



VINTAGE ADVENTURE

@ HOME

JOYOUS JANUARY!



Dear Vintage Adventure friends,

JOYOUS JANUARY

Even reading the title for this month's Vintage Adventure brings a smile to my face! We tend not to think about January as being joyful, but why not? There is so much to be thankful for even when we are perhaps, not feeling at our best and the warm summer sunshine is in the very distant future. As you read on, you will discover so many things to give thanks for and our prayer is that you will be encouraged to notice moments of hope in the world around you as we begin this new year.

I love the verse from Nehemiah chapter 8 which says:

*“This day is holy to our Lord. Do not grieve,
for the joy of the Lord is your strength.”*

When we draw close to God, even when the going gets tough we can know an inner joy that brings strength for today and hope for tomorrow.

January can seem endless with the damp, dark and cold days, so we'd love to see you at one of our community events, whether it's a local community group, a memory café, or maybe, you'd like to join us for our regular zoom church service. Do let us know if you'd like help connecting to a local group and we will do our best to help. Our Anna Chaplains and their teams are also here to connect with you, by phone or a visit when appropriate.

Finally, a wonderful quote from the uplifting and wise book by Charlie Mackesy, 'The Boy, the Mole, the Fox and the Horse', which I hope will make you smile.

*“What do we do when our hearts hurt?”
asked the boy. We wrap them with
friendship, shared tears, and time, till they
wake hopeful and happy again.*



Happy New Year from Erica and all the Vintage Team at Caraway.

WORSHIP



Joyous January

The cold wind in the winter,
the pleasant summer sun,
the Lord God made each one.



Thank you Father that You give us the cold wind in the winter as well as the summer sun. Help us, in this cold month, to notice and be grateful for the good things that You continue to give us. Help us in frost, rain, or snow, to remember You, in Jesus Christ Your Son, Who Himself experienced the rigours of the changing seasons.

Praise



Summer and winter, springtime and harvest,
Sun, moon and stars in their courses above,
join with all nature in eloquent witness
to Your great faithfulness, mercy and love.

Thank you Father for the joys of January:

for the quieter days after Christmas, with time to read cards and letters;



that the days are getting longer in our hemisphere, and every day the sun sets a little later;

that though the trees are bare we can admire their tracery against the sky, the slender branches of birches, the gnarled and muscular arms of great oaks; that even now buds are beginning to swell, and catkins are forming on hazel twigs;

that beneath the ground bulbs are sprouting and soon snowdrops will emerge to announce the arrival of Spring;

praise God for the hedgehog, still sleeping beneath his pile of leaves.

God designed the whole of creation to express Himself. The Benedicite, an ancient song, summons all created things, animate and inanimate, to praise Him. Let's join in, and be a voice for some of the voiceless things around us.

These are a few of the words suited to a cold season:-

Bless the Lord all created things
sing His praise and exalt Him for ever.
Bless the Lord all winds that blow,
Bless the Lord scorching wind and bitter cold.
Bless the Lord dews and falling snows,
Bless the Lord frost and cold,
Bless the Lord you ice and snow.
O people of God bless the Lord;
sing His praise and exalt Him for ever.

The Epiphany, God revealed to the Gentiles

"After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star in the east, and have come to worship him."

Matthew 2, verses 1 and 2



The celebration of the birth of Jesus is behind us; January 6th is chosen by the church to remember the coming of the wise men some time later. They were astrologers, studying the stars to try to discern the will of the gods; they lived far from Palestine, and would have known little or nothing about the God worshipped by the people of Israel. Nevertheless, they undertook the long journey across the desert to worship the new king revealed in their observations, bringing costly gifts of gold, frankincense and myrrh.

Christians see this as a pointer to the time when God would reach out beyond the limits of Israel and call people of every tribe and nation, including the Jews, to know His love. Now we can all worship Him, wherever we live, through Jesus, His Son. Let's join in His worship now -



O worship the Lord in the beauty of holiness,
bow down before Him, His glory proclaim;
with gold of obedience and incense of lowliness,
kneel and adore Him, the Lord is His name.

Prayer



Thank You Father for the season of January. You are teaching us to trust You even when things are hard and cold and when You sometimes seem distant. We pray for those going through much tougher times than us, the homeless on our streets, the millions worldwide, suffering because of war or famine or persecution, or living in refugee camps. You are the God of all compassion; thank You for Jesus, Who reveals Your love to people of every nation. As we begin another year renew our love by Your Spirit in our hearts, and teach us to love one another more truly; help us to recognise You in others, however different they may seem from us, through Jesus Christ, our Lord.

Reflection

Hope and Joy



I wonder what your thoughts are as we enter a new year? Looking back the last few years have been tough, perhaps disheartening, yet our God, Who doesn't change, remains true to His promise in Jeremiah to give us a hope and a future.

Hope, God's sort of hope is different from our everyday hope, which is usually tainted with uncertainty and doubt.

Instead God's hope is a certain, a sure expectation of His promises being fulfilled in our lives and throughout His Kingdom. The apostle Paul knew this to be true in his life and experience and so he encourages us to

look to Jesus the author and finisher of our own journey of faith; exhorting us to keep our hearts and minds focussed on Him, rather than our circumstances and problems. Not always easy!



So as we look toward the unknown of 2024, remembering it's not



unknown to God, let us with assurance, put our hope and trust in God our Lord and Saviour. Let us seek to hold on to His promises rather than become downcast by the news and all that goes on around us. And let us rejoice that we

have such a faithful God who never leaves nor forsakes us, in whom we can have complete confidence. For He delights in us and loves us with everlasting love!

Joy and hope are precious gifts from God to His people, to you and me. The Bible speaks of 'Joy unspeakable' and of the 'Joy of the Lord being our strength.' So let's rejoice in the Lord in good times and in

the not so good times, when we feel like it and when we don't, when we are weak and weary or when we feel more upbeat. Yes 'Rejoice always'.

At Christmas the angels proclaimed:

"Good news of great joy for all people." But do we know that joy?

Let's foster that joy as we get our priorities in the right order!

1. **J**esus *As we spend quality time in worship and prayer*
2. **O**thers *As we seek to bless others with kind words and deeds*
3. **Y**ourself *As as we look after ourselves sensibly*

And finally, a Scripture to learn and take with us into 2024:

*"May the God of hope fill you with all joy and peace as you trust in Him,
so that you may overflow with hope by the power of the Holy Spirit "*

Romans 15:13



Joyous January? A time of Hope?

We've just experienced the Christmas season with all its hype, tinsel and glitter. The bright lights in the shops and windows of houses, the street decorations have been dazzling. But now we are entering a new year and soon the decorations will be removed, leaving us feeling flat.

As the new year opens, perhaps you're facing uncertainty, owing to your health, family, friends, finances, or for other reasons. Are you, like me, overwhelmed by what is happening in the world around us? Could you do with a bit of real hope?

And what is *hope* anyway? Is it like wishful thinking, when we say, 'I hope it won't rain!' Rather like wishing we could run for the bus, or sing beautifully like the singers we heard on the radio over Christmas.



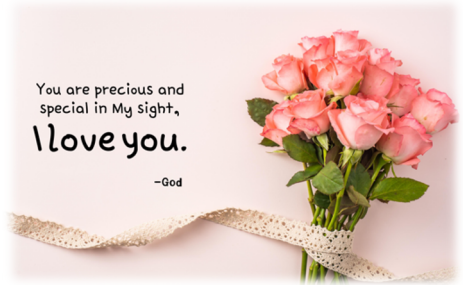
'Hope' in the Bible means a **confident assurance based upon God's promises.**

Isaiah, the Old Testament prophet, tells us that God's message is, '*Comfort, comfort My people.*' Comfort is the Hebrew 'to take a breath.' The English word *fortify* comes from the same root. So God is telling us He is there to strengthen us to go forward into the new year with confidence, despite the problems in our lives, and in the world around, even if we don't yet see the solutions.

All those years ago, God comforted His people by promising that a Saviour would come. And even now, in the 21st century, our hope is based on the fulfilment of this promise in the New Testament in the coming of Jesus. A verse you may know is found in the Gospel of John chapter 3:16:

For God loved the world SO much, that He gave His one and only beloved Son, that whoever believes in Him, should not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world.

The word 'gospel' means good news, which is just what this amazing promise is. Jesus' coming demonstrates that GOD LOVES YOU - unconditionally. He loves you, because He loves you, not because of who you are or because you're a 'good' person.



This promise is particularly good news, - if it is **true**. Christians believe it is, because Jesus is not an invented character in a story book. We are not dealing with a 'long, long ago in a land far, far away' tale. **The Bible sets Jesus in the real national, local and political history of His time.** Secular writers like the Roman, Tacitus, Josephus, the Jewish historian, and many others refer to Jesus. In Luke 3:1 we read that Jesus was active ...

*...in the 15th year of the reign of Tiberius Caesar, when Pontius Pilate was governor of Judea, Herod tetrarch of Galilee
During the high priesthood of Annas and Caiaphas,*

Rather like saying, 'When Charles was king', or 'When Rishi Sunak was prime minister.'

The hope that Jesus brings is real because Jesus is real.

We can only experience this hope if we turn back to Him to receive His forgiveness. That is what being a Christian means. Not 'I am a good person', but 'I am a **forgiven person.**' Not 'I hope I am going to be ok, because I've tried hard.' But 'I have a confident assurance, because of **what Jesus has done.**'

When we become a Christian, we have hope for the present in this world knowing that God is with us and a hope for the future in the life to come. Why not read the personal story of a Vintage Adventure recipient, who has experienced this for herself?



A little child,
A shining star,
A stable rude,
The door ajar.
Yet in that place,
So crude, forlorn,
The Hope of all
the world was born

Anonymous

Hope in the present. Hope for the future

Goff and Gill's story as told by Cynthia

In 2014 my brother, Goff, and his wife Gill, moved from Amersham to live in a beautiful home in Berkshire. They were just a few miles from one of their daughters and her family. Everything seemed perfect. Until shortly after they were settling in, Goff received the unexpected diagnosis of terminal prostate cancer.



Goff was remarkably positive throughout the five years, which remained for him, unfailingly thankful for the precious gift of each day. Of course, there were moments of tears and life was sometimes extremely hard. But Goff and Gill believed in Jesus and every day committed their lives and circumstances to the Lord. Gill still finds



comfort in reading the handwritten notes Goff jotted in his Bible, which they read together each morning. Amid some dark times, we exchanged many text messages, and in one, Gill wrote, "Incredibly difficult days but

keeping our eyes on Jesus." Strange as it may seem, Goff and Gill experienced a deep peace in all the uncertainty about what each day might bring, as well as true joy. Gill once explained that joy for them meant **Jesus Over You**. They held on to the fact that God was still in control, and His promises real and reliable.

One of the passages Goff highlighted in his Bible is in the last book, Revelation, chapter 21:

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away and there was no longer any sea. I saw the holy city, the new Jerusalem coming down out of heaven from God ... and I heard a loud voice from the throne, saying, 'God's dwelling place is now with His people. They will be His people and God Himself will be with them. He will be their GOD. He will wipe away every tear from their eyes. There will be no more death, or mourning, or crying, or pain, for the old order of things has passed away.'

In Revelation symbols describe the indescribable. At that time in the Hebrew culture the sea symbolised separation from one another but more importantly from God. So here we see God's promise of a future, in which we are restored into a loving relationship with Him and with other people, how we were originally created to be.



A future full of hope, especially for those of us experiencing pain, fear, sorrow, and anxiety. God is telling us, as He told Goff and Gill, life will not always be like this. There **IS** a hope and a future.

And for those coming towards the end of our earthly life, God promises eternal hope too. One of the fears about dying, is going through death alone. We can't take anyone with us – except, if we're a Christian, we have Jesus, Who has promised to never leave us nor forsake us. There is no longer any sea nor separation from God. Instead we have a wonderful hope for now in this world, certain that

God loves us, giving us meaning, purpose, and daily strength, and a future beyond this life when our time comes.

Just four days before his death in 2019, on their wedding anniversary, when he knew he would soon be called home to Jesus, Goff wrote in the beautiful card he gave Gill, *'Secure in the arms of Jesus for eternity. Our times are in His hands.'*

Goff's hope was not wishful thinking, but a confident assurance that the hope promised by God in the past had been fulfilled in Jesus, giving hope in the present right up to the final moment of his life, and for an eternal future, knowing that he was going through death WITH Jesus - to be with Jesus forever. Gill believes that for Goff, Jesus transformed death into a glorious new beginning, and that one day they will be reunited. As she says, "Hope for me means **He Only Purchased Eternity.**"

'Strength for Today, Bright Hope for Tomorrow'

As we start a New Year, we'd like to let you know that your friends at Caraway are in the process of developing further resources to support those of you who are housebound or who do not get out and about very often these days, and may therefore be feeling lonely and isolated. Our new resource is the Positivity Toolkit, designed to encourage positive mental wellbeing through a mix of activities, ideas and information. Our intention is for the toolkit to help provide hope, laughter and fun for those of you who would appreciate additional support, including those of you living with dementia.



We aim to tailor The Positivity Toolkit to each person's needs and interests. You will find it has been carefully created in warm, uplifting colours, and each item bears the logo 'Strength for Today, Bright Hope for Tomorrow', presented in a cheery yellow bag. Several core items that Caraway has produced will be available with each kit such as:

Positivity Cards – 50 Ideas of things to do

Research shows that being proactive is beneficial to mental health, so these cards are tactile, bound by a ring, and offer motivational ideas of positive ways to pass the time.

Gratitude and Hope Journal

A colourful daily prompt to think of the good in life, encouraging positive thoughts and building resilience, with space to write your own thoughts and feelings.

Guide to Thinking Positive

This short guide is full of uplifting images and ideas to keep you looking on the bright side. You will be able to explore meditations along with techniques for processing negative thoughts and learn how to deal with them in a healthy, gentle way.



And of course there will be other surprise items in the toolkit which will help personalise it just for you! If you are happy to receive them, it may include items of faith such as a holding cross, bible study notes and uplifting bible verses.

Once you have received a visit from an Anna Chaplain or Caraway volunteer, who will go through the resources with you, you will be able to dip into them yourself in between visits. So, watch this space!



Fancy trying something new this year?

There are memory cafés across the city for anyone living with dementia. Do come along and meet us. You will find a warm welcome waiting for you!

Bitterne Park – 2nd and 4th Wednesday, 2.30-4.30pm
Ascension Church Café, SO18 1HZ

St. Denys – 1st and 3rd Tuesday, 2-4pm
St Denys Church Centre, SO17 2ND

Lordshill – 2nd and 4th Thursday, 1.30-3pm
Lord's Hill District Centre, SO16 8HY

Lordswood - 1st Wednesday, 2-4pm, King's Church, SO16 5LL

Maybush – 3rd Tuesday, 2-4pm, Potters Court, SO16 4JA

Shirley – 3rd Monday, 2-4pm, Make & Brew Café, SO15 5HE

Thornhill – 1st Tuesday, 2-4pm
Medwell Court Community Centre, SO19 6JS

Asian Family Matters – 3rd Monday, Vedic Society Temple, SO14 0PS

Weston – 1st Wednesday, 2-4pm, Hope Centre, SO19 9JN

*For further information checkout our website, email or phone us
(details on the back page)*

January Quiz



1. What is January's birthstone?
2. What flowers are commonly associated with January?
3. Who added the month of January to the Calendar?
a) The Romans b) The Greeks
4. January has 31 days, what are the names of other months that have 31 days?
5. Which famous British Rock Band performed for the last time on a rooftop in London in January 1969? *Clue: Their name is an insect*
6. What is the name of the painting by Leonardo da Vinci exhibited in the US for the first time in January 1963? *Clue: The Mona _____*
7. What do the words Auld Lang Syne mean?
8. Who wrote the famous song Auld Lang Syne?
9. The singer with the nickname "Old Blue Eyes" has a birthday in January. Who is he?
10. Cassius Clay was born on January 17th 1942, what is he also known as?
11. Where is New Year's Eve known as Hogmanay?
12. In which Australian city is one of the largest New Year celebrations held?
13. What are the most popular New Year's resolutions?
14. True or false. New Year's Eve is celebrated on the same date all over the world.
15. In the Jewish religion what is "Rosh Hashanah" *Clue: the beginning of what?*
16. January replaced which month as the first month of the Roman year?
17. Which world city's name means "River of January"?

January History Trivia

1. **1502**: Portuguese explorers landed in Guanabara Bay on the coast of South America, naming it Rio de Janeiro, (River of January).
2. **1756**: Wolfgang Amadeus Mozart was born in Salzburg, Austria.
3. **1773**: The ship 'Resolution,' sailing under Captain James Cook, became the first vessel to cross the Antarctic Circle.
4. **1863**: The world's first underground railway service opened in London, the Metropolitan line between Paddington and Farringdon.
5. **1899**: Al Capone, American gangster who gained fame in the Prohibition era, was born. His life of crime ended when he died at the age of 33 from Syphilis.
6. **1901**: The Commonwealth of Australia was founded. Six former British colonies became six states with Edmund Barton as the first Prime Minister.
7. **1901**: Queen Victoria of England died after reigning for 64 years.
8. **1919**: The production, sale and transportation of alcoholic beverages in America was banned.
9. **1920**: The League of Nations, a precursor to the United Nations, held its first meeting in Paris, marking the establishment of the world's first international organization aimed at maintaining peace.
10. **1924**: The first "International Winter Sports Week" was held in Chamonix, France attracting overwhelming interest and retroactively designated as the first Winter Olympics by the IOC.
11. **1933**: Cricket legend Donald Bradman scores 103 (from 146 balls) against the Bodyline attack in the 2nd Test.
12. **1942**: Muhammad Ali, athlete, boxer, philanthropist was born.



13. **1956**: Elvis Presley released his first pop single 'Heartbreak Hotel,' which soon became the no. 1 song on the Billboard pop charts.
14. **1959**: Fidel Castro seized power in Cuba after leading a revolution to drive out the Dictator Fulgencio Batista.
15. **1961**: The United States severed diplomatic relations with Cuba following Fidel Castro's rise to power.
16. **1983**: Apple Inc. introduced the Apple Lisa, one of the first personal computers to feature a graphical user interface and a mouse.
17. **1986**: U.S. Space Shuttle 'Challenger' exploded 74 seconds after takeoff, killing all seven crew members.
18. **1999**: Eleven European countries began using a new single European currency, the Euro.
19. **2001**: Wikipedia, the popular online encyclopedia, was officially launched by co-founders Jimmy Wales and Larry Sanger.



With grateful thanks to Brian Crane who created Earl and Opal Pickles a retired couple. Brian produces these cartoons as daily and Sunday comic strips and the first was published on 2 April 1990.

Word Search



NEW YEAR'S RESOLUTIONS

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

Goals

Weight

Prosperity

Water

Sleep

Happy

Peace

Joy

Invest

Kindness

Love

Travel

Resolution

Save

Helpful

Health

Start

Exercise

Declutter

Thoughtful



NEW YEAR'S RESOLUTIONS Word Scramble

NJOI HTE YGM _____

NDKRI RMOE TREWA _____

UTQI KOGSMNI _____

TSRAT A GEDRAUTIT RJLONUA _____

LOSFS EHTET DYALI _____

DERA NEO KOBO A NHOMT _____

OD OTN THI EHT ZNOSOE BNTOTU _____

ECEMBO A RVTNEOLEU _____

PTOS GPTISAORCTNNAIR _____

NERAL A EWN ELGNAUGA _____

TQIT BGNITI LAINS _____

TUDETELCR UROY SEACP _____

Cartoon Character Quiz



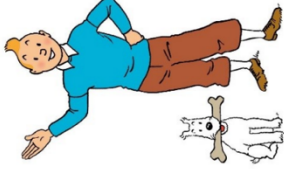
1. This little boy is a troublemaker!



2. This cat is from the silent film era.



3. Olive Oil is his girlfriend.



4. This young man is a reporter.



4. The Ghost Who Walks



6. "I tawt I taw a puddy tat!"



7. "Shhh. Be vewy vewy quiet, I'm hunting wabbits."



8. Smart, stubborn and always initiating a battle with the boys.



The
joy

of the LORD
is my
strength.

Nehemiah 8:10

Quiz answers

1. Garnet
2. Carnations and snowdrops
3. The Romans
4. March, May, July, August, October, December
5. The Beatles
6. Lisa
7. For old times' sake
8. Robert Burns
9. Frank Sinatra
10. Muhammed Ali
11. Scotland
12. Sydney
13. To exercise and to lose weight
14. False
15. The beginning of the New Year
16. March
17. Rio de Janeiro



NEW YEAR'S RESOLUTIONS Word Scramble

NJOI HTE YGM _____ **JOIN THE GYM** _____

NDKRI RMOE TREWA _____ **DRINK MORE WATER** _____

UTQI KOGSMNI _____ **QUIT SMOKING** _____

TSRAT A GEDRAUTIT RJLONUA _____ **START A GRATITUDE JOURNAL** _____

LOSFS EHTET DYALI _____ **FLOSS TEETH DAILY** _____

DERA NEO KOBO A NHOMT _____ **READ ONE BOOK A MONTH** _____

OD OTN THI EHT ZNOSOE BNTOTU _____ **DO NOT HIT THE SNOOZE BUTTON** _____

ECEMBO A RVTNEOLEU _____ **BECOME A VOLUNTEER** _____

PTOS GPTISAORCTNNAIR _____ **STOP PROCRASTINATING** _____

NERAL A EWN ELGNAUGA _____ **LEARN A NEW LANGUAGE** _____

TQIT BGNITI LAINS _____ **QUIT BITING NAILS** _____

TUDETCLCR UROY SEACP _____ **DECLUTTER YOUR SPACE** _____

Cartoon Quiz answers

1. Dennis the Menace
2. Felix the Cat
3. Popeye the Sailor
4. Tin-Tin
5. The Phantom
6. Tweety Bird
7. Elmer Fudd
8. Little Lulu

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Messy Vintage

from The Bible Reading Fellowship 