

VINTAGE ADVENTURE

④ HOME

The Armour of God: Helmet of Salvation



Caraway
Spirituallly Resourcing the Older Person



Dear Vintage Adventure @ Home friends,

We are thrilled to send you the 73rd issue of our monthly Vintage Adventure @ Home, first published six years ago in May 2020. With this copy, we begin our seventh year. As we reach this milestone, I should like to express my gratitude to two unsung heroes, without whom this booklet would not be possible. They are Jo Ladkin, who skilfully formats the text and seeks out the images to brighten the pieces so attractively, and Sheila Fox, who ensures that the booklets are correctly printed, and placed in over 300 labelled envelopes together with any additional items – both mammoth tasks undertaken with love and care.

As we move towards the summer months, I hope that you're able to enjoy the lighter evenings and (sometimes!) warmer days. After His resurrection, Jesus gently encouraged His followers to look to the future with hope and confidence. This can be hard for those of us in later life. However, Jesus reassured His disciples, that though He would no longer be physically present, God would send the Holy Spirit, to encourage, provide and enable us in whatever struggles we face. And Paul, writing to the new church in Ephesus, vividly described how putting on the armour of God could strengthen us.

To help us recall the pieces of armour we require, Ann has created a sketch of a Roman soldier. We welcome a new contributor, Rev Sue Coleman, who has written the Worship. The linked reflection on the Helmet of Salvation is provided by Margaret, who suggested we tackle this theme. These pieces are complemented by a poem by Catherine Aldis. Thank you to all four.

On quite a different note we include an interview with one of our most senior readers, Pearl Mace, a remarkable lady and gifted musician. It's wonderful to have contributions from those of you who receive the booklet, so if you are inspired to tell us something of your story, do please get in touch at the address on the back cover.

You will of course, find a mix of things not only to read but also several puzzles!

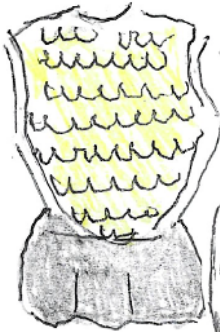
Our prayer at Caraway is that as you receive this, you will feel truly valued, not only by us, but by the LORD Jesus Himself.

Blessings

Cynthia and your Caraway friends

The Armour of God

The Breastplate of Righteousness



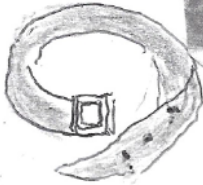
Above all put on Love



The Helmet of Salvation



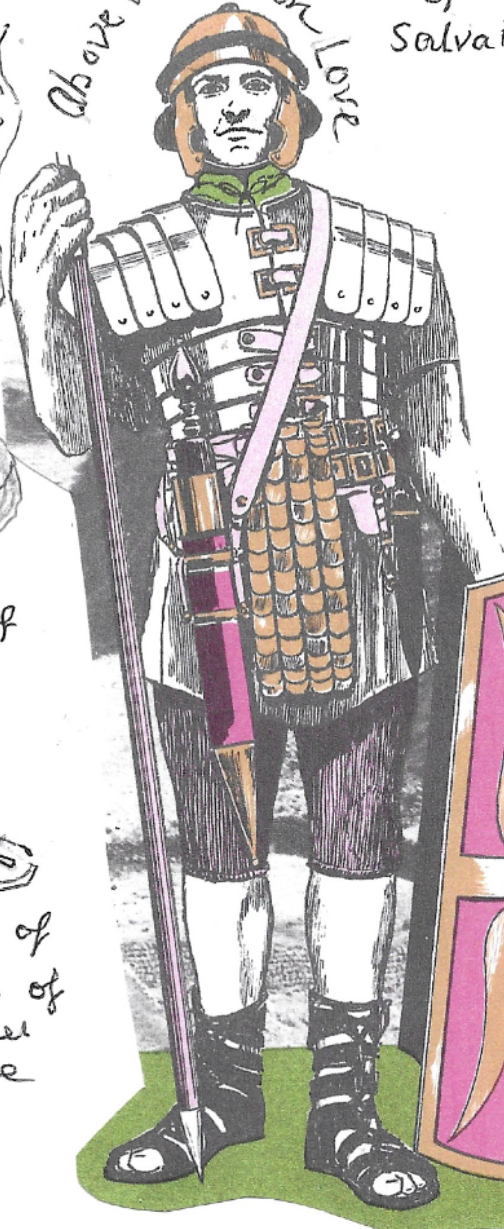
The Sword of the Spirit



The Belt of Truth



The Shoes of Readiness of the Gospel of Peace



The Shield of Faith

The Armour of God

Our topic for the next few issues is putting on the armour of God. Our reflections will be based on the following verses from the New Testament Letter to the Ephesians, Chapter 6 verses 10-18. They are as follows:

- ¹⁰ Finally, be strong in the LORD and in His mighty power.
- ¹¹ Put on the **full armour of God**, so that you can take your stand against the Devil's schemes.
- ¹² For our struggle is not against flesh and blood, but against the rulers, the authorities, the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
- ¹³ Therefore, put on the **full armour of God**, so that when the day of evil comes, you may be able to stand your ground and after you have done everything, to stand.
- ¹⁴ Stand firm then, with the **belt of truth** buckled around your waist, with **the breastplate of righteousness** in place,
- ¹⁵ and **with your feet fitted with the readiness which comes from the gospel of peace.**
- ¹⁶ In addition to this, take up **the shield of faith**, with which you can extinguish all the flaming arrows of the Evil One.
- ¹⁷ Take the **helmet of salvation** and the **sword of the Spirit**, which is the Word of God.
- ¹⁸ And pray in the Spirit on all occasions, with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Have you noticed that the Holy Bible falls into three parts? The Old Testament predicts the coming of Jesus and explains **why we need Him**. The Gospels in the New Testament tell us **Who Jesus is** and **what He accomplished**. And the New Testament letters describe **the life of a person who believes in Jesus** and belongs to Him.

When those of us who are Christians became a believer, we provoked the immediate attention of an enemy, whose intention is to thwart the plans of God. Indeed, anyone who is a Christian is engaged in a lifelong battle. That's why our passage starts in verse 11 *Be strong in the LORD and in the strength of His might*.

In Isaiah 59 in the Old Testament, the Prophet describes the coming Christ as being the Mighty Warrior. Before the start of His ministry, Jesus went into the desert where He and the Devil were involved in a mighty struggle, in which the Devil tried everything he could, to stop Jesus even getting started. Jesus won that battle and for a while the Devil withdrew, only to come back with tremendous force three years later in the events which led up to the first Easter, which we considered in April. So, if Jesus had to fight the Devil, it's not surprising that the latter does all he can to get us to give up on our faith in Jesus.

Each month we shall be looking at the individual pieces of armour but before we start, it's worth noting that the Apostle Paul tells us:

v 11 *put on the **whole armour** of God*. We are supposed to be wearing the whole outfit – putting on one piece or even two or three is insufficient protection. We need all the pieces worn together.



Paul was writing not to an individual Christian but to the **whole** church in Ephesus. We are not expected to 'go it alone': we have support from God Himself, Who provides the armour, and also help from each other as we go through struggles and difficulties. We need to be equipped **together** for battle with the Devil.

We have only to watch the news or look around our exceedingly chaotic and troubled world, to recognise that we are in a **spiritual battle** (v 12). Our chief struggle is never with people, even though they may bring pain into our life. Other people, like ourselves, are being manipulated by the Devil, so that many potentially good things get spoiled.

Furthermore, the more we progress in the Christian life, the harder our battles become. The more we resist the Enemy, the more he flings at us. Verse 13 warns us that the battle will vary in intensity. In every life there will be seasons which are particularly hard for us, described by Paul as 'the evil day'. Some of us are right there now: battles with health, struggles with fear, conflicts in our families, feeling exhausted or lonely ... God's instructions are that in hard times, we are to stand steadfast; not waver and not quit.

But how on earth are we to stand firm? Paul answers by using what has become one of the Bible's most popular illustrations. Everyone who's been in Sunday School will have heard presentations about the armour of God – on big models, with props or if we go back far enough, even on flannelgraphs!

When Paul was in prison, which happened several times, he was chained to Roman soldiers with a close-up view of their equipment. Even ordinary Christians, especially those in garrison towns, were only too familiar with a soldier's armour. The important point to remember, is that **God is with us in the battle and it is His strength that will sustain us**. The armour is the **armour that God gives us**.

Therefore, in our reflection for May, Margaret starts with the Helmet of Salvation. To find out about the other pieces of armour and their purpose, we shall have to wait until June and the following months!



Worship

"Encourage one another and build each other up..."

I wonder who has been a source of encouragement in your life?
As Christians we are called to encourage one another and build one another up in our faith.

Are there people that have specifically built you up in your faith?
Are there those who have been there to both support you and challenge you to grow in your relationship with the Lord?
Take a moment to give thanks to God for them...

We are pilgrims on a journey,
and companions on the road;
we are here to help each other
walk the mile and bear the load.

(From the hymn: Brother, Sister, let me serve you)



Paul writes words of both encouragement and challenge to the early church. In the book of Ephesians, he encourages followers of Jesus to *"Put on the full Armour of God"*. This armour will help them to stand firm in the face of opposition to their faith and trust in Jesus. Part of this armour is the helmet of Salvation.

Finally, be strong in the Lord and in His mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes...Take the helmet of salvation. Ephesians 6:10,17.



Did you know that when awake, the human brain produces enough electricity to power a small light bulb?! Our brains are so amazing and that is why we protect them with a helmet when we do something that might cause damage to them, like cycling or climbing. But our minds need protecting spiritually too, which is why Paul encourages us to put on the helmet of Salvation.

Paul wants us to remind ourselves of the salvation that we have in Christ, so that we can withstand trials and temptations that come from the devil.

Last month we celebrated Easter and the fact that Jesus died on the cross to be a sacrifice for our sins. He died and was buried and three days later rose again so that we might have the gift of salvation through Him.

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16



Salvation means that **nothing** can separate us from the love of God, whatever gets thrown in our direction does not have the power to change that.

And I am convinced that nothing can ever separate us from God's love. Romans 8:38



Prayer

Take a moment to bring to the Lord any battles that you might be facing at the moment that might make God feel far from you...

Hand of God, hold me and protect me.
Touch of God, calm me and give me peace.
May I rest in the knowledge of salvation in Christ.
Amen

How might you remind yourself each day that Jesus loves you and cares for you, so much that He died for you?
How might you encourage someone else in their faith today?

Amazing grace! How sweet the sound
that saved a wretch like me!
I once was lost, but now am found,
was blind, but now I see.



Through many dangers, toils and snares
I have already come:
'tis grace has brought me safe thus far,
and grace will lead me home.



The earth shall soon dissolve like snow,
the sun forbear to shine;
but God, Who called me here below,
will be forever mine.



Closing Prayer

Be with us, Lord, to forgive and transform us.

Stay with us, Lord, to comfort and challenge us.

Go with us, Lord, to strengthen and encourage us,

In the power of Your love and in the light of Your truth,

Amen



REFLECTION



This month we start a new series on Christian armour and we begin by thinking about the helmet of salvation. Listed in Ephesians 6:13, it is the fifth piece of armour but without this item of equipment none of the others will work, for it is the foundation of our faith and therefore our armour. Helmets are worn today in a variety of shapes and in different settings, whether it's a cyclist, cricketer, builder, or military soldier, they all have the same function: to protect a person's head. We can also identify the trade of a person by the helmet they are wearing. When the book of Ephesians was written a Roman Centurion or Officer would wear a helmet with a crest of plumes of horse hair usually dyed red. They were very visible in battle and so he could be easily followed by his men.



As Christians, the Lord too has given us a protective helmet for our heads, the helmet of salvation. Let's look a little closer as to why we need this and how to put it on.

As Christians the biggest battlefield we face is in our mind. When our enemy attacks, he usually attacks there because he knows if he can influence the way we think, he will influence the way we will act. One major focus of attack by the enemy is to try to tell us that God doesn't love us anymore, that He will never forgive that sin and that may be there is no hope for the situation we are in. He wants us to doubt that we can really be saved and walk in the freedom of the cross. Doubting all that Jesus has done for each of us, could then put us on the slippery slope of maybe wondering if the Bible is really true. When we have our helmet of salvation on, it reminds us that our salvation was a free gift from Jesus. We don't deserve it but it's an act of grace. The price for our sin has been paid in full and brings us the wonderful identity that we stand as a Child of God, and as such our enemy Satan cannot touch us. Also, when we put our helmet on, it shows our enemy whose side we are on!

Perhaps you are wondering, where can I get this helmet? If you are born again, you already have it. It is not a physical helmet but some Christians like to look at it this way: when we are getting dressed in the morning and putting our different items of clothing on, it is a really good time to just remind ourselves of our spiritual armour and in our minds see the helmet of salvation upon our heads. At the start of the day, we can remind ourselves

“I am a child of God, washed clean and protected by the Blood of Jesus. I am His and He is mine, all of Heaven’s resources are available to me today.”



What a great way to start the day!

If you are not yet a Christian and would like to be born into God’s family and become a Child of God, here is a simple prayer. When you accept Jesus, God has saved you and the helmet of salvation belongs to you.

“Dear God, I admit that I have sinned but today I repent of all my sins and ask for Your forgiveness and turn to You. I believe Jesus died for my sins and rose again. Please forgive me and be the Lord of my life. Guide me in Your truth. In Jesus’ Name. Amen.”

Live today and every day in confidence with your helmet of salvation on, knowing you belong to Jesus and nothing will ever snatch you out of His hands or separate you from His love.

The Real Fight

LORD, so often it seems
That my struggle is against flesh and blood –
And mostly my own, at that!
But Your Word tells me
That in this, I am wrong.
For the real fight, it seems, is against
The rulers, the powers and the authorities
Of this dark world,
And the spiritual forces of evil
In the heavenly realms.
Clearly Satan is subtle,
And tricks me into concentrating
On what I can feel or see.
So I ask for discernment LORD,
To look beyond what is obvious
And to find the real key
To triumphantly fighting the fight of faith,
until the chains have fallen off,
And I stand before You at last,
Wholly and irreversibly free.

Ephesians 6:10-18 | 1 Timothy 6:12

Catherine Aldis 2011 *Pure Gold Poems of faith and hope* p41
Proprint



Pentecost:

After His resurrection, Jesus sent His Holy Spirit to help us in our struggles and to make the armour of God even more effective.



97 Years of Music Making

One of our readers, Pearl Mace, MBE, remembers her childhood, meeting the Queen and what inspired her life-long passion for Music.



Tell me a bit about your childhood

I was born in Eastern Portland, in 1928. We moved to Wyke when I was three so I remember that better. I enjoyed school – there was lots of music. We played in assembly every day – the Headmaster, Mr Dominey was very keen on music – he used to sing to us – proper songs – the Earl King and such like. And we had one big rehearsal every week with lots of adults. Sometimes we had to rehearse in the cookery room!



At home we had an organ in our front room – one you had to pump! There was a gap between the organ and the wall where my violin lived. I practised every day – I was expected to practise every day of course! My Dad and Mum played the fiddle a bit as well, which helped. I played

Quartets with my friends at school. And we went to London on the train to play in competitions and the music festival in Dorchester. I was young enough at the time to fall asleep on my teacher! Mr Harold Cox was his name!

My brother played too – he would help me when I got stuck. We used to play duets together. He was 2 years and 10 months older than me and went on to be a physicist at Oxford. Saturday was always music day – my teacher lived the other side of Weymouth – it took two buses to get there. I played with my cousins Helen and Willoughby too.

Dad was a stonemason and builder – Smith and Lander. During the war we had greenhouses so we grew tomatoes and sold them. We were lucky – we didn't really go short at all. We had a big shelter in the house – a huge metal thing. Never used it but it was there. It took up all the space in the play room!

What did you do for fun as children?

We had a nice garden, a swing and a pond. And a shed we used to climb on top of and a wall we used to walk on. My Dad made the pond and we used to enjoy paddling in it. And we had delicious apple and cherry trees – it was a good playground. The park was down the road with swings and a roundabout that we could walk down to – and the Co-op opposite had a nice wall for playing ball against.

The little girl across the road lived in the flat above the Co-op – I played with her a lot. Also my friend Monica Dent, her grandparents lived next door but she would come and spend the Summer and we played together a lot. We went exploring – down to the beaches and to Ferry Bridge, to Sandsfoot Castle and the other Castles.



Did you ever do anything naughty?

I remember once – I badly needed some bandages for part of a game we were playing and hadn't got any. So, I took some from school, from the first aid kit – right by the headmaster's desk! I took them back again – but I borrowed them briefly for that game.

How has your Faith come into your Music Making?

My faith and music have been very much intertwined. The Salvation Army was all about music. They had the singing company that I was part of – it was very good. Music has been the main way I have expressed my faith – there was a special aura about Sunday mornings in church – especially when we were singing or playing. It was very meaningful.

On Sunday afternoons we would have an open-air service on the beach and people would watch from the esplanade. They had metal chairs that they would fold up and put in a shed and my cheeky brother worked out he could roll marbles off the top of the shed, down the guttering and into the sand.

How did your career in music develop?

When I was old enough – I was offered a position at the Royal Academy of Music – I hadn't thought about it much but a girl whom my teacher taught, who was a few years older than me went and that was rather inspiring. My teacher thought I was good enough to go too, so I went! I was only just 17 and I stayed with some people my parents knew at Kingsbury. I loved the Academy – I wouldn't call it fun, but I did enjoy it. It was serious and very special. I loved the quartets and the orchestra. I had a very nice teacher called Marjorie Hayward. After that I played in groups and orchestras and taught in lots and lots of schools and at home. I still play with family and friends every week!



What was your most memorable music moment?

Watching Beethoven's Concerto at the Proms. It really was magical.

Tell me about meeting the Queen

Oh yes – that was wonderful! I suppose it was awe-inspiring – to put it mildly! It was a very special thing. I had to walk up to a high platform and she was very kind. I felt a bit jittery when we were waiting outside – and I had to leave my handbag outside! We talked briefly and she shook my hand – it was funny, because we looked quite similar – two little old ladies together. I felt so honoured – it was lovely to meet her in person.

What brings you most joy in life?

Playing. Quartets I love and duets. And listening to music - the first time I went to the Albert Hall I felt as though I was walking on air. What a wonderful place this is I thought. I loved listening to the concerts there.

What are you most thankful for?

A good home, a loving home, a wonderful husband. I couldn't have had a nicer one. I miss him dearly! All my children and grandchildren – they're all lovely. All lovely – I'm very, very proud of them all.

**Put on the full
armour of God, so
that you can take
your stand
against the
Devil's schemes.**

Ephesians 6:11

Down Memory Lane



Did you ever dance round the Maypole?



Do you remember the phrase 'Ne'er cast a clout til May is out'?



The first Early May Bank Holiday was in 1978. An extra day's holiday in the year. Do you recall the first one?



M A Y Quiz



The answer to each question begins with the letter at the top of the column. *Answers at the back of booklet.*

	M	A	Y
1	Periodic table number 12 element Mg	One of these a day keeps the doctor away	An animal between 1 and 2 years old
2	A cat with a short or no tail	Beaded counting device	Medium sized sailing boat
3	German brand known for luxury cars	Marzipan nut	Open one's mouth due to tiredness
4	Act without words	Fruit of the oak tree	One colour of the rainbow
5	Fast food chain with golden arches	Trapeze artist	Currency of Japan
6	A person in charge	Large swamp dwelling reptile	A type of stretching exercise
7	The time of castles and knights	Not occurring naturally	Part of an egg
8	Island of New York	Writer of a book	The day before
9	What is the least possible amount	Designer of buildings	Hairy creature from the mountains
10	Egg based condiment	Comfortable lounge seat	Child's toy

This Day in History.....



1st May 1840 The world's first adhesive postage stamp is issued in the UK. The Penny Black shows a portrait of Queen Victoria.

6th May 1954 Roger Bannister becomes the first person to run a mile in under 4 minutes.

8th May 1926 David Attenborough, Naturalist and Broadcaster, was born in London.

13th May 1787 The first fleet of convicts departs Portsmouth, bound for Botany Bay, Australia.

15th May 1940 The first McDonald's restaurant opens in California.



23rd May 1949 West Germany is formed after Germany is split, following World War II.

24th May 1956 The first Eurovision Song Contest is held and won by Switzerland.

26th May 1950 After 11 years, petrol rationing finally ends in Britain.

28th May 1951 Radio programme Crazy People (later titled The Goon Show) premieres on the BBC, created by Spike Milligan.

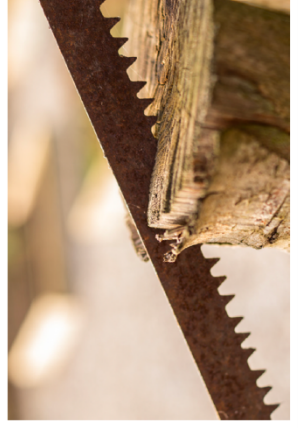


Something to make you smile

- I'm reading a book about anti-gravity. I just can't put it down.

- Broken pencils are pointless.
- I stayed up all night to see where the sun went. Then it dawned on me.
- How does Moses make his tea? Hebrews it.
- Fixing broken glass is a pane in the glass.

How well do you know carpentry tools? Answers at the back of booklet.



NURSERY RHYMES

How well do you know your nursery rhymes? Here are some pictures, see what nursery rhyme they remind you of.

1



2



3



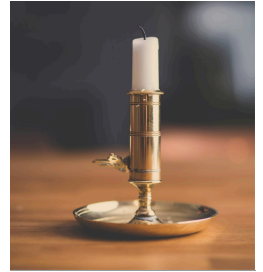
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5



6



7



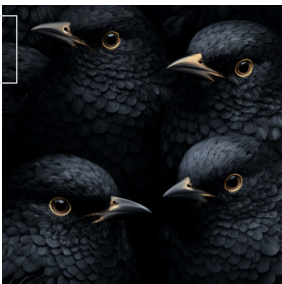
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9



10



11



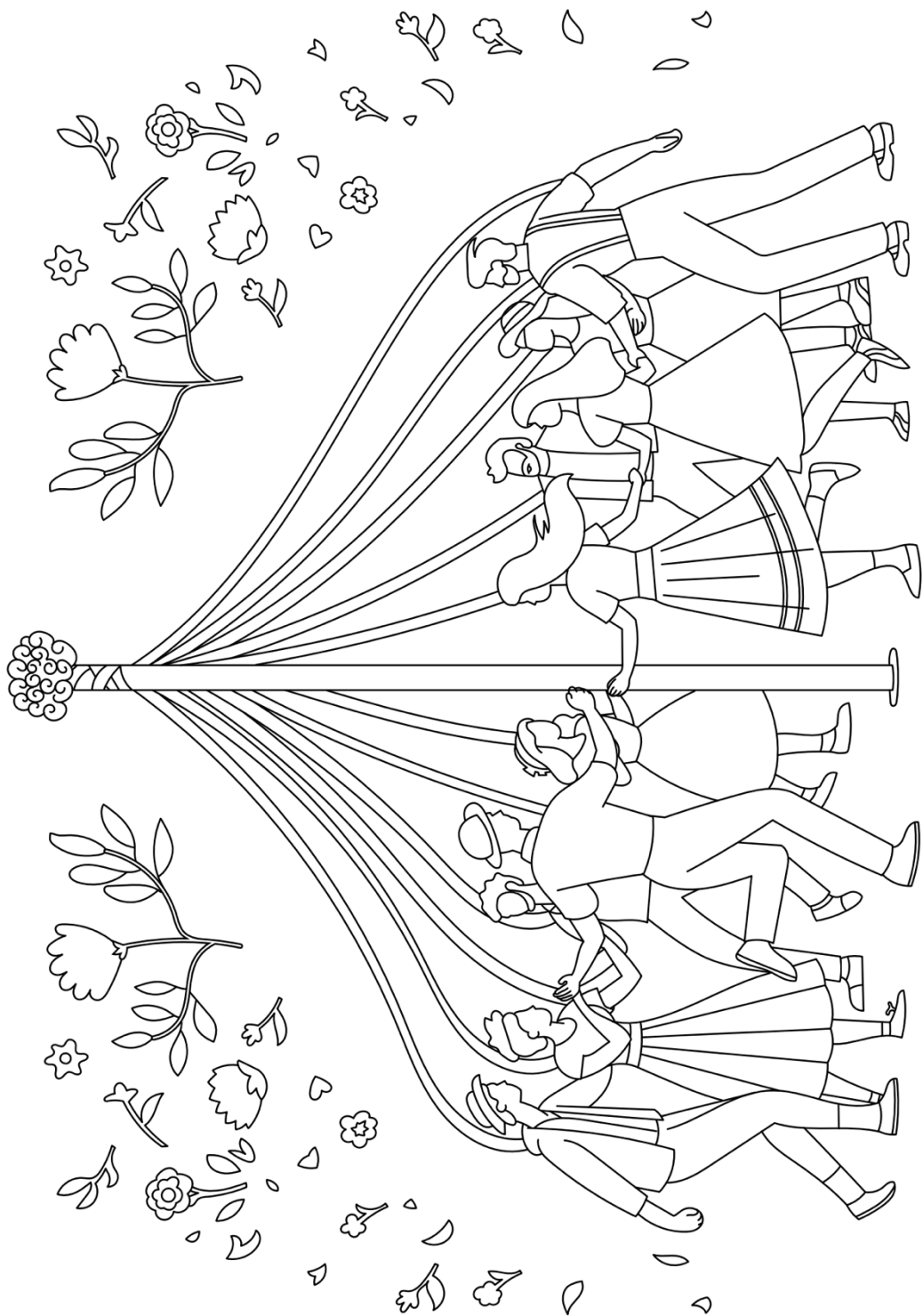
12



9-LETTER WORD PUZZLE

Try to make as many words as you can using the letters in the grid. Words must contain the middle letter. There is at least one 9-letter word!

I	D	O
F	C	N
N	E	T



Word Search

MAY FLOWERS



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

Tulip
Crocus
Begonia
Peony
Amaryllis

Rose
Daffodil
Sunflower
Easter Lily
Hibiscus

Petunia
Dahlia
Lilac
Hydrangea
Daisy

Marigold
Poppy
Orchid
Hyacinth
Zinnia

Answers

	M	A	Y
1	Magnesium	Apple	Yearling
2	Manx	Abacus	Yacht
3	Mercedes Benz	Almond	Yawn
4	Mime	Acorn	Yellow
5	McDonald's	Acrobat	Yen
6	Manager	Alligator	Yoga
7	Medieval	Artificial	Yolk
8	Manhattan	Author	Yesterday
9	Minimum	Architect	Yeti
10	Mayonnaise	Armchair	Yo-Yo

Nursery Rhymes

1. Ride a cock horse to Banbury Cross
2. Hickory Dickory Dock
3. Daisy, Daisy, (bicycle built for two)
4. I'm a little teapot
5. Five little monkeys
6. Jack be nimble
7. Little Boy Blue
8. Row, row, row your boat
9. Jack and Jill
10. Sing a song of sixpence
11. Mary had a little lamb
12. Twinkle, twinkle little star

9 letter word

Confident

Drill	Tape Measure	Nail Gun
Chisel	Screwdriver	Utility Knife
Level	Clamp	Saw

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