Pumpkin  | 13. Squirrel     |
| 4. Chilly   | 14. Acorn        |
| 5. Harvest  | 15. Conkers      |
| 6. Orchard  | 16. Rake         |
| 7. Umbrella | 17. Rain         |
| 8. Windy    | 18. Rugby        |
| 9. Leaves   | 19. Coat         |
| 10. Apples  | 20. Blackberries |



# WORDSEARCH

Harvest

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

APPLE

BLACKBERRIES

BROCCOLI

CABBAGE

CARROTS

CAULIFLOWER

COURGETTE

CROPS

CUCUMBER

GATHER

GRAINS

HARVEST

LETTUCE

ONIONS

PEARS

PEPPERS

PLUM

POTATOES

PUMPKIN

TOMATOES

WHEAT



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