

VINTAGE ADVENTURE

④ HOME

Trusting in the Tough Times

Psalm 23



Caraway
Spirituallly Resourcing the Older Person

Dear Vintage Adventure at Home friends



We have had some unusually cold weather since the start of this new year, and we pray that you are able to keep warm and comfortable wherever you are. This month we continue to consider Psalm 23, this time looking at the middle section which reflects on those dark and difficult moments in our lives and God's promise to be with us always. Our memory verse reminds us; I will fear no evil, for You are with me.

We also include two remarkable true stories of rescue in extreme situations, in which God answered desperate prayer. The first describing how God used a tiny spider's web will probably be unknown to you. However, you may well remember the rescue after 69 days of the thirty three miners trapped deep underground in a mine shaft in Chile, which hit the headlines some years ago. If God can work in such big things, He can surely help us in our day to day problems!

We shall ponder on the last part of the Psalm next month.

Thank you to Chris who has put together our worship section with a reminder that God is not just for the good times, together with some important questions to think and pray about. Nick Pollard, a member of our congregation at Highfield in Southampton, shares his thoughts on one of his favourite hymns, Be Thou my vision.

We hope you enjoy the other activities to help bring back memories and keep your brains ticking over! For those of you in the Southampton area we enclose information about the many Memory Cafés across the city. If you are a reader living elsewhere, you will no doubt find similar opportunities for friendship and support in your locality – we know for instance that there is a Memory Café in Camelford in North Cornwall, so it is worth making enquiries in your community too.

*May the Lord bless you and keep you as you move further into this New Year.
With our love and prayers
Cynthia and your Caraway friends.*

Psalm 23

The LORD is my Shepherd.

I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

He leads me in paths of righteousness

for His Name's sake.

Even though I walk through the valley

of the shadow of death,

I will fear no evil,

for You are with me;

Your rod and staff,

They comfort me.

You prepare a table before me

in the presence of my enemies.

You anoint my head with oil;

my cup overflows.

Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the LORD forever.



WORSHIP

This month we continue to think about the shepherd psalm, Psalm 23.

The Lord is my Shepherd....

Yea, though I walk through the valley of the shadow of death,

I will fear no evil: for Thou art with me;

Thy rod and Thy staff comfort me.



Take a little time to think about this.

Life is not all plain sailing. Things can be tough, very tough.

February is often a difficult month, cold and dreary.



A prayer (for the morning)

(from the Book of Common Prayer)

O Lord our Heavenly Father, Almighty and everlasting God,

Who has safely brought us to the beginning of this day:

defend us in the same with Thy mighty power;

and grant that this day we fall into no sin,

neither run into any kind of danger;

but that all our doings may be ordered by Thy governance,

to do always what is righteous in Thy sight;

through Jesus Christ our Lord. Amen.

I wonder what *the valley of the shadow of death* means for you
at the moment?



- ◇ Perhaps you are unwell, fearful of how the future will work out for yourself?
- ◇ Perhaps you are caring for a loved one and you are exhausted as well as concerned for them?
- ◇ Perhaps you have watched the news on tv and see unspeakable horror from distant lands enter your living room?

Do you find yourself afraid, fearing evil and wondering if God cares?

A hymn

(Tate and Brady 1696)

Through all the changing scenes of life,
In trouble and in joy,
The praises of my God shall still
My heart and tongue employ.

O magnify the Lord with me,
With me exult His name.
When in distress to Him I called
He to my rescue came.

O make but trial of His love.
Experience will decide
How blessed are they, and only they
Who in His truth confide.

God is not just there for the good times.

One of the earliest books in the Bible is the book of Job. He had had good times but he is remembered for the bad times he went through. He lost his livestock, he lost his children, he lost his health. His wife nagged him, his friends blamed him. But he continued trusting God and being honest about his feelings.

Where's the strength to keep my hopes up?

What future do I have to keep me going?

Do you think I have nerves of steel?

Do you think I'm made of iron?

Do you think I can pull myself up by my bootstraps?

Why, I don't even have any boots!

(Job 6:13 from The Message translation)



Jesus, too, experienced tough times.

In mid February we move into the period of Lent, when the church remembers that Jesus went into the wilderness.

He spent 40 days fasting, working out how to live life in accordance with God's plan.

It was when He was tired and hungry that the devil tempted Him.

(You can read about this in Matthew's Gospel, chapter 4)

When we are physically exhausted life is at its hardest.

The shepherd in the psalm was still there in the valley.

He had a rod and staff to help the sheep.



I wonder what God uses to help you
when you are really struggling?

- ◇ Perhaps the gift of sleep.
- ◇ Perhaps someone to come alongside you with practical help, or maybe just an encouraging phone call.

*You are not alone.
Whatever your difficulties, God sees and knows.*

I wonder if you have ever seen a little child fall over and hurt itself. It cries out and runs to its parent. The parent responds by hugging the child and giving it a kiss, saying, "I'll kiss it better!"

The child is reassured by this expression of love.
In the same way God wants us to accept His love.



A prayer (for evening)

(Book of Common Prayer)

Lighten our darkness, we beseech Thee, O Lord;
and by Thy great mercy defend us from all perils and dangers of this night;
for the love of Thy only Son, our Saviour, Jesus Christ. Amen.

A final Bible verse

Isaiah 40:31



*They that wait upon the Lord will renew their strength, they shall mount up
with wings as eagles, they shall run and not be weary,
they shall walk and not faint.*

May you know God's blessings now and always. Amen.

Reflection



Having painted a picture of the sheep resting by still waters in the first part of Psalm 23, David goes on to describe some of the hard times in life. He writes:

*Even though I walk through the valley of the shadow of death,
I will fear no evil*

In Palestine there is an actual valley called the Shadow of Death. It is an extremely narrow track, four and a half miles long through a mountain range where wild dogs hide in the shadows. So the shepherd threw his staff at the dogs like a weapon.

David spent part of his life on the run, either from King Saul who was out to kill him, or later from his own son Absalom, who stirred up civil war because he wanted to become king in his father's stead. David was therefore quite often, 'in the valley of the shadow of death,' surrounded by enemies. Each of us, too, will go through painful times during our lives, especially if we are granted a very long life, when we may experience a decline in our health, losses of family and friends, depression, the need to care for someone increasingly dependent on us or move ourselves perhaps into residential care, our control over what is happening around us diminishing in what becomes an ever shrinking world. Yet this Psalm assures us that there is still hope.

It emphasises that we don't have to face these moments on our own. David is comforted by the sure knowledge that God is with him, however dire the situation appears. He goes on:

For You are with me

However dark the valley may be, we can give God our fears. Nothing can separate us from His love. God's Holy Spirit is alongside us and will never let

us go. As we walk through this valley of the shadow of death, all the way to death itself, we have nothing to fear, because our Shepherd watches over and protects us. The Good Shepherd will lead us and bring us through. We can rest in peace. As David says in Psalm 4:8, *In peace I will both lie down and sleep; for You alone, O Lord, make me dwell in safety.*

Let's face our fears by reminding ourselves, "I am not in this alone. The Shepherd, the Lord God Almighty, is with me." Those of us in later life have to face the fact that we have more of life behind us than ahead, and some of us are already 'in the departure lounge'. Looking

Your rod and Your staff, they comfort me

In the Holy Land the ravines and mountain passes were dangerous with very steep sides and little light. Good shepherds had a rod or club to protect the sheep and fend off wild animals which might attack the flock. The shepherd used his stick to bang on the side of the ravines so the sheep could hear the echo, even if he was out of sight.



The Palestinian Valley of the Shadow of Death is so very narrow in parts that there isn't space even for a sheep to turn around. In other places, sheep have to jump across gulleys. The staff is the shepherd's crook, which the shepherd would use to lift them up to the safety of his arms, if they slipped or landed in the gully. The sheep knew that their shepherd would see them safely through. So, the rod and staff speak of the strength and the love of the Good Shepherd.



As the Good Shepherd Jesus offers the possibility of living our lives to the full. Unlike so many others, here today and gone tomorrow, He doesn't abandon us at the first sign of trouble. Our way ahead may not be clear but God is ahead of us as we surrender to His leading. We can leave our anxieties with Him. Have you ever had a dark period but known strength to somehow

carry on? In John 10:9 we read how trusting our lives to Jesus opens freedom from fear to enjoy our whole lives as a gift from God. *"I am the door. If anyone enters by Me, he will be saved and will go in and out and find pasture."*

In some moments of our lives, we are aware of God's presence with us. At others, He may seem ahead of us, leading the way, or coming behind to urge us on. Have there been moments in your life when you felt God to be particularly close, watching over you with a shepherd's care?

Jesus looks after us whatever state we're in.

Sometimes when we experience a season of great darkness we may not be able to feel the presence of God at all, and find ourselves asking, "Where is God in this?" The well known poem, *'Footprints in The Sand'* reminds us that God is always there, even when hidden from view.



Shepherds walk with and in and among their flock. In John 10:1-3 we read how God sent His Son, Jesus, into the world to be the Good Shepherd of our lives. However, Jesus never forces His way in like a thief or robber. He comes gently, offering to shepherd us through life's ups and downs, leading us if we are willing to follow Him.

If we belong to God, the moment after our death will be the most glorious experience we have ever had. Suddenly, we will be away from the body and at home with the Lord. This world, with all its pain and conflict, tears and sorrow, will all be behind us. We will see face to face the One we have loved and trusted.

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

God's Protection

During World War II, a US marine was separated from his unit on a Pacific Island. The fighting had been intense, and in the smoke and crossfire he had lost touch with his comrades. Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one. Although safe for the moment, he realized that once the enemy soldiers looking for him swept up the ridge, they would quickly search all the caves and he would be killed.

As he waited, he prayed, "Lord, if it be Your will, please protect me. Whatever Your will though, I love You and trust You. Amen." After praying, he lay quietly listening to the enemy begin to draw close. He thought, "Well, I guess the Lord isn't going to help me out of this one." Then he saw a spider begin to build a web over the front of his cave. As he watched, whilst listening to the enemy searching for him, the spider layered strand after strand of web across the cave's opening. He thought, "What I need is a brick wall and what the Lord has sent me is a spider's web. God does have a sense of humour."



As the enemy approached, the marine watched from the darkness of his hideout and could see the soldiers searching one cave after another. As they came to his, he got ready to make his last stand. To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly, he realized that with the spider's web over the entrance, his cave looked as if no one had entered for quite a while. "Lord, forgive me," prayed the young man. "I had forgotten that in You a spider's web is stronger than a brick wall."

We all face times of great trouble. When we do, it is so easy to forget the victories that God could work in our lives, sometimes in the most surprising ways.

Remember: Whatever is happening in your life, God can help you, if you will trust Him and ask Him. Believe He is with you always. Just speak His name through Jesus His Son, and you will see His great power and love for you.

Source Unknown

God to the rescue!

Sometimes God intervenes to work extraordinary miracles. Some of us may recall a news story which dominated headlines almost sixteen years ago on 5th August 2010. 33 miners in Chile were trapped 700m underground after a catastrophic explosion. 17 long days elapsed before a message reached the surface, "Estamos bien en el refugio los 33": "All 33 of us are well inside the shelter." But amid the rejoicing, the miners and their families were warned that rescue might take until Christmas, 4 more months cramped in a space at 32°C temperatures.

In fact the ordeal ended on 13th October 2010, 69 days later. One by one, the men emerged, watched by President Piñera, and, thanks to approximately 1500 journalists at the scene, an estimated billion people around the world! Many described the rescue as 'miraculous' and several miners dropped to their knees to thank God as they crawled out. But José Henriquez, the 24th man to make it out, is in no doubt that this improbable rescue was a **direct answer to prayer**.

José later visited UK churches with Rev. Alf Cooper, the Chaplain to the President of Chile and a CMS mission partner, who, on President Piñera's behalf, led the nation's prayers during the emergency.

José recalls that the day began like any other, although in the early morning rumbles from small rock falls had been heard. "Then at two o'clock there was an extraordinary explosion. ... We could only see a metre in front of us — it was four hours before we could see through the dust." He goes on, "Thank God, we discovered that no one was killed. We began looking for an escape route. There was none. We needed to organise ourselves, as a survival mechanism. ... The light in our lanterns was dimming, so we took batteries from the crushed lorries and began repairs. That gave us more light. Then we looked for water and food."



José continues, "They knew I was a Christian. They said, 'Don José, you are the man to lead us in prayer.' I said, 'No problem, but we Christians pray to a *living* God' ... There was no human way out; ... So we formed a circle and started to pray that very afternoon. And the last thing we did that night was pray." There was only enough food for three days — tinned salmon and sardines, biscuits, and rancid milk. The drinkable water ran out the first day, leaving them dependent on industrial water. It was extremely hot and, although fissures allowed some air in, little oxygen.

The worst moment was when, ten days in, the men realised that the search drill had failed to locate them. "We heard it coming, but it missed us, and our spirits crashed ... It was terrible. Everyone thought the people outside would think we were dead. We knew they couldn't go on drilling, because of the expense. It was like looking for a needle in a haystack."

The mine was in danger of collapse. "By now we were not in a good state. People began to think there was no hope. They were very demoralised. ... One or two began to write goodbye letters and wills. I said 'No, don't do this. Let's pray, trusting God.'"

Growing up in a Christian family, with a pastor for a grandfather, José had been a committed Christian for 25 years. In his 33 years as a miner, he believed God had already delivered him from previous rockfalls. "I always believed we'd be rescued. God showed me in prayer the exact spot the drilling perforation would come through. I was very confident we would be saved. I had already noticed that God's blessing came through praying. That is why we say the 34th miner with us was Jesus."

And at last, on day 17, came the 'miracle.' "The second drill should have missed us, too," he says. "The maps were wrong. But as it came down, it hit a rock and the divine hand moved it towards us. Everyone agrees this is **amazing!** This was the first great answer to our prayers. We were humbled before God. It was as though we had touched His heart. He answered our prayers"

Rev. Cooper remembers a senior official warning him that the miners would now have run out of food. It was another week before the drill broke through which Rev. Cooper is also convinced God guided. "We all believe that was a great answer to prayer," he says. "The engineer, André Sougarret, who was the brains behind the rescue but is not a believer, said publicly, **'In the drilling process, things happened that held no logic within engineering.'**"

This success meant that edible provisions, water, electricity, and even a television (in separate parts, to be assembled below ground) could be lowered down to the shelter through a narrow tube. "And Bibles ... tiny ones that fit through the tube. They were necessary so I could preach with greater authority and depth, and provoke an interest in people."

Contact with the outside world meant the men knew their plight had become a national and international story. "They pleaded, 'Please don't abandon us.' The Minister for Mining said, 'Don't worry, we are going to look after you, whatever the cost.'" So the rescuers worked round the clock to drill the third, larger hole through which the men would finally be rescued. In response, the men redoubled their prayers.

"We had suddenly started to get God's blessings. But there's always a tendency to forget the blesser. So we decided to carry on the prayer discipline, twice every day, at 12 noon and six p.m. Everybody joined in. One or two found it difficult, but they were there, and participated." Jose ran a basic Bible-study. "Then I thought it was time we did something," he says. "So I invited a pastor to join us from outside through a video link. At noon prayers, he preached to the miners and gave them the opportunity to decide for Christ. And I thank God that 22 of the miners made a clear decision for the Lord Jesus Christ, inviting Him into their lives."



José Henriquez greets his wife as he emerges from the escape capsule, as the President of Chile (second right) looks on

Finding, or rediscovering, Christianity profoundly changed the miners: “The wives started saying that their husbands had changed. They were talking about God, which they never used to, and were treating their wives kindly. That was very precious for me.”

“It was just so obvious that our prayers had been answered. I was overwhelmed,” José says. “What seemed impossible had become real.”

José concludes, “I've been offered all sorts of jobs, but I now seem to have become a preacher. The real job I want is to tell the truth about those months in the mine. *Who knows what might have happened had we **not** had the prayer meetings?*”

This true account is extracted from an interview in the Church Times with José Henriquez, who acted as the group's 'pastor' during the crisis.



The capsule that each miner was brought to the surface in

Be Thou My Vision

Be Thou my vision O Lord of my heart
Naught be all else to me save that Thou art
Thou my best thought by day or by night
Waking or sleeping Thy presence my light

Be Thou my wisdom be Thou my true Word
I ever with Thee and Thou with me Lord
Thou my great Father I Thy true son
Thou in me dwelling and I with Thee one

Be Thou my shield and my sword for the fight
Be Thou my dignity be Thou my might
Thou my soul's shelter and Thou my high tow'r
Raise Thou me heav'nward O pow'r of my pow'r

Riches I heed not nor man's empty praise
Thou mine inheritance now and always
Thou and Thou only be first in my heart
High King of heaven my treasure Thou art

High King of heaven when vict'ry is won
May I reach heaven's joys O bright heaven's Sun
Heart of my own heart whatever befall
Still be my vision O Ruler of all

My Favourite Hymn by Nick Pollard

I've chosen *Be Thou my Vision*, with the lines:

*"Riches I heed not, nor man's empty praise;
Thou mine inheritance, now and always."*



We live in a world that celebrates wealth as if life is a competition, where success is measured by bank balances.

A world that celebrates recognition. As if the number of 'likes' on social media are a measure of our value.

But the Bible says, in Galatians 5:6

"The only thing that counts is faith expressing itself through love".

We are called to be faithful to God and live it out in love for other people.

That is what counts. Though it can't be measured. We don't see the impact we have on other people's lives. It is often invisible to us. Although sometimes God, in His goodness, gives us glimpses.

When I feel low as I look back on my life and wonder what I have really achieved, as I often do, I remind myself of something that happened a few years ago. I was on a train when the man opposite me suddenly said, "You're Nick Pollard aren't you? You spoke in my college back in the 1990s, and gave out copies of Mark's gospel." He said it got him thinking, and he read that gospel and months later he became a Christian. I didn't know, I couldn't know. As the train pulled into a station and he got up to leave, he looked back over his shoulder and said "I'm now a Baptist minister!"

None of us know the impact we have on other people's lives. But I thank God for that glimpse. "The only thing that counts is faith expressing itself through love".

*Riches I heed not, nor man's empty praise;
Thou mine inheritance, now and always.*

This Day in History.....



2nd February 1851 The first public flushing toilet is opened in London.

3rd February 1959 The day the music died. A plane crash kills Buddy Holly, Ritchie Valens, and The Big Bopper, profoundly impacting the world of rock and roll.

6th February 1952 Elizabeth II becomes Queen. She succeeded her father, George VI, who died that day.

9th February 1972 British government declares state of emergency after month long coal miners' strike.

15th February 1971 The United Kingdom and Ireland decimalize their currencies.

22nd February 1956 Elvis Presley debuts on the music charts with Heartbreak Hotel.

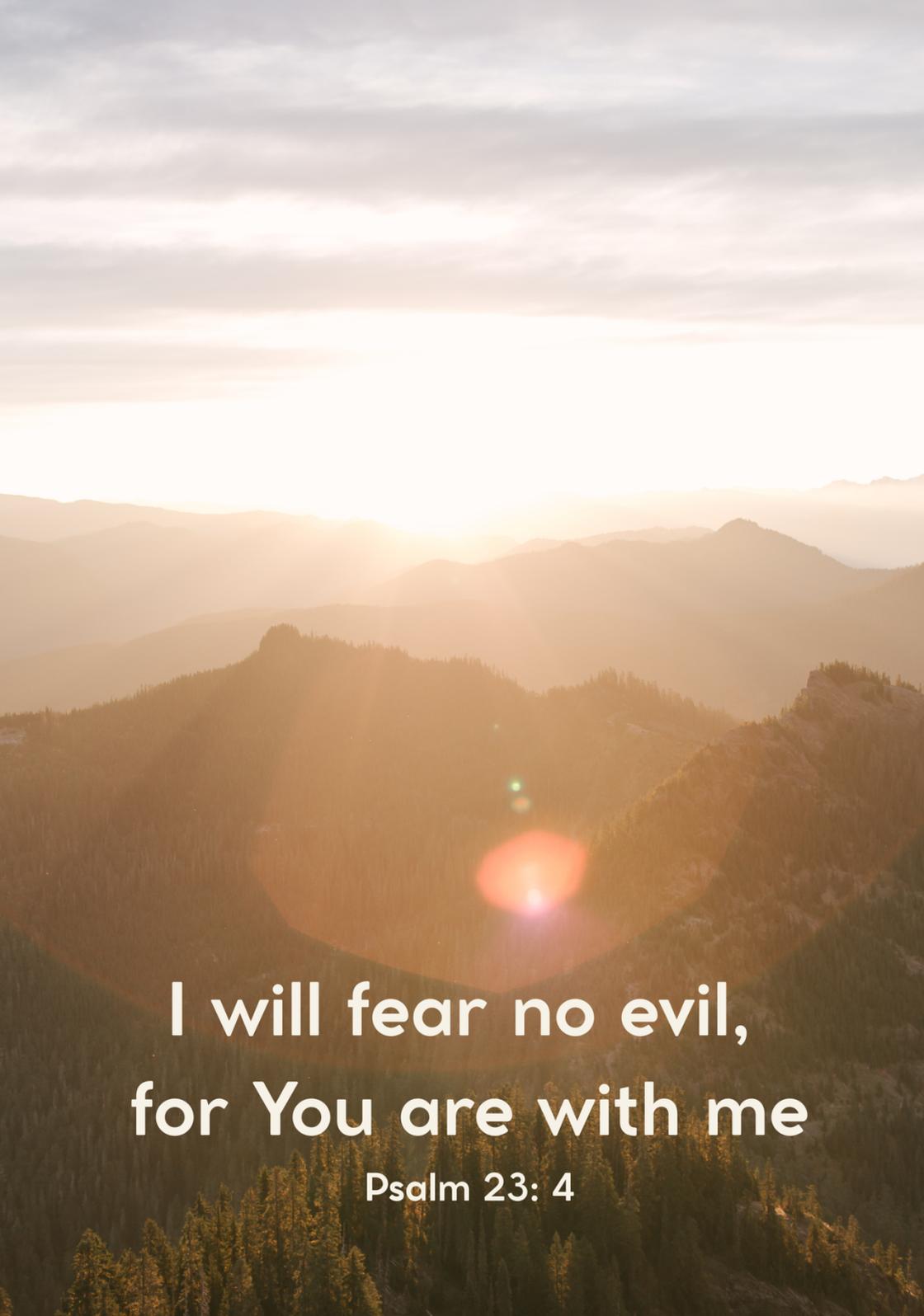
26th February 1909 A colour motion picture is shown to the general public for the first time.



Something to make you smile

- Two goldfish are in a tank. One looks at the other and says, "Do you know how to drive this?"
- What do Alexander the Great and Winnie the Pooh have in common?
Same middle name!
- What did the left eye say to the right eye?
Between you and me, something smells.
- How many psychologists does it take to change a lightbulb?
Just one, but the lightbulb has to really want to change.
- What starts with E, ends with E and has only 1 letter in it? Envelope!





I will fear no evil,
for You are with me

Psalm 23: 4

Down Memory Lane



February is sometimes a dark, dull month but it does have Valentine's Day, Pancake Day and the beginning of Lent.

Do you remember receiving a Valentine card that was a surprise?



We have many options to fill pancakes today, but what was your favourite as a child?



What do you remember giving up for Lent?



Memory Cafés in Southampton

For all those living with dementia and anyone concerned about their memory



Our cafés provide a safe, friendly space where you will:
have fun | make new friends | play games | get active | listen to music | dance and sing
enjoy tea, coffee and cake.

All cafés are free. No booking needed, just come.

Chai Corner Last Wednesday of the month, 11.30am - 1pm
YMCA Wellbeing Centre, Graham Road, Southampton, SO14 0AW

Lordshill Meets weekly but is particularly dementia friendly on the 2nd and 4th Thursday
each month, 1.15-2.45pm, Lord's Hill Church, Lordshill District Centre, Lordshill, SO16 8HY

Lordswood 1st Wednesday each month, 2-4pm
Kings Church, 414 Coxford Road, Lordswood, SO16 5LL

Maybush 3rd Tuesday each month, 2-4pm
Potters Court, 538 Wimpson Lane, Maybush, SO16 4JA

Shirley 3rd Monday each month, 2-4pm
Make & Brew Café, St. James Rd Methodist Church, St. James Rd, Shirley, SO15 5HE

Singing by Heart Monday during term time, 11.00am-12.45pm
with light refreshments after.
1st Monday of the month at Snowdrop Place, Pavilion Rd, Hedge End, SO30 2ZS
2nd & 4th Mondays at Hedge End Salvation Army, White's Way, SO30 2GL
3rd Monday at Moorhill Care Home, Moorhill Road, West End, SO30 3AZ



Sholing 4th Monday each month, 1-3pm
Salvation Army Church, 93 North East Road, Sholing, SO19 8AF

St. Denys 1st & 3rd Tuesday each month, 2-4pm
St. Denys Church Centre, Dundee Road, St. Denys, SO17 2ND

Thornhill 1st Tuesday each month, 2-4pm
Medwall Court Community Centre, Tatwin Close, Thornhill, SO19 6JS

Townhill Park 3rd Monday each month, 1-3pm
Townhill Farm Community Centre, Wessex Road, Townhill Park, SO18 3RA

Weston, Harmony Café 1st Wednesday each month, 2-4pm
Hope Centre, Kings Community Church, Drayton Close, Weston, SO19 9JN



For more information on any of our cafés contact us:
caraway@caraway.uk.com or 07535 164014 or check out our website caraway.uk.com

Cars....

Just cars when we were young but now they're classed as classics, how well do you remember them? If these raise any memories, do share your stories with us to include in a later edition. We'll have more classic cars to recall in later editions.

1



2



3



4



5



6



Word Search

VALENTINE'S DAY



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

Lovers
Happy
February
Love
Chocolate

Red
Heart
Cupid
Flowers
Friends

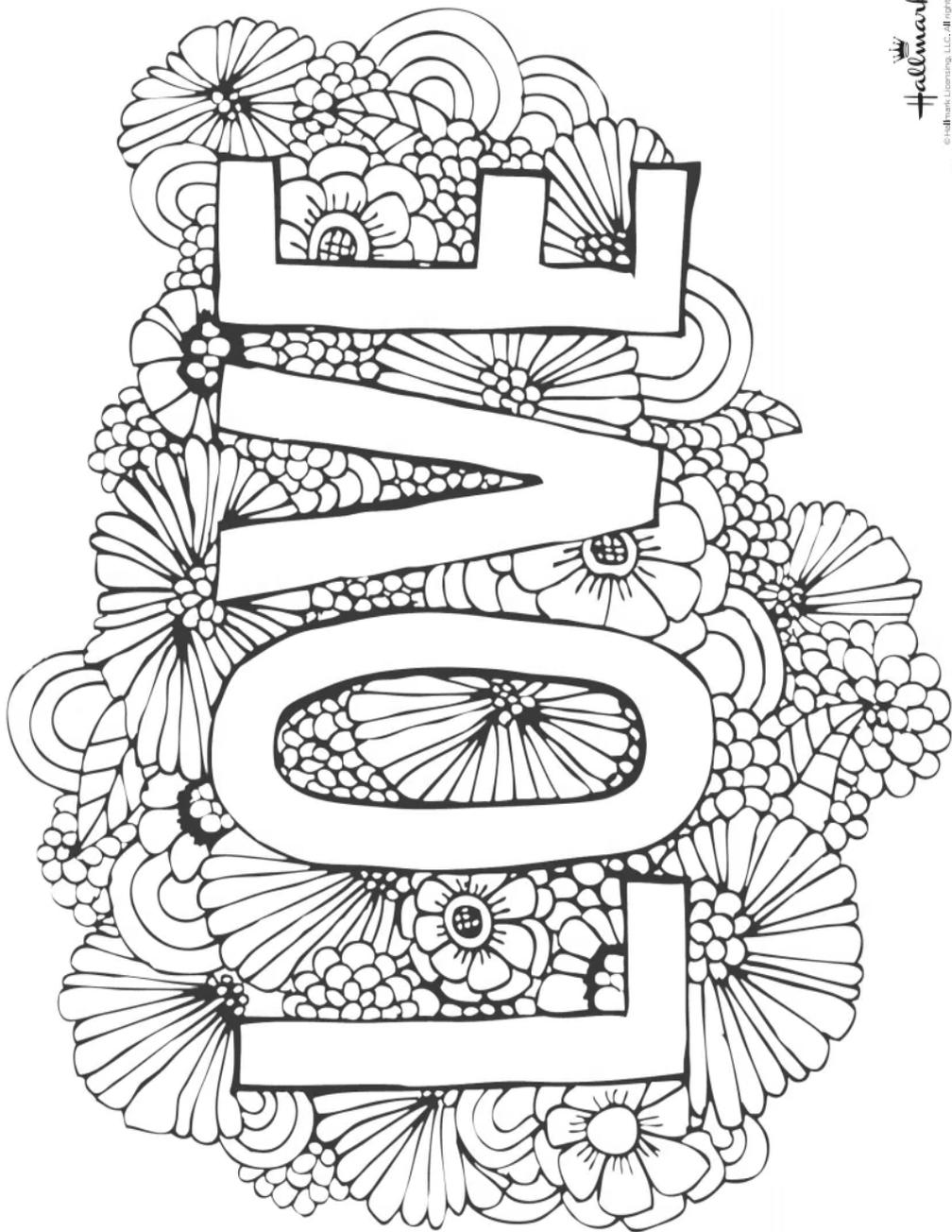
Lace
Hugs
Sweetheart
Cards
Forget-me-not

Kindness
Romance
Pink
Valentine
Candy

FIND THE HIDDEN OBJECTS

Can you find all 10?





Cars..

1. Austin Seven (1922-1939)
2. Morris Minor (1938-1971)
3. Austin A30 / A35 (1951-1959)
4. Ford Anglia (1959-1967)
5. Mini (1959-2000)
6. Ford Cortina (1962-1981)



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