REMEMBER THE SABBATH DAY

# VINTAGE ADVENTURE (4) HOME

# DAY 7 OF CREATION SABBATH REST



#### Greetings dear Vintage Adventure @ Home friends,

Welcome to your November 2024 Vintage Adventure at Home. We are now well into Autumn and memories of summer holidays or participation in a day's Holiday at Home event seem so long ago. For many of us, taking a break of some kind from our usual routine, is a real help in recharging our batteries, as we unwind physically and mentally. What's true of our bodies and minds, is true of our spirits. We need spiritual refreshment and spending time simply resting in God's loving presence can be a real pick-me-up.

#### At the end of the Genesis account of creation, we read

On the seventh day GOD rested from all His work. Genesis 2:3 Even the Creator took time out to rest! God saw that all He had purposed to fulfil in creation had been accomplished. He had finished His work, so He rested – not out of exhaustion but on account of a task well done. Remember, He described His creation as 'very good.' God made a special day, which He blessed and made holy, meaning 'separate', 'distinct'. In so doing, God modelled for us the principle of taking a Sabbath rest Himself. This truly is a gift from God. Can we try to make one day different and special for Him?

As you open these pages, we invite you to worship God, hearing Jesus' encouragement to follow His example and rest. We suggest one way to take a mini Sabbath, resting in His presence and not even trying to find words with which to pray. One of our readers, Sue, offers us an inspiring account of her journey of faith through hard times which will resonate with several of us, together with her creative ways of sharing the Good News of Jesus with others. And if you like history, why not ponder the life of hero of faith, the athlete and missionary, Eric Liddell or draw strength from the beautiful art work and poetry?

#### Many blessings Cynthia and your Caraway friends



#### **Opening sentences**



On the seventh day GOD rested from all His work. Genesis 2:3

Six days you shall labour and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work. Exodus 20:10

#### Thanksgiving

Dear Creator GOD, how grateful we are for Your example of resting after Your creative work, and for Your instructions to us to do the same, and build into our daily lives a rhythm of rest and relaxation. Thank You LORD for the gift of one day in seven to rest, be refreshed, and to enjoy time with You.

#### Scripture

*Be still and know that I am God* Psalm 6:10



#### Prayer

Please help us to set time aside just for You, even if we have reached the stage in our lives when we no longer have the demands of work and most of the time we seem to be 'resting' anyway. Thank You for the summons to be still, and know that You are GOD. Help us to place all our cares into Your loving hands and trust You to sort things out, where we cannot see a way forward.



#### Hymn

We rest on Thee, our shield and our defender. We go not forth alone against the foe; Strong in Thy strength, safe in Thy keeping tender, We rest on Thee, and in Thy Name we go.

#### Scripture



How lovely is Your dwelling place, LORD Almighty! My soul yearns, even faints, for the courts of the LORD; My heart and my flesh cry out for the living GOD. ... LORD Almighty, my King and my GOD. Blessed are those who dwell in Your house. Psalm 84:1-2, 4

#### Pause

Lord, forgive us for our lack of faith, especially when we ignore our need for Sabbath rest. Teach us to pace ourselves, and to make time to rest in Your presence, to be still.

And even if we are no longer able to physically participate in Church life, and do not have the technology to join in a service online, please prompt us to use these worship pages to enter Your presence.

#### Hymn

What a friend we have in Jesus, all our sins and griefs to bear!What a privilege to carry everything to God in prayer.O what peace we often forfeit O what needless pain we bear!All because we do not carry everything to God in prayer.





#### Prayer



Thank You LORD for the rhythm of day and night, for the pattern of work, rest, play and worship.

Praise You for the gift of sleep. Thank You that You watch over us, that You neither slumber nor sleep, so that we can lie down and rest in peace.Thank You for promising to be our refuge, our strength, our ever present help in time of trouble. Therefore we shall not fear, even though the earth be moved.

#### Scripture

Jesus said, "Come to Me, all you who are weary and heavy laden, and I will give You rest." Matthew 11:28



#### Petition



Father we pray for all those we know, including ourselves, who may be struggling and tired under heavy burdens. Draw us to Yourself, so that we may discover how You gladly share the burden with us, for under Your gentle yoke is true rest.

#### Final thought

As we rest in GOD's love for us, let us take confidence from His promise that He will never abandon us and will strengthen us for what lies ahead.

> So do not fear, for I am with you; do not be dismayed, for I am your GOD. I will strengthen you and help you. I will uphold you with My righteous right hand. Isaiah 41:10

# Reflection - Sabbath Rest

Sunday was a very different type of day when we were growing up, wasn't it? Shops were closed, buses ran only a limited Sunday service, the roads were quiet and people enjoyed family time. Some of us who grew up in a church environment, attended Church services, Sunday schools and open air services, so Sunday, the traditional Sabbath, was far from a day of rest for us, and yet God rested on the 7<sup>th</sup> or Sabbath day.

So what is a Sabbath Rest? There are many references in the Old Testament to keeping the Sabbath holy and indeed it is the 4<sup>th</sup> of the 10 commandments given by God. In the New Testament Jesus said that He was Lord of the Sabbath (Matthew 12:8) and that Sabbath was made for man, not man for the Sabbath (Mark 2:27). Therefore, He healed and His disciples picked corn to eat on the Sabbath.

When we become a Christian and have a relationship with Jesus as our Saviour and Redeemer, we are freed from having to do lots of good works in order to please God and to fulfil the law. Jesus has set us free to come to God just as we are. Salvation is



simply a free gift. Therefore, we are able, as Hebrews 3 and 4 mention, to enter into the Rest of God, or the Sabbath Rest.

When God created the universe and everything in it within 6 days, we read, on the 7<sup>th</sup> day He rested. Have you ever created anything and looked at the finished article and thought to yourself "That's good – I've made a good job of that!"? Sometimes that can be strangely difficult, can't it? Perhaps you've spent several weeks, months even, knitting a garment or crocheting a blanket and it's finally finished. You hold it up to admire your handiwork but somehow your eyes fail to see your beautiful creation but instead focus on the uneven tension, or the fact that one side is slightly longer than the



other! I can spend all day in my garden, cutting things back, planting, rearranging pots until it looks good, then just as I'm about to go indoors a weed seems to wave at me – the one I missed!

It is so important that we learn to enjoy what we have created just like God did (and still does). Maybe we've created a comfortable home – it may not be a palace – it may need decorating, but it is ours. How we all at times need to learn how to enjoy – to just sit and enjoy what we have and to say, as God did, "It is good."

I believe there is also a place of rest we can come to when we are praying, praying and praying even more, for something to happen or a situation to change. We may not have seen any visible change in the situation yet, but we come to a place of peace and rest knowing that God has heard us, and if we have prayed in accordance with His will shown to us through the Bible – His Word, we know our answer is on the way. (1 John 5:14-15) This place of peace and rest is a very special place as it shows God that we trust Him. Psalm 37:7 tells us to "Rest in the Lord, and wait patiently for Him." This doesn't mean to stop physical activity (although for some of us – this may not be a bad thing!) but to rest from confusion, worry, stress, useless human effort and to be still in the Lord's presence knowing that He is working it out.

There is so much hustle and bustle, and worrying situations around us each

day, let's each be encouraged to spend some time being still and resting in God. If God needed to rest, then we surely do too! The last act of creation on Day 6 was to create humans, after that God had completed His creation. The first day on earth for man (Day 7) was therefore a day of rest.



Therefore, does God want us to fret and live anxious lives? As I was writing this the Lord reminded me of the words of Jesus:

"Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11: 28-29).

> In Jesus we can know rest. In Jesus we can live in the Sabbath Rest of God.



### Be still and Know that I am God

Even if we are housebound, we can set aside a time of rest to get more of God. Why not take time to be intentionally still with God and gain extra refreshment from Him?

I have calmed and quieted myself, I am like a weaned child with its mother. Like a weaned child I am content. Psalm 131:2

#### Relax your body

If you are in a crowded environment, close your door, if you are able to do so, or ask one of the staff to push it partly to, so that you can enjoy a few moments of privacy.

Find a comfy chair with a cushion to your back so that you are well supported and place both feet flat on the floor. If you are in bed, request that your pillows be arranged to give you good support so that you are as comfortable as possible.

Let your shoulders drop and your hands rest loosely in your lap.

Take a few slow deep breaths. Be as much physically at ease as you can. Close your eyes.

#### Let your mind relax

Let go of words, thoughts, care, concerns and anxieties. Hand everything that is worrying you over to God.

*Cast all your anxiety on Him, for He cares for You.* 1 Peter 5:7



#### Let your emotions settle

Ponder on God's great love for you – unconditional – unchanging – undeserved. Allow yourself to enjoy His love, just as if you are basking in the sunshine. Let His love fill you.

#### Allow yourself to be quiet

Know by faith that you're already in the presence of God even if you don't feel anything special. Relax in the silence of His love. Just be there. Don't feel as if there is anything you must do or say. **Just BE.** Picture yourself as a child held in God's arms.

#### Say a short two-syllable prayer word

such as Ab-ba, Fa-ther, Je-sus. Say this in your head gently and slowly in tune with your breathing. If you prefer, simply be aware of your breathing, in .....out, in ...... out.

#### Don't worry about distracting thoughts!

Simply be aware that you are thinking, and gently let the thoughts go, saying your prayer word to refocus. It's normal to have to return to your prayer word over and over again, – we have so much 'chatter' buzzing around inside our heads all the time!

#### As you enter the stillness, remain as quiet as you can

Allow God to do whatever He chooses to do. You may not know what it is. Just consent to His working within you. Let Him be in control. You may feel His love, but you may not.

It is enough to obey Him by being as still as you can, giving Him your full attention as you are quiet before Him.

#### After a few moments, slowly come out of the stillness.

You may like to say the Lord's Prayer very slowly and gently to draw your time of stillness to a close.

- Silent prayer, sometimes called Centering Prayer, is an act of obedience and faith.
- It takes time and practice.
- We are all different, and it suits some people more than others.
- Our personal relationship with God does not depend on a 'system'.
- Sometimes it is much easier than at other times.
- It is always worthwhile even if you do not 'feel' anything
- There does not have to be an outcome or a result.
- It is not doing nothing
- It is not a waste of time.

#### God, You made us for Yourself, and our hearts are restless, until they find their rest in You. Saint Augustine (354-430 AD)

### Let your God love you

Be silent. Be still. Alone. Empty before God. say nothing ask nothing. Be sílent. Be stíll. Let God look upon you. That is all. God knows and understands. God Loves YOU. With enormous love. wanting only to look upon you with love. Quiet. Still. Be.

# My walk with God



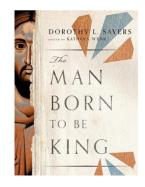
Hello everyone, my name is Sue; I live in a small Gloucestershire village. My walk with God began when I was about five. I had been born into a loving though not Christian family, but a member of our household laid importance on attending church every Sunday evening. This meant a long walk, in all

weathers, across fields and up steep roads. I now know that this dear lady knew Jesus as her Lord and Saviour and hers was a living faith.

It wasn't until twenty years later, when I met my husband, that my own walk with God really began. Right from the start of our married life, our faith and our family came first. I had trained to be a drama teacher; Ian was a graphic designer for London publishers. Blessed with three sons, Ian and I loved working on school productions for which Ian designed and built the sets.

Having moved to my present village, we spent a decade leading a Church

Children's Club and a Young Persons' Theatre Group. At the same time we trained to be CofE Lay Readers (ministers). Our God-given work together, culminated in 2000, when we staged, in the village hall, Dorothy Sayers' *The Man Born to be King*, a gospel based series of plays depicting the life of Christ. It was a nine month project, with 66 people of all ages from local congregations taking part.



A year later, Ian was diagnosed with prostate cancer. After a long, hard battle with this cruel disease, he died in July 2013. It was as though half of me had died with him. Bouts of depression had plagued me in earlier years, but this was a darkness far, far worse. It seemed my walk with God had ceased. I could hardly bring myself to get through the day, but I know now that God never left me and was carrying me! (*See later the 'Footprints' poem*)

My family and friends faithfully and patiently prayed for me and with me, but four years went by before light began to penetrate. Then several things happened at the same time. I was invited to join a ladies' group which

bonded us together for Bible Study and prayerful love for one another. I received deep healing prayer which finally and lastingly, released me from depression. I began receiving encouraging messages from Christian contacts made over the years, and



then wonderfully God led me to discover (online) the Chicago based ministry of Open the Bible and I spent hours listening to and learning from the Spiritfilled, Jesus-centred sermons by the lead Pastor, Colin Smith. A whole new dimension of understanding opened up, and my head knowledge of the Bible was replaced by heart knowledge. When Covid struck, I joined in their services online, a huge blessing. I was once again walking with God but with new understanding and purpose. I was even inspired to return to drama! Our lovely Grace Group, most of whom were well on in years, joined me in a venture 'Living the Bible', whereby we presented improvised scenes, based on events in the gospels and portraying the real people mentioned. I was 'born again' and baptised by immersion on Trinity Sunday, 2019.

In 2022 I learnt that Open the Bible was setting up a UK link (<u>https://www.openthebible.org.uk/</u>) and the Executive Director lived not far from me! It was not difficult to see God's hand in this. John was searching for a local recording artist, so I introduced him to David, a friend, whose studio is just up the road from my home! I am privileged to now be a team member, doing something that gives me much joy - recording Pastor Colin's Daily Reflections, just one of Open the Bible's helpful resources.

Since the start of my new life in Christ, God has called me to come alongside the older generation, which makes a lot of sense because at 90 I'm a member myself! Through my Open the Bible contacts I was sent a Vintage Adventure @ Home to share with others, and recently I joined my Prayer Partner in



helping to lead a Bible study in a Care Home. I visit people in their own homes, often introducing them to Pastor Colin's short book Fly through the Bible.

Just this time last year, the Lord nudged me to go forward with an idea for a 'Living the Christmas Story'

project. We have a good sized village Hall

within walking distance of The Crown Inn. Round the corner stands an old farmhouse with a spacious courtyard and outbuildings including a double fronted stable. I envisioned the crowd assembling in the Hall (Nazareth) for the first part of the story, exiting the hall to find themselves in Bethlehem, journey to the Inn and eventually arrive at the Stable. I took the part of Mary in her later years, recalling the

extraordinary events that had taken place at Jesus' birth. The young Mary, Joseph, the Angel Gabriel, Mary's cousin Elizabeth, the Inn Keeper and the Shepherds were all there, miming the actions as I spoke, with pauses for carols. Even a real live donkey joined us! The Lord blessed that day, and we came away with a deep sense of what Christmas is truly about.

Each day my prayer is of immense thankfulness that, in His mercy, our gracious loving Lord rescued me, and is still giving me the strength to serve Him. Glory to His Name!

# FOOTPRINTS IN THE SAND

One night I dreamed a dream. As I was walking along the beach with my Lord across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand,

One belonging to me and one to my Lord. After the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that at many times along the path of my life, especially at the very lowest and saddest times, there was only one set of footprints. This really troubled me, so I asked the Lord about it. "Lord, You said once I decided to follow You. You'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don't understand why, when I needed You the most, You would leave me." He whispered, "My precious child, I love you and will never leave you. Never, ever, during your trials and testings. When you saw only one set of footprints, It was then that I carried you." Author Unknown

# **Standing firm for Christ**

Over the summer some of us watched the Olympic Games, marvelling at the speed and skill of many outstanding athletes. This event recalled previous medallists, one of whom is Eric



Liddell, whose remarkable story was made famous in the Oscar winning 1981 film Chariots of Fire with its haunting musical theme.

Actually, Eric Liddell was born in northern China in 1902. Originally from Scotland, Eric's parents were missionaries. They sent Eric to London for his schooling, where his sporting talent was nurtured. Not only a runner, whilst at Edinburgh University, Eric played rugby for Scotland. Just one year before those significant 1924 Olympics, also held in Paris, Eric decided to concentrate on athletics.

A committed Christian for several years, when Eric heard that the 100 metre heats were to be run on a Sunday, a day he considered special, he

courageously decided not to take part. Despite enormous pressure from the media and the British Olympic Committee, Eric gave up the race for which he was guaranteed a gold medal, winning bronze in the 200



metres. However, the technique and strategy were so different for the longer 400 metre race that he was not predicted any success. On the morning of the event, Eric was given a paper on which were the words from the Bible, 'He that honours Me, I will honour.' And indeed, God did honour Eric, as he not only won the 400 metres in spectacular fashion, but also broke both Olympic and world records!

Despite lucrative offers from the sporting world, Eric turned his back on fame

and celebrity and in 1925 became a teacher in a Christian college in China. After five years Eric returned to Scotland to train for the ministry, before going back to China. However, during the 1930s, life became extremely dangerous owing to brutal conflict between the Chinese Nationalists, Communists and the Imperial Japanese army. By 1941 foreign



citizens were advised to flee. Eric's pregnant wife and two daughters did so, but Eric remained with his brother, who was a doctor.

By 1943, Eric found himself in a prison camp, where he gave practical help to internees of all ages, shared the message of God's love from the Bible, and prayed both for inmates and his captors. There are several poignant accounts by those who were children in the camp at the time, fondly recalling 'Uncle Eric' arranging football matches and games to keep them occupied in a positive way.

Despite his adherence to keeping Sunday special, Eric was not legalistic: although to begin with he felt there shouldn't be sport on the Sabbath, he changed his mind and did organise games for the youngsters on a Sunday, as he felt their wellbeing was paramount.

Tragically, Eric was so malnourished that in 1945 he died aged just 43. Eric believed that Jesus Christ had died to reconcile him to God, and that he should put Jesus first in a life of service to others, in whatever circumstances he found himself. Can we do so too?

# Drop thy still dews of quietness, till all our strivings cease; take from our souls the strain and stress, and let our ordered lives corress the beauty of thy peace.

From the Hymn "Dear Lord & Father of Manking" Author: John Greenleaf Whittier (1872)

Sarah Rees (https://www.bookmarks-of-faith.com/

### **November – The Gratitude month**

Gratitude is one of the main virtues of our spiritual lives, regardless of religion. November is a month with some important dates to reflect on and be grateful for.

- **All Saints' Day 1<sup>st</sup> November**: Celebrates people who, through good deeds and God's grace, Christians believe to be in heaven.
- **All Souls' Day 2<sup>nd</sup> November**: A date to celebrate the lives of departed loved ones and to be grateful for their time on Earth.
- **Remembrance Day 11<sup>th</sup> November**: Revere and be grateful for those whose sacrifices will never be forgotten.
- World Kindness Day 13<sup>th</sup> November: Celebrate the gift of friends, past and present.
- **Thanksgiving Day 28<sup>th</sup> November**: A day to be grateful for big and small things. Be creative! Nothing is too small or insignificant to be grateful for on Thanksgiving Day.

Can't sleep? Instead of counting sheep see if you can find a name or attribute of God for each letter of the alphabet! Two of them are particularly challenging! Do let us know how you get on.



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

For example

- A Almighty or Awesome
- B Burden lifter

Etc.

llift up my eyes to the hills - where does my help come from ? My help comes from the LORD, the maker of heaven and earth

AIC

SHEI

HERD

COAST WATC

over you will not slumber. Indeed he who watches over Israel will neither slumber nor sleep.

He will not let your foot slip - he who watches

The LORD watches over you - the LORD is your shade at your right hand ; the sunwill not harm you by day, northe moon by night.

The LORD will keep you from all harm-he will watch over your life. The LORD will watch over your coming and going both now and evermore.



### Who am I?



**5<sup>th</sup> November 1913** I was born in British India where my father was an officer in the Indian Cavalry. I was sent to the Loreto Convent for High School where I met Maureen O'Sullivan, and we plotted to become 'great actresses'! While working on the movie Fire Over England, I read a novel by Margaret Mitchell and heard that Hollywood was planning a

film version of it. I instructed my American agent to recommend me to the producer David O. Selznick. Despite some people thinking that I was 'too British' to play Scarlett O'Hara, I beat several hundred hopefuls and won the part. The rest is history: I was awarded two Oscars for playing Southern belles in Gone With the Wind and A Streetcar Named Desire. By the way, in Gone with the Wind I was paid \$25,000 for my work while my co-star Clark Gable was paid \$120,000! Hmmm.... *Initials – VL* 

**10<sup>th</sup> November 1925** I was born in Wales. I was an actor and stage performer known for my beautiful baritone voice and commanding presence. I was nominated for an Academy Award seven times, but never won an Oscar. My second wife was one of the most beautiful and accomplished stars in Hollywood... I married her twice! In films I



portrayed Barabbas, Henry V, Julius Caesar, and Alexander the Great. At heart I was a Shakespearean stage actor. I was the leading man in films such as: Cleopatra, Who is Afraid of Virginia Wolf?, V.I.P. and The Spy Who Came In from The Cold. *Initials - RB* 



12<sup>th</sup> November 1929 I was an American film actress born in Philadelphia, Pennsylvania. My career began when I was 20 years old. I starred in many commercially successful films starting with Mogambo, with Clark Gable and Ava Gardner for which I was nominated for an Academy Award for Best Supporting Actress. I went on to star in High

Noon with Gary Cooper, High Society with Bing Crosby and Frank Sinatra, and three Alfred Hitchcock films: Dial M for Murder, Rear Window and To Catch a Thief. At 26 my career came to a halt when I married a European Prince. I never worked in films again. *Initials – GK* 

**15<sup>th</sup> November 1932** My real name is Sally Olwen and I am a British singer, actress and composer. My career spans eight decades. My professional career began as an entertainer during World War II on BBC Radio. In the 1960s I became known globally for popular upbeat hits including Downtown, and I Know a Place. I had 15 consecutive Top 40



hits in the US and became known as "the First Lady of the British Invasion". I won a Grammy Award for Best Rock & Roll Recording, and made two well known musicals; Finian's Rainbow with Fred Astaire and Goodbye Mr. Chips with Peter O'Toole. *Initials - PC* 



**17<sup>th</sup> November 1925** I was born in Winnetka, Illinois. It has been said that I epitomized Hollywood's classic matinee idol image... I made many films before being promoted to a leading man, and proceeded to work with Elizabeth Taylor, Doris Day, Yvonne de Carlo, among many

others. My popularity soared when James Dean and I were both nominated for Oscars in the Best Actor category for the film Giant. In the 1980s I joined the TV soap opera Dynasty. Can you remember any of my films? *Initials – RH* 

5<sup>th</sup> November 1963 I am a retired American actress. Both my parents were Hollywood actors; my father was very well known and my mother not so, even though she featured in more than 60 films. At the age of ten I featured in the hit movie Paper Moon alongside my father. For my

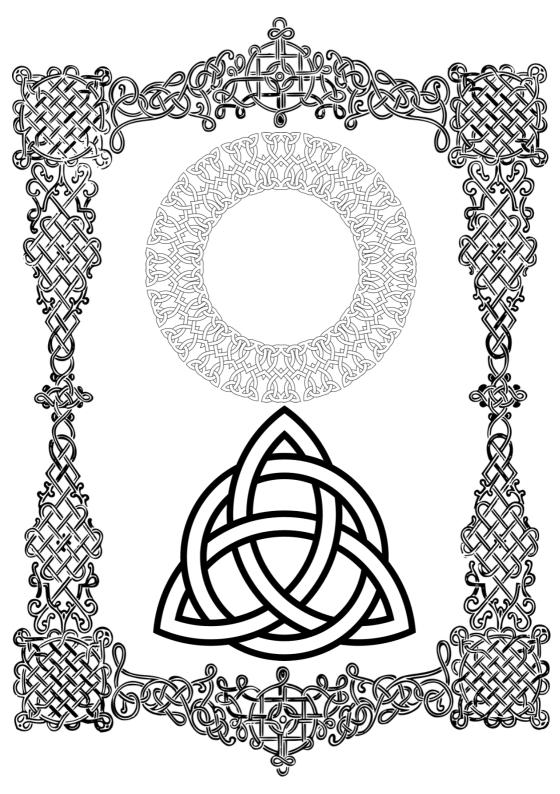


performance, I won and Academy Award; the youngest person ever to win an Oscar. I married a famous tennis player and had three children. *Initials – TO* 



**6<sup>th</sup> November 1946** I was born in Pasadena, California. I began my career on television where I was Gidget and laterThe Flying Nun. I was then typecast and it was hard to find serious roles to work on. To erase my girl next door image I went back to drama school and landed the lead role

in Sybil, a true account of a young person with multiple personalities. Having broken from my typecast I made dozens of memorable films including Steel Magnolia, Not Without My Daughter, and Forrest Gump. *Initials – SF* 

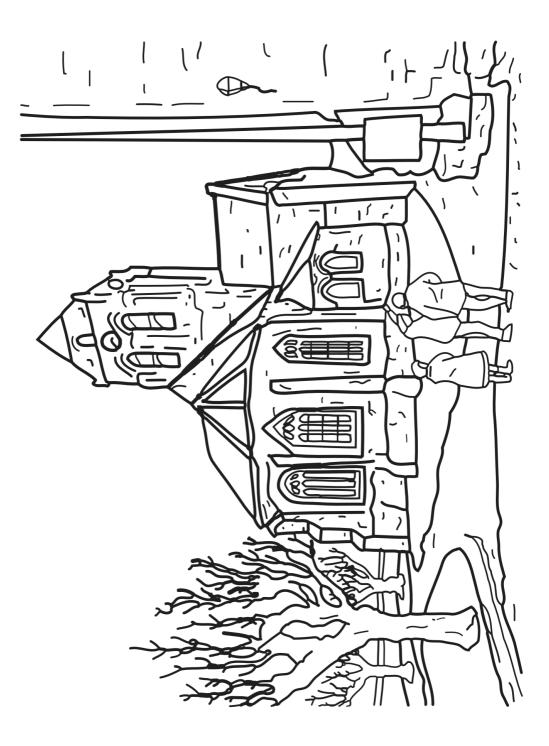


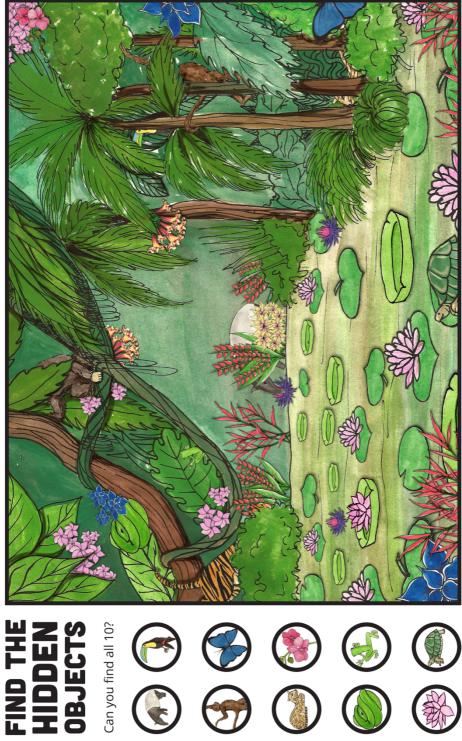
Word Search

# REMEMBRANCE DAY



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CEREMONY			HISTORY				ΡΟΡΡΥ				VETERANS		
ELEVENTH			LIBERTY				REMEMBER				VICTORY		















We thought our readers would like to see last month's craft at the **Lord's Hill weekly coffee drop in.** At Lord's Hill Coffee, Cake & Connect we focused on Day 6 of Creation: God creating land animals and humans. We thought for a few moments on just how wonderfully made we each are and how each of us is special to God. As a fun craft we then invited those present to create their very own person - perhaps how they would like to look. Here are their creations. *Margaret* 



#### Answers to Who am I?

VL – Vivien Leigh RB – Richard Burton GK – Grace Kelly PC – Petula Clark RH – Rock Hudson TO – Tatum O'Neal SF – Sally Field



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