

# VINTAGE ADVENTURE

## @ HOME

**Our Awesome God**



*Caraway*

Spiritually Resourcing the Older Person

*Dear Vintage Adventure@Home friends,*



*Summer has now officially begun, and we trust that you are able to enjoy the sunshine in some way, whether it's sitting by your window or out in the fresh air. The warmth of the sun is always lovely, isn't it?*

*The gardens in our local parks and around our homes are all bursting with colour and fragrance, so we have adapted some ideas by garden designers Debbie Carroll and Mark Rendell, about the benefits of the outdoors.*

*As I look at the variety of God's creation, I am in total awe at such beauty and attention to detail. Our theme for this month is therefore Our Awesome God. If you have been following Spring Watch on the television, you may be fascinated by the information we have found for you in our quiz about the life of bees. What small marvels of creation!*

*In our worship, Chris focuses on our hymn for July, All Things Bright and Beautiful, and sets you the challenge to see how many flowers and animals you can come up with related to the colours of the rainbow! Ann has illustrated the hymn beautifully as well as investigating the life of its writer.*

*In June we explored the coming of the Holy Spirit at Pentecost and Margaret has shared some thoughts about some of the characteristics of this Third Person of the Trinity.*

*Summer is a time of being outdoors, so we include two poems, one which may bring back childhood memories of being on a swing in the garden or local park, and the other expressing delight at the beauty of a Water Lily, written by one of our readers, Rev David Corfe.*

*Be encouraged by the verse 'We are God's masterpiece': remember you are more precious to Him than all the rest of His amazing creation!*

*We pray that you enjoy this pack, whether you sit down with a cuppa and read it through in one go, or dip in and out of it over the month. Do let us know about your favourite hymns and any memories of when you were young – it is good to reminisce!*

*With every blessing  
Cynthia and your Caraway friends*



# WORSHIP



## Opening prayer

As I keep my eyes open and look around me,  
I am amazed at what I see!

There is the sky...for ever changing, sometimes blue, sometimes cloudy,  
sometimes red as the sun comes up or goes down... I am amazed!

I look at the ground...even through the concrete  
little plants are growing... I am amazed!

On the skyline there are trees, moving in the breeze,  
changing colour with the seasons... I am amazed!

I look at my dinner plate... even there I see plants... peas, carrots,  
tomatoes... I am amazed!

I hear gulls overhead. A pigeon flies past... I am amazed!

God, You are so clever! You made all these things.

I am amazed!

## Reflection

You may like to take a minute and see how many different flowers you can  
name, then another minute to list different animals.

If you do this, you might think which is the biggest  
and which is the smallest.

My biggest flower is an amaryllis and my smallest animal is a tadpole.

How amazing all these things are! God is so clever!

## Hymn

(by Mrs C F Alexander)



*All things bright and beautiful,  
All creatures great and small,  
All things wise and wonderful,  
The Lord God made them all.*

Each little flower that opens,  
Each little bird that sings,  
He made their glowing colours,  
He made their tiny wings.

The purple headed mountain,  
The river running by,  
The sunset and the morning,  
That brightens up the sky.

The cold wind in the winter,  
The pleasant summer sun,  
The ripe fruits in the garden,  
He made them every one.

He gave us eyes to see them  
And lips that we might tell  
How great is God Almighty,  
Who has made all things well.

All things bright and beautiful,  
All creatures great and small,  
All things wise and wonderful,  
The Lord God made them all.

### **Bible verses**

(from Psalm 104...if you have a Bible and a bit more time you may like to read all of it)



*Bless the Lord O my soul, O Lord my God how great You are!  
You have stretched out the heavens like a tent cloth.  
You make the clouds Your chariot.*

*You send springs into the gullies which run between the hills,  
they give drink to every beast of the field.*



*Beside them the birds of the air build their nests and sing among the branches.  
You created the moon to mark the seasons,  
and the sun knows the hour of its setting.  
Man goes out to his work and to his labour until the evening.  
Lord, how various are Your works. In wisdom You have made them all,  
and the earth is full of Your creatures.  
I will sing praise to the Lord as long as I live,  
I will praise my God while I have any being.*

### **Another reflection**

God created the rainbow... different colours,

Red

Orange

Yellow

Green

Blue

Indigo

Violet

Can you think of a flower or animal that God has made in each colour?  
How beautiful is God's colourful world!



### **A canticle**

*(verses from an ancient hymn called the benedicite)*

O all ye green things upon the earth, bless ye the Lord.  
O ye wells, bless ye the Lord.  
O ye seas and floods, bless ye the Lord.  
Praise Him and magnify Him for ever.

O ye whales and all that move in the waters, bless ye the Lord.  
O ye fowls of the air, bless ye the Lord.  
O all ye beasts and cattle, bless ye the Lord.  
Praise Him and magnify Him for ever.

Glory be to the Father, and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now and shall be for ever. Amen.



### **Prayer**

Creator God,

we thank You for all the amazing things You have made.

Help us to look after Your world carefully.

When we look around, we realise how little we are  
and yet You have loved each one of us into existence.

We remember before You now the people who are significant in our lives  
(carers, friends, family....)

and ask Your blessings on them as well as on ourselves.

You are the Almighty God.

Amen.





## All Things Bright and Beautiful

This much-loved hymn was written in 1848 by Cecil Frances Alexander née Humphreys. Born in Dublin in 1818, she was a prolific writer of poems and hymns. For many years she taught in local Sunday schools, and her hymns were intended to illustrate or explain the doctrines of Christianity in a way that children could understand.



*All Things Bright & Beautiful* was written to celebrate the creation of the world, as written in the first line of the Creed: 'I believe in God the Father Who made heaven and earth.' No doubt she was also thinking of Genesis 1:31 *God saw everything He had made and behold, it was very good.* It was included in a collection called *Hymns for Little Children*. She also wrote the well-known seasonal hymns *Once in Royal David's City*, and *There is a Green Hill Far Away* among many others.

Most of her hymns were written before her marriage to the Rev. William Alexander in 1850. He shared her love of poetry, and he too wrote many hymns. He was appointed Bishop of Derry, before becoming Archbishop of Armagh and Primate of all Ireland.

To the modern adult, this Victorian children's hymn admittedly has some awkwardness, in an earlier version the hymn included the child's eye view of 'meadows where we play' and 'rushes by the water to gather every day.' It also has the dubious distinction of being the only hymn to have a verse banned by the Inner London Education Authority in 1982 for political incorrectness, as it seems to suggest that God Himself ordered the estate of 'the rich man in his castle, the poor man at his gate.' However, it is more likely that what the writer meant to imply, was the inclusivity of God's love rather than encouraging a social hierarchy.

The other verses and the refrain are simply expressed but profound in their theology, and this may be the reason for this hymn's continuing popularity with both adults and children. In a comprehensive list, Frances Alexander expresses praise for 'all creatures great and small', the beauty of flowers and the splendour of trees, the detail of a bird's wings, the grandeur of mountains, the joy of sunrise and sunset, and the blessing of the seasons and of summer fruits. She concludes with the privilege of being able to offer gratitude and praise to God for the amazing beauty and perfection of His world.

Read through the hymn again and reflect on each verse.

What an awesome God we have!

*All things bright and beautiful,  
All creatures great and small,  
All things wise and wonderful,  
The Lord God made them all.*

Each little flower that opens,  
Each little bird that sings,  
He made their glowing colours,  
He made their tiny wings.

The purple headed mountain,  
The river running by,

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That brightens up the sky.

The cold wind in the winter,  
The pleasant summer sun,  
The ripe fruits in the garden,  
He made them every one.

He gave us eyes to see them  
And lips that we might tell  
How great is God Almighty,  
Who has made all things well.





All things BRIGHT  
and BEAUTIFUL



All creatures GREAT  
and small



All things WISE  
and WONDERFUL



# God our Sustainer - The Tree Testimony

Isn't it amazing that God Almighty upholds all things and sustains all of His creation? Even more incredible is that He *'upholds the universe by the word of His power'* (Hebrews 1:3)

When God created the world He did this through speaking.... God said and things came into being. Genesis 1:3: *And God said, "Let there be light," and there was light.*

So we see that God's Word has both creative and sustaining power. Then after the flood God said: *"Never again will I curse the ground because of man, even though every inclination of his heart is evil from his youth. And never again will I destroy all living creatures as I have done. As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night shall never cease."* (Genesis 8:21-22)

Therefore, our seasons come round each year, because God said so! I find this staggering, for it gives us hope to hold on to God's Word during seemingly impossible situations. If God has said.....then despite what I may see, feel or think.... it is so.

Recently, whilst going through a difficult period, I was clinging to God's promises for different situations. It seemed these circumstances would never change. Out of a window I could see a tall tree in a neighbour's garden. This tree was bare. In fact, it looked dead! However, I knew it was winter, and its leaves had fallen off. As I considered God's promise above, I meditated on the fact that this tree was merely obeying what God had said. It was going through the seasons as ordained by God Almighty and nothing could change that. If that was so and God's Word is true, then that tree would surely come back into leaf in due season. And it did! Here are photos taken of the tree in winter and then spring, a few months' later.







To me that proved that God's Word is true. If a tree can obey God's Word, then my circumstances can too! That's how faith works. It believes the impossible, because God has said so. I encourage you to find the promise in God's Word that suits your situation - remind Him of what He has said - stand on God's Word as The Truth over your situation - thank Him for working in the situation - then see your answer come to pass in due time.

*God bless you - Margaret.*

## Who is the Holy Spirit?

*In our June booklet, we explored the coming of the Holy Spirit at Pentecost and here Margaret explains more about what Christians understand the Holy Spirit's role to be.*

Some people seem frightened of the Holy Spirit. Often called the Holy Ghost, this may conjure up an image of something rather spooky! However, this is far from the truth. The Holy Spirit is the Third Person of the Trinity: God the Father, God the Son and God the Holy Spirit. He is the very Spirit of God and of Jesus. We read in Genesis 1:1-3 *In the beginning God created the heavens and the earth. The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters.* The Holy Spirit was the action force on the day of creation responding to the spoken Word. The Holy Spirit is the power force of the Trinity – so how does He work and how can we get to know Him?

Jesus likened the Holy Spirit to living water. Without water we cannot live. It



keeps us clean, hydrates us and causes things to grow and flourish. John 7:37-39 records: *On the last and greatest day of the feast, Jesus stood up (and speaking about the Spirit), called out in a loud voice, "If anyone is thirsty, let him come to*

*Me and drink. Whoever believes in Me, as the Scripture has said: 'Streams of living water will flow from within him.'*"

When we ask Jesus to be our Saviour, the Holy Spirit comes to dwell within our own spirit. We become a living, walking, breathing temple of the Spirit of God. *Do you not know that your bodies are temples of the Holy Spirit, Who is in you, Whom you have received from God?* (1 Corinthians 6:19) We become connected to God and as we talk to Him in prayer and read about Him in the Bible, the power of the Holy Spirit flows through us and His fruit including love, joy and peace, starts to grow.

Here are some qualities of the Holy Spirit:

- **Helper and Counsellor:** We can ask for the Holy Spirit's wisdom anytime. When we say, "Lord, what should I do?" He will answer - not with a thunderbolt from heaven or writing in the sky - but may remind us of a Bible verse, or we may have a sense of what to do, or just peace about a situation. Often it feels like a green light - the Lord saying, "Yes, that's the right decision" or a red light - an unease about going ahead with something.
- **Comforter:** Jesus refers to the Holy Spirit as our Comforter (John 14:16) to be with us forever. Whether we need encouragement, strength, consoling, or hope, it's always available for us through the Holy Spirit. Like a faithful hot water bottle brings us comfort when we are cold, so the Holy Spirit reminds us that we are not alone and He will help us.





- **Intercessor & Advocate:** An intercessor is a mediator bridging the gap and an advocate is one who supports someone, ensuring their voice is heard - so the Holy Spirit intercedes for believers before God by guiding our prayers and talking to God on our behalf in ways that transcend human words. (Romans 8:26-27) Some believers pray in tongues, the heavenly language of the Holy Spirit.
- **Strengtheners:** On the day of Pentecost the disciples were seen to change from having doubts and weaknesses to boldness - filled with divine power to teach, lead and heal. (Acts 2:14 onwards)
- **Teacher:** The Holy Spirit leads us into all truth. (John 14:17). Whichever way we hear the Holy Spirit's voice, it will always be in line with God's Word, the Bible.

When the Holy Spirit dwells within us, we have 24/7 unlimited access to the Father and Jesus, and the power of the living Christ dwelling inside us. I encourage you to get to know the Holy Spirit. Read about Him in the Bible. Don't be afraid, just talk to Him. Invite Jesus to be your Saviour and the Holy Spirit to dwell within you. Listen for His voice. Experience His comfort, peace and guidance. He has promised to be with you forever. You will find it an amazing journey. Get to know your Greatest Friend. If you want to know more - ask one of the Anna Chaplains, we'd love to share further with you and encourage you.

*If the Spirit of Him [God] Who raised Jesus from the dead lives in you, He Who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, Who lives in you. (Romans 8:11)*

God bless you.

# Why don't we go into the garden?



Here are some thoughts from our garden designer friends at Step Change Design, ([www.stepchange-design.co.uk](http://www.stepchange-design.co.uk)) who have

carried out important research in keeping the connection to the garden, which has proven benefits for our health and wellbeing. They suggest:

- Being able to **SEE** out is the simplest, first step to connecting to the garden. So ask yourself, 'What am I looking at each day?' Is it possible for me to spend some time at a window or some French doors, and look out at a garden or some window boxes or a plant on a patio or balcony?
- The right clothes! Do you remember the saying, 'It's never the wrong weather, just the wrong clothing?' Do you have a warm coat and hat, or in the summer, a sun hat, sunglasses, and suncream, or a cardigan to put round your shoulders should it become a bit chilly? What about an umbrella in case there is a sudden shower?
- Can you get outside and back indoors, easily? Do you need to ask for an item of furniture to be moved so that you have a clutter free route to the outside? Is there enough space if you need support of a friend or use a mobility aid?
- If you find walking hard, perhaps you can have a chair outside, near your door, so that having stepped into the fresh air, you can sit down at once and enjoy the sights and sounds of nature easily.
- What do you love to do when outside? The key is to always do what brings you joy. Maybe you simply what to 'sit and stare', enjoying the sights, sounds and smells of the world around you. Or you may have a favourite magazine or book you can look at, or piece of knitting, whilst benefitting from the fresh air.


- As the seasons change, how about having a trowel and compost to hand on a small table near your chair, and pot up some spring or summer plants? It's always easier if the plants are really moist, as they drop into the holes more quickly, so a small watering can is handy. If you don't wish to get dirty hands, some thin latex gloves can protect your skin but still enable you to feel what you are doing.
- If you have access to a larger space, it's helpful to have several seats scattered around, so that you don't need to move too far before you can take a rest. Simply sit and enjoy the warmth of the sun, or even drops of fine rain, if you are suitably wrapped up. You may prefer the shade or somewhere out of the wind.
- If you are in residential accommodation, perhaps you can request that several easily movable seats be placed outdoors, so that two or three of you can sit together and enjoy each other's company.



The important thing is to get out into the air, after all it's good for us all, so 'Why don't we go into the garden?'







**For we are  
God's  
masterpiece,  
He has created  
us anew in  
Christ Jesus  
Ephesians 2:10**

## *Down Memory Lane*



As we begin to enjoy warmer days with long daylight hours, and this month think about how awesome is our God, is there something in nature that reminds you of your childhood?

A **sight** (maybe a daisy in a daisy chain and the rhyme 'he loves me, he loves me not')



A **sound** (perhaps of a blackbird)



A **smell** (maybe the fragrance of a rose)



What can you think of?

## Poetry Time

### The Swing

How do you like to go up in a swing,  
Up in the air so blue?  
Oh, I do think it the pleasantest thing  
Ever a child can do!

Up in the air and over the wall,  
Till I can see so wide,  
Rivers and trees and cattle and all  
Over the countryside -

Till I look down on the garden green,  
Down on the roof so brown -  
Up in the air I go flying again,  
Up in the air and down!  
Robert Louis Stevenson

### Water lily

Roots probe the slime,  
leaves ride the ripples.  
She presses to the sun,  
flexes wide her petals  
in joyful self-exposure;  
doesn't think of mud  
or contemplate her beauty  
when above there shines  
light and energy and love.

## Find the Hidden Animals in These Sentences



1. That will be a real help
2. He came to America today
3. Eric owes me ten cents
4. It's only a kilometre away
5. She came late every day
6. He called Akiko a lazy boy
7. Was Pilar mad, ill, or glad?
8. When I withdrew, Al rushed in
9. We're sending only one book
10. Your comb is on the table
11. If Roger comes, we'll begin
12. Do good workers succeed?
13. We made errors in each one
14. We will go at two o'clock
15. If I shout, he'll hear me
16. Is he the sixth or seventh?
17. I'll sing; you hum on key
18. The baby is naked
19. At last, I, Gerald, have won!
20. In April I only went there once



## Bee Quiz

As bee populations struggle across the world, see how much you know about these busy insects.



1. How many species of bees are there worldwide?  
A) 25    B) 75    C) Over 20,000
2. A honeybee can only sting once. True or False?
3. What are the three main types of bees in a honeybee colony?  
A) King, Worker, Drone    B) Queen, Worker, Drone    C) Queen, Soldier, Scout
4. What is a male bee called?  
A) A Drone    B) A Forager    C) A Carpenter Bee
5. How many times per minute do a honeybee's wings flap?  
A) 140    B) 1,400    C) 11,400
6. Which types of bees typically live alone rather than in hives?  
A) Honeybees & Bumblebees    B) Carpenter & Mining Bees    C) Drone & Worker Bees
7. How much honey does a single bee make in its lifetime?  
A) 1/2 teaspoon    B) 3 teaspoons    C) 1 tablespoon
8. Besides collecting nectar, what else do bees do while visiting flowers?  
A) Photosynthesize    B) Pollinate    C) Create oxygen
9. How long does a queen bee usually live?  
A) 5 weeks    B) 1.5 years    C) 3-5 years
10. The honey bee is the only insect that produces food eaten by man. True or False?
11. How do honeybees communicate?  
A) Through Dance    B) Through Buzzing    C) Through Wing Flapping
12. Honey offers more than just something sweet to eat. True or False?
13. Bees are generally less aggressive than wasps. True or False?
14. All bees can sting if they feel threatened. True or False?



15. What should you do if you get stung by a bee?
16. What is the shape of a honeycomb cell?  
A) Square    B) Pentagon    C) Hexagon    D) Octagon
17. What is the term for the practice of keeping and managing bee colonies?  
A) Apiculture    B) Horticulture    C) Sericulture    D) Aviculture
18. All bees produce honey. True or False?
19. What is the primary role of a queen bee in the hive?  
A) Foraging for nectar    B) Defending the hive    C) Laying eggs    D) Producing honey
20. What do bees use to build their hive?  
A) Mud    B) Leaves    C) Beeswax    D) Tree Bark



## Answers to Bee Quiz

*How much did you know and how much have you learnt?*

1. C) Over 20,000. There are more than 20,000 known species of bees across the world, from the tiny sweat bee to large bumblebees and honeybees.
2. TRUE. A honeybee dies after stinging because its barbed stinger becomes lodged in the skin, tearing part of its abdomen.
3. B) Queen, Worker, Drone .
4. A) A Drone. Drones are the male bees whose main role is to mate with the queen. They do not gather food or have stingers.
5. C) 11,400. Their fast wingbeats create the buzzing sound bees are known for.
6. B) Carpenter and Mining Bees. These are solitary bees that build nests in wood, soil, or sand.

7. A) 1/2 teaspoon. It takes many bees to produce just one jar of honey!
8. B) Pollinate. Bees transfer pollen between flowers, helping plants grow fruit and reproduce.
9. C) 3-5 years.
10. True.
11. A) Through Dance. Honeybees perform a "waggle dance" to communicate with each other. This dance helps other bees locate the best sources of nectar, pollen, water, or potential nest sites.
12. True! Honey is more than a natural sweetener. It provides quick energy, contains antioxidants, and has antimicrobial properties. It also includes small amounts of vitamins and minerals that can benefit overall health.
13. True! Bees typically only sting when they feel their hive is threatened. Wasps, however, are more easily provoked and more likely to sting humans, though they too usually sting only in self-defense.
14. False. Not all bees can sting. Male bees, called drones, do not have stingers at all. While female bees do have stingers, many, like solitary bees, are non-aggressive and will only sting if handled roughly.
15. If stung by a bee, follow these steps: If the stinger is still in your skin, remove it by scraping with a fingernail or a credit card. Avoid using tweezers, which can squeeze more venom into the skin. Wash the area with soap and water. Apply a cold pack or ice wrapped in a cloth to reduce swelling. Consider taking an over-the-counter pain reliever (like ibuprofen or paracetamol) and an antihistamine to relieve pain and itching. Watch for signs of a severe allergic reaction (such as difficulty breathing, swelling of the face or throat, or dizziness) and seek immediate medical attention if symptoms occur.
16. C) Hexagon. Honeycomb cells are hexagonal, a shape that efficiently uses space & materials.
17. A) Apiculture. Apiculture is the management of bee colonies, primarily for honey production and pollination.
18. False. Only certain species, like honeybees and some stingless bees, produce honey.
19. C) Laying eggs. The queen bee's main role is to lay eggs, ensuring the colony's growth and survival.
20. C) Beeswax.

# Name that tune!

Can you work out the name of the summer song based on the images shown?

1.



2.



3.



4.



5.



6.



# FIND THE HIDDEN OBJECTS

Can you find all 10?



Word Search

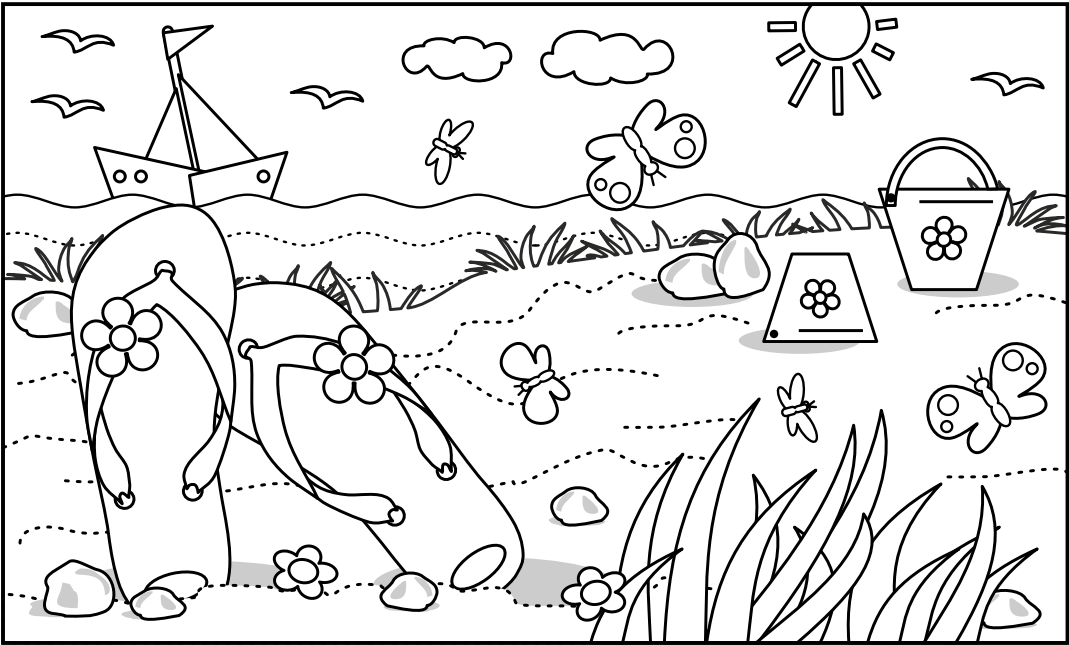
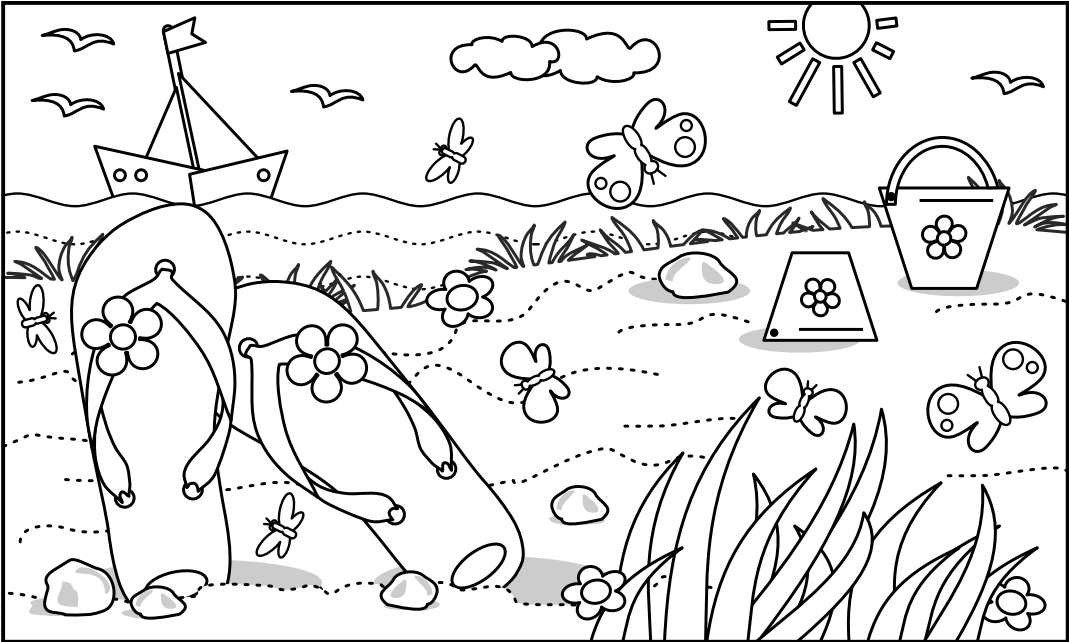
SUMMER



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

- |            |           |           |           |
|------------|-----------|-----------|-----------|
| Cloudless  | Waves     | Sunshine  | Boomerang |
| Sandcastle | Seashore  | Fragrant  | Surfing   |
| Vacation   | Dolphin   | Poolside  | Bicycling |
| Sodas      | Dandelion | Lifesaver | Outdoor   |
| Bikini     | Happiness | Barbecue  |           |

Find 10 differences then colour the picture!





## A few jokes to make you smile!



- Did you hear about the cat that ate a lemon?  
Now it's a sour puss.
- Why should you never date a baker?  
I've been told they're too kneady.
- How did the skeleton know it was about to rain?  
He could feel it in his bones.
- I named my horse mayo.... mayo neighs.
- Want to hear a joke about construction?  
I'm still working on it.

## Answers to the puzzles



### Answers to hidden animals

1 Bear 2 Cat 3 Cow 4 Yak 5 Camel 6 Koala 7 Armadillo 8 Walrus 9 Dingo 10 Bison 11 Frog 12 Dog 13 Deer 14 Goat 15 Fish 16 Horse 17 Monkey 18 Snake 19 Tiger 20 Lion

### Answers to Name that tune

1. California Girls – The Beach Boys
2. Summertime Blues – Eddie Cochran
3. Heat Wave – Martha and the Vandellas
4. Sunshine on My Shoulders – John Denver
5. Summer Time – Ella Fitzgerald and Louis Armstrong
6. Summer in the City – The Lovin'Spoonful

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**Messy Vintage**

from The Bible Reading Fellowship 