

VINTAGE ADVENTURE

④ HOME

Something to look forward to

Psalm 23



Dear Vintage Adventure at Home friends



We are thrilled to send you our latest booklet focused on the final part of the 23rd Psalm. We hope you've found the details about how Middle Eastern shepherds worked fascinating and been inspired by the message God has for each of us through its encouraging words.

*Have you noticed how positive this Psalm is? In January we saw that the Shepherd **walks ahead** of us, planning our path; in February we noted that He **walks alongside** us through our valley experiences. This month we find that He also **walks behind** us as His goodness and mercy follow us. In fact, we are **completely surrounded** by our Shepherd!*

When we – like sheep – are helpless, lose direction, feel vulnerable or are faced with frightening circumstances, God invites us to draw on the words of Psalm 23 to give us comfort, strength, hope and confidence in the present, and for the future, including eternity. To help you do so, we enclose the whole Psalm on a card for you to keep and ponder upon from time to time.

We love hearing from you and Margaret Challen has kindly sent us a modern-day version of the Psalm – thank you Margaret!

We are grateful to Carol Kidd, one of Caraway's Anna Chaplains, for writing our worship for March. Another member of Highfield Church, Ian Damant, has generously shared some thoughts on a favourite hymn of his. Do let us know if you have a hymn which is special to you. For those of you who happen to be local to Southampton, we highlight some community events you are welcome to attend to share conversation, a cuppa, and cake. Our experience of the almost constant wet weather reminds me of the saying starting 'Water, water everywhere.....' and so our piece about water and the crossword seem particularly appropriate!

Wherever you start to browse, do enjoy and don't forget how precious you are to God!

*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

The focus of our worship centres around the final verses of Psalm 23:



***You prepare a table before me in the presence of my enemies
You anoint my head with oil and my cup runs over
Surely goodness and mercy shall follow me all the days of my life
And I will dwell in the house of the Lord forever.***



Opening prayer of praise

Thank You, Jesus, that Your goodness and mercy
are always with me, each and every day.
Even when I fail - Your mercy is with me.
Even when I struggle - Your goodness keeps me safe.
Thank You for Your overflowing blessings
and Your promise of a place in Your heavenly Kingdom.
Amen

Thought



Jesus is our Shepherd. A shepherd's role is not just to lead his sheep and watch over them, but to ensure that the flock has everything it needs - safety, food, water, and rest.

The powerful image of a meal prepared and set out 'in the presence of enemies' reminds us that even when it seems everything is against us, Jesus cares for us with love and faithfulness.

Anointing signifies being chosen, set apart for a special purpose. At Baptism, the Priest makes the sign of the Cross using blessed oil. At times of illness, healing prayers may sometimes be accompanied by anointing with oil.

At the end of life, anointing with blessed oil can bring a sense of peace. Importantly, wherever we are on our life's journey, Jesus' grace, mercy and blessings are abundant and overflowing, world without end.



Time to pause and reflect

Take a moment to sit quietly.

Reflect on moments where you've experienced Jesus' goodness - maybe through answered prayers or unexpected blessings.

How has Jesus' mercy and grace blessed you? Perhaps through forgiveness, or second chances?

How might the words of the Psalm bring comfort and strength for your current life situation?

Read this verse from the hymn *The King of Love my Shepherd* is:

*And so through all the length of days,
Thy goodness faileth never:
Good Shepherd, may I sing Thy praise
within Thy house for ever.*

Slowly read it again one line at a time: which words particularly stand out?

Thinking back over the length of your days:
where have you known God's goodness in your life?

Remember that Psalm 23 is an invitation to a relationship with Jesus the Shepherd, Who leads us through good and difficult times, provides, refreshes, protects, and blesses.

The Psalm can fill us with hope for the days we are living through now. And when the end of this earthly life comes, God willing, we will be gathered safely to be with Jesus the Good Shepherd in His eternal Kingdom – what a wonderful promise!



Closing prayer for Lent and beyond

Lord Jesus, thank You that Your goodness and love towards me will never end.

Thank You, for Your mercy today and the gift of Your abundant grace. Your protection and Your many blessings give me comfort, hope and peace.

Loving Shepherd, guide me through the journey of this life and then tenderly lead me home to dwell in safety and sing Your praise forever. Amen



Reflection

Something to look forward to - Psalm 23 verses 5-6



We conclude our reflections on the 23rd Psalm by considering the final verses which begin: *You prepare a table before me in the presence of my enemies.*

David started life as a shepherd boy - a role despised by his older brothers. Later he lived as a fugitive, on the run from King Saul. Even when he became king of Israel himself, his kingdom consisted of rival tribes who distrusted each other. God had decreed that Israel's kings were to marry only one wife – in contrast to the custom of many wives in the pagan nations around – but David disobeyed. As a result, there came about a cycle of abuse, violence and death. Eventually he had to flee from his own son Absalom, who was leading a civil war against him. David knew what it was to have enemies.

How on earth did David keep going? How can we keep going in the face of the many pressures and burdens in our lives?

Just as our body is strengthened by a good meal, so God sustains us through His Word and what God did for David, He can do for each of us.

You anoint my head with oil. My cup runneth over!

In Old Testament times oil was used to commission certain people such as prophets, priests and kings, for the particular work God had called them to do. When David says, “*You anoint my head with oil,*” he probably had in mind the day he was anointed king. We are presently in the season of Lent, during which some Christians have a cross temporarily marked on their foreheads with a *tiny drop* of oil. But David's anointing was quite different.

In the First Book of Samuel 16:13, we are told *Samuel took the horn of oil (a generous amount) and anointed him in the midst of his brothers. And the Spirit of the Lord came upon David from that day forward.*



The theme of God's tremendous generosity is continued in the words: *my cup runneth over.* God is lavish when He blesses us. David was probably also recalling his work as a Middle Eastern shepherd. The custom was for the shepherd to place his rod across the top of the gate to the fold and sit by the entrance. Just inside were a bowl of olive oil and a pitcher of water. As the sheep entered the gate one by one, the shepherd checked each one for illness or injury, thorns, weeping eyes and scratches. If he spotted a wound, he placed the rod on the sheep's back, which made it step out of line to have the injury cleaned and anointed with oil to prevent infection. Finally, the shepherd dipped a large cup into the water, which would spill over the sides as the sheep drank its fill.

The Psalm continues, *Surely goodness and mercy shall follow me all the days of my life.* In the Holy Land each sheep took its place in the grazing line -



keeping that same spot throughout the day. At one point every day each sheep would leave the flock to have a 'one-to-one' with the shepherd, who would rub the sheep's ears and chin and say a few words rather like we might with a family pet. In response, the sheep would rub its

cheek against the shepherd, before going back to the flock. This shows how wonderful the relationship between individual sheep and the shepherd is!

Jesus never promised that as Christians we would have an easy life. Indeed, He said, *In this world you will have trouble*. But He *did* promise to be with us and go before us all the days of our lives, in whatever happens to us. The *'goodness and mercy'* mentioned here foreshadow this promise. The psalmist invites us to be thankful for all the ways God has showered us with goodness in the past. David challenges us to trust God in the present, whatever our circumstances.

And I will dwell in the house of the LORD forever. If a sheep became too frail, the shepherd would take it from the flock back to his own home to care for it and restore it there rather than leave it in the pen. David concludes his psalm with an encouragement to look forward to a future of being at home with God forever.



At some point we realise that more of our days here on earth are behind than in front of us. How does that make you feel?

It's not easy to contemplate the end of our lives. In 21st century Britain most people put the thought of death out of their minds. But as Pastor Colin Smith says, wouldn't it be better to find ourselves in a place where we can approach the transition from this life to the next with hope and peace?

In Luke 15 Jesus tells a story about Himself as the Shepherd, rescuing us and bringing us back home to Himself with joy and celebration. God invites us to share in the better future He has created through Jesus the Good Shepherd Who lived, died and rose again.

Psalm 23 describes the work of a good shepherd, whom the sheep follow daily, communing with him as he leads, feeds, restores and totally cares for

them. What a tender loving heart the shepherd has for his sheep and what a beautiful picture Psalm 23 paints of what it means to have the Lord as our Shepherd!

This Psalm is telling us that the future God has in store for those who trust Him really is something to look forward to. We need to admit that like sheep we've wandered and turn to Jesus in true repentance for our rejection of God. If we do so, He has promised to forgive and restore us.

So why not receive God's forgiveness and thank Him for His free gift of salvation and peace with Him? If we are believers, Jesus has promised to walk with us through death and bring us home to live with God forever – a homecoming in the new creation where all will be well, because Jesus the Good Shepherd will be there with us.

As Margaret, one of our Anna Chaplains, explains, "I am so glad the Lord is **my** Shepherd. I am sure He is a Shepherd to thousands and thousands of other people, but it is the fact that He is my Shepherd, which is special. If a shepherd in ancient times would go to such extraordinary lengths to care for an animal, how much more will the Good Shepherd Jesus care for me.

Life can be so confusing and upsetting but with Jesus, the Good Shepherd leading us, we are safe and well taken care of."

If Jesus isn't your Shepherd today, then why not ask Him to be?

*You are so **very** special to Him.*



Psalm 23

Translated into modern day language, from Margaret Challen

The only God Who really exists, the God of the Jews
cares for me as an individual, like a shepherd for his sheep;
so that I'll never lack anything that I really need.

He forces me to rest, where there is abundant nourishment;
then He moves me on,
making sure I have constant refreshment.

He puts new life into me when I'm exhausted.

He keeps me on the right track,
to maintain his good reputation.

Even if I travel through a deep, dark ravine,
where danger lurks in the shadows,
I'm not afraid of coming to any harm,
because You are right there beside me.

With Your cudgel to guard and Your crook to guide,
I feel quite safe.

You lay the table for me, in full view of my helpless foes;
You treat me as an honoured guest
and put on a lavish spread.

For the rest of my days nothing will chase after me –
except Your generous and undeserved kindness
and I'll be at home with this God, as long as I live.





And can it be that I should gain

And can it be that I should gain
An interest in the Saviour's blood?
Died He for me, who caused His pain?
For me, who Him to death pursued?
Amazing love! How can it be
That Thou, my God, should die for me.

'Tis mystery all! The Immortal dies!
Who can explore His strange design?
In vain the firstborn seraph tries
To sound the depths of love divine!
'Tis mercy all! Let earth adore,
Let angel minds inquire no more.

He left His Father's throne above,
So free, so infinite His grace;
Emptied Himself of all but love,
And bled for Adam's helpless race;
'Tis mercy all, immense and free;
For, O my God, it found out me.

Long my imprisoned spirit lay
Fast bound in sin and nature's night;
Thine eye diffused a quick'ning ray,
I woke, the dungeon flamed with light;
My chains fell off, my heart was free;
I rose, went forth and followed Thee.

No condemnation now I dread;
Jesus, and all in Him is mine!
Alive in Him, my living Head,
And clothed in righteousness divine,
Bold I approach the eternal throne,
And claim the crown, through Christ my own.

My Favourite Hymn

My name is Ian Damant, and I've been part of Highfield Church for many years now. I used to work in finance and law, but now, having retired early, I am blessed to be able to spend more time with my family, including helping to look after my grand-daughters. I help to run a food bank, which is very rewarding, and also enjoy helping with the computer and deputy wardening on Sundays at Highfield Church, and doing the intercessions from time to time. I love walking and cycling.



One of my favourite hymns is “And Can it Be” by Charles Wesley - it basically explains the gospel and does it as a wonderful hymn of praise to God. It has beautiful words and imagery. I remember singing this in the small Baptist church where I became a Christian as a teenager. The first two verses talk of Jesus' love for us, and His wonderful mercy, and then the following verses set out how we are saved through Jesus' death on the cross, and the joy of our salvation.

I love all the verses, and would be hard pressed to pick a favourite, but verse four is especially wonderful with its picture of being set free from sin and darkness, of my chains falling off. How God longs for each of us to know this freedom and release – Jesus offers us this new life as a free gift (paid for with His sacred blood).

Across the city there are many groups you can join for a cuppa and chat. Here are some of them. Caraway is involved with a few of these, others are hosted by the local church.



Highfield Church, Highfield Lane, SO17 1RL

Connections – meets 10am - 12 noon on Mondays. A friendship group for those who are older but still young at heart.

All Saints Church Centre, Winchester Road, Bassett, SO16 7DL

On the first Sunday of the month, a home-cooked lunch for anyone in the local community. All are welcome for great food and good company.



Coffee Call-in on Saturday mornings, a chance for everyone to come for coffee and a chat.

Monday Company on two afternoons a month is a place for friendship and fun as well as tea and cake. For more information phone: 023 8098 2836



St. Nicolas' Church, Stoneham Lane, Eastleigh, SO50 9NW

The Living Room, 10am – 12 noon every Tuesday in term time for a wellbeing drop-in. Whether you're looking for a friendly chat and some refreshments, or just some space to escape the pace of life.

Lord's Hill Church, Lordshill Centre, SO16 8HY

Coffee, Cake & Connect, Thursdays, 1.15 - 2.45pm. 2nd and 4th weeks of the month particularly dementia friendly, but open to all for a friendly chat and cuppa.





Holy Saviour Church, Bursledon Road, Bitterne, Southampton, SO19 7LW

For more information email admin@holysaviour.church or phone 023 8068 5560.

Hope Café Mondays, Tuesdays & Thursdays, 8.30 – 11.30am. Pop in for a cuppa & a piece of cake and chat. Free but donations appreciated.

Omega Café: Wednesdays, Drop in anytime from 10 – 12 noon. Free tea, coffee, cake, and chat.

St. James Road Methodist Church, St. James Road, Shirley, Southampton, SO15 5HE

Teapot 1st Monday of each month, 2.30 - 4.30pm, come and chat, read newspapers, do some craft and enjoy a cuppa with homemade cake selection to meet friends old and new. No need to book, just turn up. Parking behind church.



Mayflower Court, 62-70 Westwood Road, Highfield, Southampton, SO17 1DP

Coffee & Cake Wednesdays, 11am in Reception area.
Open to all. Any queries phone 02380 670200

St Denys Church, Dundee Road, St Denys, SO17 2ND
Coffee and Cake

Fridays from 1.30 - 3pm. More information contact the church office office@stdenys.com or phone 023 80671767.



Surely goodness and mercy
shall follow me
all the days of my life,
and I shall dwell in
the house of the LORD
forever.

Psalm 23:6

Down Memory Lane

March, the month of days getting slowly longer, daffodils and springtime and the perhaps now not so well known phrase, “In like a lion, out like a lamb!”



Do you remember a time when it snowed in March?



Did you ever make flowers for your Mum on Mother's Day?



Did you ever forget a clock change to British Summer Time and turn up late to something?



This Day in History.....



1st March 1910 David Niven, the actor, was born. Some of his films include The Pink Panther, Death on the Nile, The Moon is Blue.

2nd March 1978 Charlie Chaplin's body was stolen from a cemetery in Switzerland. The grave robbers (and the re-buried body) were found a few weeks later.



12th March 1994 One of the most famous photographs of the Loch Ness Monster is confirmed as a hoax.

13th March 1989 The concept of the World Wide Web is proposed for the third time, and accepted.

14th March 1942 For the first time in history, a dying patient's life is saved by penicillin.



27th March 1952 Singin' in the Rain, musical comedy starring Gene Kelly and Debbie Reynolds, premieres.



31st March 1889 The Eiffel Tower officially opens in Paris. At 300m high, it retained the record for the tallest man made structure for 41 years.

Something to make you smile



- Why can't fishermen be generous?
Because their business makes them sell-fish!
- Did you hear about the kidnapping at school? It's okay. He woke up.
- A friend of mine tried to annoy me with bird puns, but I soon realized that toucan play at that game.
- I went to a really emotional wedding the other day. Even the cake was in tiers.

World Water Day

This is marked on 22nd March and highlights the importance of freshwater and raises awareness about the need for sustainable water management worldwide. Here are some interesting facts about water. Learn some more by completing the crossword.



- Only 3% of Earth's water is fresh; 97% is salt water.
- There is the same amount of water on Earth as there was when it was formed millions of years ago. The water coming from your tap could well contain molecules that Neanderthals drank!
- Fresh water used as a global average: 69% for agriculture, 23% for industry, while daily use of water by people accounts for 8%.
- In a 100-year period, a water molecule spends 98 years in the ocean, 20 months as ice, two weeks in lakes and rivers, and less than a week in the atmosphere.
- If the entire world's water could fit into a jug, the fresh water available to humans would be one tablespoon.
- 90% of the world's fresh water is located in Antarctica.
- Humans can only live one week without water.
- Of the 7 billion people on Earth, 2 billion do not have access to a clean and safe supply of water.



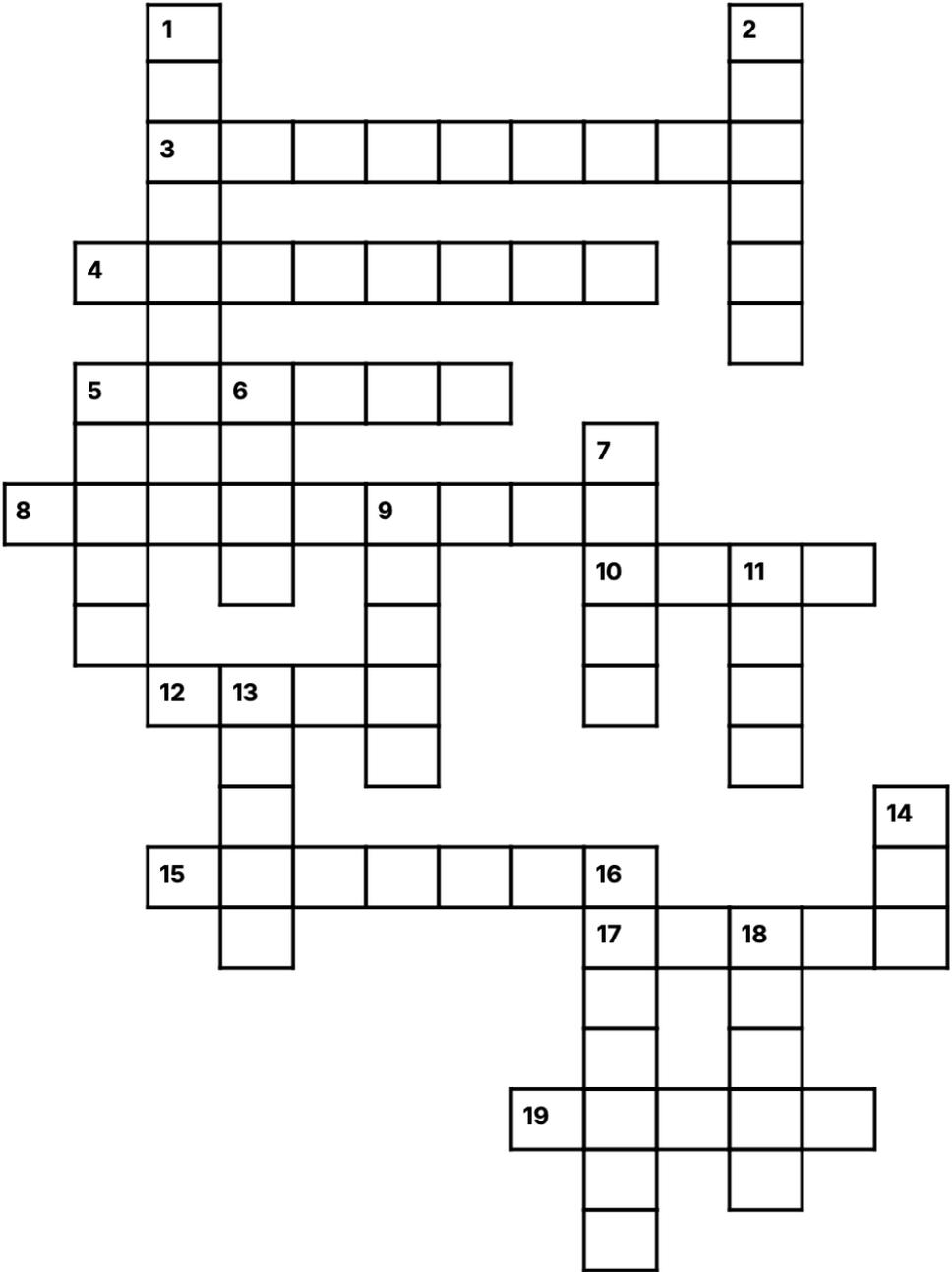
Water Crossword Clues

Across

- 3 A man-made lake for storing water (9)
- 4 A marsh area birds use as a habitat (8)
- 5 A narrow passage of water between two seas or oceans (6)
- 8 Land bordered by water on three sides (9)
- 10 Body of still water smaller than a lake (4)
- 12 The rhythmic rise and fall of ocean water (4)
- 15 Water that's safe to drink (7)
- 17 The edge of land where it meets the sea (5)
- 19 A man-made waterway for boats (5)

Down

- 1 Flow of water in a river (7)
- 2 Source of clean, natural water underground (6)
- 5 Water vapour in the air (5)
- 6 Gentle fall of water from the sky (4)
- 7 Water in gas form (5)
- 9 Rain that freezes as it falls (5)
- 11 Longest African river (4)
- 13 House made of frozen water (5)
- 14 Frozen water (3)
- 16 Salt water that meets freshwater (7)
- 18 Large body of salt water (5)



Cars....

Here are some more classic cars from years gone by, how well do you remember them? If these raise any memories, do share your stories with us to include in a later edition.

1



2



3



4



5



6



Word Search



SPRING

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

Flowers

Porches

Plants

Birds

Parks

Festivals

Sunshine

Galleries

Pictures

Frogs

Beauty

Insects

Butterflies

Hikes

Picnics

Sandals

Bikes

Blossoms

Backyard

Tennis

Seedlings

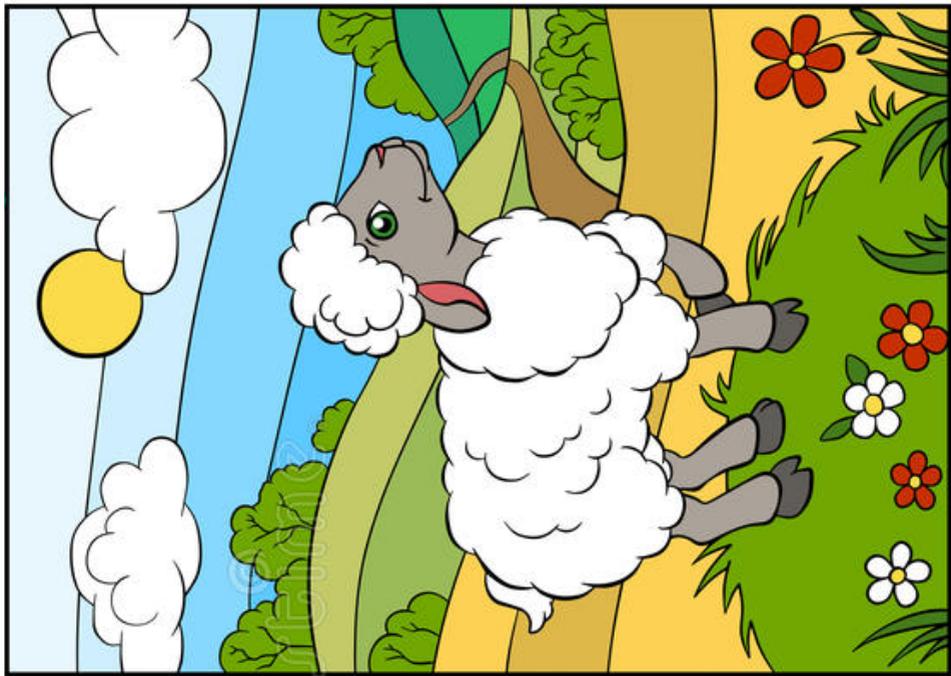


March Quiz

All the answers start with the letters MAR

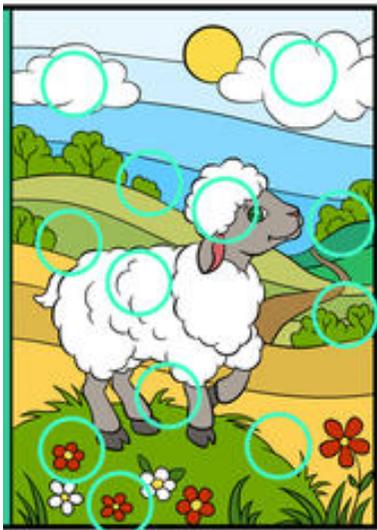
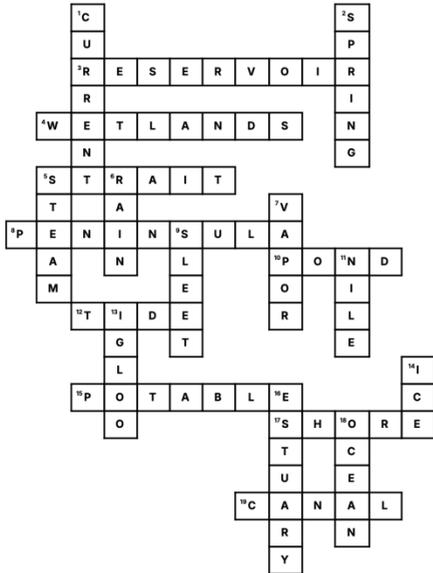
1. Small ball of baked glass used in a children's game
2. A harbour for sailing boats and yachts
3. Spaghetti sauce made of seafood
4. Puppet moved by strings
5. Long distance foot race
6. A golden flower
7. Cooking herb with fragrant leaves
8. Australian animal that carried its baby in a pouch
9. Type of jam
10. High ranking officer
11. Party tent
12. Stranded on an island
13. Wonderful
14. Sweet made of sugar and gelatine
15. Substance found inside bones
16. Open space where people meet to sell and buy items
17. Paste made with ground almonds
18. Butter made from vegetable oils
19. Bushy tailed rodent
20. Planet closest to Earth

Find 12 differences





Answers to Crossword



Answers to Cars

1. Vauxhall Victor (1957-1978)
2. Hillman Minx (1931-1970)
3. Triumph Herald (1959-1971)
4. Triumph Spitfire (1962-1980)
5. MG MGB (1962-1980)
6. Jaguar Mark 2 (1969-1967)

Answers to March Quiz

1. Marble
2. Marina
3. Marinara sauce
4. Marionette
5. Marathon
6. Marigold
7. Marjoram
8. Marsupial
9. Marmalade
10. Marshall
11. Marquee
12. Marooned
13. Marvellous
14. Marshmallow
15. Marrow
16. Market
17. Marzipan
18. Margarine
19. Marmot
20. Mars

Rev Dave Hendra

City Chaplain for Dementia
Southampton
Revdave.hendra@caraway.uk.com
07466 914671

Marion Hitchins

Anna Chaplain
Parish of St. Denys
marionhitchins@yahoo.co.uk
07766 745503

Rev Margaret Hague

Lead Anna Chaplain for Older People
Southampton West (Lord’s Hill & Maybush)
margaret.hague@caraway.uk.com
07564 026471

Carol Kidd

Anna Chaplain for Older People
Harefield & West End
carolkiddannachaplain@gmail.com
07842 244876

If you know of anyone who would like to receive a free monthly copy of Vintage Adventure @ Home please contact us and we will happily add them to our mailing list.

caraway@caraway.uk.com, or write to us at:

**59 Brookvale Road, Highfield, Southampton, SO17 1QS or phone
07535 164014 (leave a message and we will return your call)**

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Golden Carers | Colin Smith *Beside Still Waters*

Contributors in the pack

Carol Kidd | Cynthia Martin | Margaret Hague | Ian Damant | Jo Ladkin

Editor

Cynthia Martin

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from The Bible Reading Fellowship 