

# VINTAGE ADVENTURE

④ HOME

## The Armour of God: Breastplate of Righteousness



Dear Vintage Adventure @ Home friends,



We hope you find this month's booklet both encouraging and challenging. We are continuing our exploration of the armour of God, and this time considering what it means to put on the breastplate of righteousness. Do you find the word 'righteousness' a bit of a puzzle? Nowadays, 'righteousness' is typically found in the phrase 'self-righteousness', which has rather negative connotations. In the Bible, however, the meaning is very different.

It means being approved by someone significant to us. Sometimes we try to please God by making lots of efforts to 'be good', thinking that if we do enough, He will eventually find us acceptable. We are trusting in ourselves and what we can bring. Righteousness is about transferring our trust from ourselves to the Lord Jesus, Who lived the perfect, righteous life. When we come to Jesus in faith, believing and trusting in Him, He offers us His righteousness. So, when God looks at us, He sees Christ's righteousness gifted to us and counts us as righteous too. Dave Hendra and Christine Sinclair who wrote our *Worship and Reflection* ponder on this further.

Flowers often hold memories, don't they? Perhaps a special occasion such as a wedding or a gift of flowers from a friend. I have a kalanchoe given me in 1996 by my late Dad, and quite amazingly, it is still blooming and reminds me of him each time I glance at the kitchen windowsill.

We were thrilled to receive a note from our reader, Marion Sheath, who kindly included more of her recently published verses. Do enjoy her delightful poem *June Roses* together with the photos of the beautiful roses in Margaret's garden.

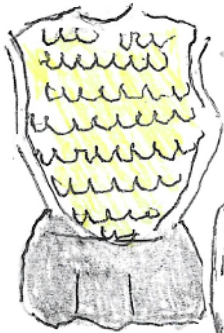
We include a variety of puzzles, and this time have found a sudoku, if numbers are 'your thing' and for film buffs, we have a little quiz on James Bond films.

We pray that you will be blessed today. Even though we do not know all of you personally, you are of great value to us, and even more so, to the Lord Jesus Christ.

With love and blessings  
Cynthia and your Caraway friends

# The Armour of God

The Breastplate of Righteousness



Above all put on Love

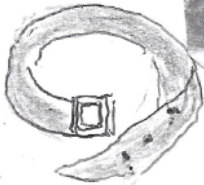
The Helmet of Salvation



The Sword of the Spirit



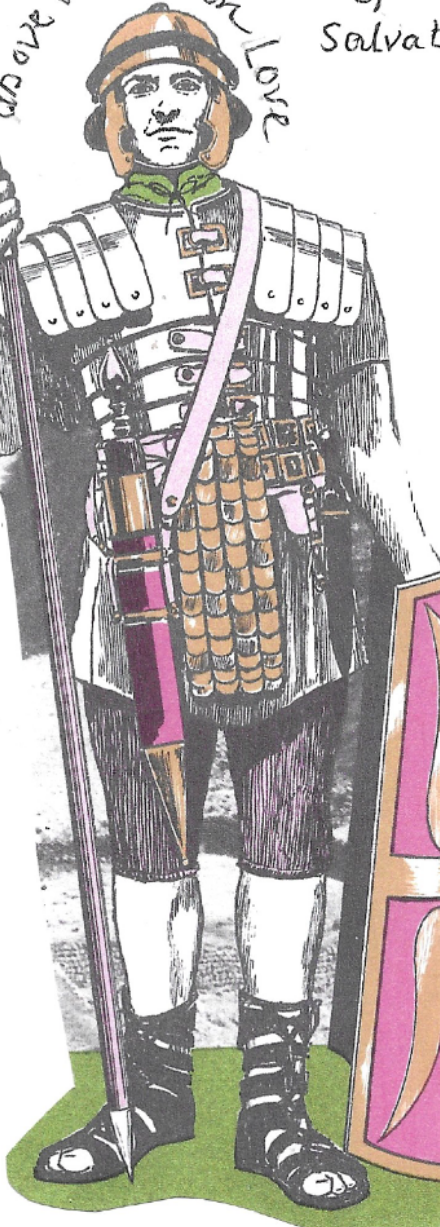
The Belt of Truth



The Shoes of Readiness of the Gospel of Peace



The Shield of Faith





# Worship

## Don't Wait to Get Walloped

*Stand, therefore, and belt your waist with truth  
and put on the breastplate of righteousness.*  
(Ephesians 6:14 nrsvue)



Life can be a big old battle. I'm sure you've noticed.

One of the early followers of Jesus, Paul, wrote to his friends (in the ancient Greek city of Ephesus) about battles. But he wasn't writing about financial struggles, or arguments with friends, or health battles, or international war.

He was trying to explain that *any person* who has decided to trust Jesus with their life automatically becomes a target: Spiritual forces of evil don't like Jesus or anyone who follows Jesus. Why?  
Because Jesus dismantles evil.

...

On this theme, Isaac Watts wrote *Forever Blessed Be The Lord*:



Forever blessed be the Lord,  
My Saviour and my shield;  
He sends His Spirit with His word,  
To arm me for the field.

When sin and hell their force unite,  
He makes my soul His care,  
Instructs me to the heav'nly fight,  
And guards me through the war.

A friend and helper so divine  
Does my weak courage raise;  
He makes the glorious vict'ry mine,  
And His shall be the praise.

\*\*\* Take a moment to pause and remember that Jesus dismantles evil. Maybe speak to Jesus about this, thank Him for His good intentions and His power. \*\*\*



Food for thought: Is there something you are doing, or planning, that Jesus might want to dismantle?

.....

So, if you follow Jesus, evil forces will be your enemy. The good news is that Jesus is powerful, and Jesus protects all who follow Him. But that is not the end of the story. Paul thinks the Jesus-follower is expected to *do* something in this hostile environment:

We are to *take responsibility* for our own *behaviour*:

'Put on' ... 'take up' ... 'withstand' ... 'stand therefore' ... 'keep alert' ... 'persevere.' etc. In other words, don't wait to get walloped.

**DO SOMETHING.**

Whom do you blame for your misbehaviour?



Reinhold Niebuhr wrote a famous prayer, sometimes called The Serenity Prayer. Part of it goes like this:

*'God, grant me [...] the courage to change the things I can.'*

Niebuhr's point was that we *must* intervene in the face of political evil. His sub-point is this: We need to take responsibility for our own behaviour. Paul says the same to his friends in Ephesus.

He uses pieces of Roman armour to describe the type of behaviour which will protect the Jesus-follower from the activity of evil spiritual forces.

Here's the whole set: Value truth, act with *righteousness*, continue to trust Jesus, remember you've been rescued by Him, fill your mind with scripture, pray always, and take the time to understand the good news about Jesus.



When Paul describes *righteousness* elsewhere, he encourages his friends in Ephesus to **STOP**.

**Stop** behaving like you used to: You had no restraint when it came to attitudes about sexuality. You were eager to do all the things that God considers immoral (Ephesians 4:19).

He also encourages them to **START**: Actively commit to behaviour which suits your new God-like self:

*'be renewed in the spirit of your minds,  
and clothe yourselves with the new self,  
created according to the likeness of God  
in true righteousness and holiness.'*



*What do you need to STOP?*

Here are some prompts from Paul: 'Falsehood' / 'sustained anger' / 'stealing' / 'evil talk' / ignoring the 'feelings of the Holy Spirit' / 'bitterness and wrath and anger and wrangling and slander, together with all malice.'

## *What do you need to START / CONTINUE?*

Here are some more prompts from Paul: 'Speak the truth with your neighbour' / 'be angry only for a short while' / 'labour with your hands' / 'share with the needy' / 'engage in talk which builds others up' / 'Be kind to one another, tender hearted, forgiving one another, as God in Christ has forgiven you.' (Ephesians 4:25-32)

Take your time to think and pray about those two questions. No need for wallowing in regret. And remember, Jesus, the One Who dismantles evil, is on your side.



Here's one conclusion about this 'breastplate of righteousness' thing: God has great expectations for the way you should behave. You're His child. You represent Him: If you follow Jesus, then behave like Jesus.

One final thought ...

*'put on the armour of light' .... 'put on the Lord Jesus Christ.'*  
(Romans 13:12-14)



# REFLECTION



## What are you wearing?

I wonder what you are wearing? The chances are you are not reading this in the nude!

Some people I know find it difficult to get dressed in the morning, so will spend hours in their nightclothes, throwing on a dressing gown as they potter around.

Others get up bright and early, quickly considering what clothes are suitable for the day - a light-weight top if it is likely to be warm and sunny or a thick pullover if the forecast is chilly - what about underwear? Ladies, do you wear a bra - for warmth or for comfort?

Or, if you are planning to sunbathe, perhaps not much in the way of clothing but instead a thick layer of suncream to protect your skin and a hat to protect your head!

The fashion industry encourages us to think about how we look in our clothes - but for many of us, as we get older, practicality and comfort become more important.

When Adam and Eve first experimented with clothing they used leaves - not very practical you may think - but then God clothed them with animal skins. Of course for that to happen the animals had to die; the clothes came at a cost.

I wonder if you have ever tried on a suit of armour? When David fought Goliath he was offered armour but refused it because it didn't fit. Armour, or indeed any clothing, has to be the right size to work for us.



In our theme this month we are looking at wearing the armour of God and in particular the breastplate of righteousness. When Paul wrote about this he was probably looking at a Roman soldier and noting what protective clothing he wore. This included a metal plate from neck to waist to protect that part of the body. If today we look at someone in combat, they will probably be wearing a stab vest. This is protective clothing designed to cover the vital organs, to make it difficult to damage the heart with a blade.

I wonder if you think of yourself as a combatant in the war of good and evil? Sometimes we are more aware of this than at others. We are aware of war on the international scale. We see it reported by the news media everyday.

Meanwhile, we are on “the home front” and temptations of different kinds may assail us. We need protection against them. So, we are enjoined to put on the breastplate of righteousness. Our hearts need to be protected.

***Let us pray daily, “Our Father.....lead us not into temptation but deliver us from evil.”***

We are not able to resist without help. Jesus provides our righteousness. It is His sacrifice that provides for us; it came at a cost.

Let us thank Him every day.  
His protection is tailor-made for each of us,  
in whatever situation we find ourselves.



**Stand firm then,  
with the  
breastplate of  
righteousness in  
place.**

Ephesians 6:14

## *Down Memory Lane*



What are your first memories of Wimbledon fortnight?



Did you ever go strawberry picking as a child?



The Rose is the flower for June.  
Do you remember sniffing a rose for the first time?



## June Roses

I always think of roses when the month of June is here,  
Wild on the hedgerows and in gardens appear.  
Their texture, fragrance, colours, beautiful of flowers,  
Conveying purity and love, tears left from summer showers.

Trailing along a cottage wall, blushed tips upon the gold  
Spreading across a homestead door above its namesake bold.  
Pink clusters entwine an archway leading to a garden fair,  
A fountain softly playing amidst more rose blooms rare.

Along the lawn by an iron gate where red varieties climb  
Brilliant peacocks strut their stuff of blue and green sublime.  
Another gives his grand display, an arc of misty pearl,  
A special sight like angel wings, as feathers white unfurl.

Sweet roses, dreams and meanings, memories arise  
Of bouquets presented with gratitude like a prize.  
For love and births, best wishes, anniversaries, celebrations  
Their silent beauty speaking in so many situations.

National flower our emblem, famed in red with white,  
Pride held for those still striving, for truthfulness and right!  
Roses stir as if in prayer bowing gently in the breeze,  
And hearts who love their homeland, 'God save it still' we plead.

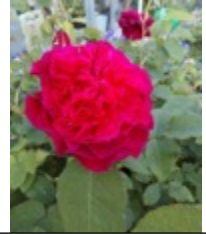
Marion Sheath 2021 Shades of Times and Seasons June Roses p 47/48. Inspired by memories of a Hampshire cottage garden and larger grounds of a Dorset house where peacocks paraded 7 June 2019



## Margaret shares her love of roses.....



"Mum in a Million"  
- a Mother's Day gift  
from one of our  
daughters. It has the  
most heavenly fragrance.



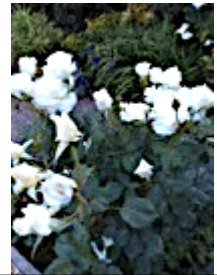
Name unknown -  
but it has a  
wonderful old-  
fashioned fragrance  
and is a firm  
favourite

"Compassion" -

a thank you gift from a  
neighbour.



Rosa "Salvation" - named  
after the Salvation Army -  
given to my Dad (a  
lifelong member) on one  
of his last birthdays.



"Margaret Merrill"  
- given to me by  
a friend on a very  
special birthday!

"Ruby Wedding" -  
a gift on the occasion  
of our Ruby Wedding  
Anniversary.



"Crimson Glory" - an old  
fashioned rose with glorious  
scent. As it was my parents'  
favourite, it reminds me of  
them.



## How well do you know your instruments?

Following on from last month when Pearl recalled her days at the Royal Academy of Music let's see how many instruments you recognise from those photographed below.

1



2



3



4



5



6



7



8



9



10



11



12



## This Day in History.....

**1<sup>st</sup> June 1935** Compulsory Driving Test is introduced for all drivers in England.

**5<sup>th</sup> June 1956** Elvis Presley first performs Hound Dog live on TV. Presley's suggestive hip movements during this performance earned him his nick name 'Elvis the Pelvis'.

**6<sup>th</sup> June 1844** The Young Men's Christian Association (YMCA) is founded in London.

**17<sup>th</sup> June 1885** The Statue of Liberty arrives in New York. A gift to the United States from the people of France.

**19<sup>th</sup> June 1917** The British Royal Family, who had strong German ties since George 1, renounces its German names and titles and adopts the name of Windsor.

**20<sup>th</sup> June 1840** Samuel Morse patents his telegraph.

**27<sup>th</sup> June 1967** The world's first ATM is installed in Enfield, London.

**30<sup>th</sup> June 1894** The Tower Bridge across the River Thames in London is officially opened.



## Something to make you smile

- What did the traffic light say to the car?  
Can you look away? I'm changing.
- I like having conversations with kids.  
Grownups never ask me what my third favourite reptile is.
- Where do bees love to go to the toilet? The BP station.
- A dog has an owner. A cat has staff.
- What's orange and sounds like a parrot? A carrot!
- Mosquito: An insect that makes you like flies better.
- Wrinkles: Something other people have, similar to my character lines.



# Who am I?



**Born 17<sup>th</sup> June 1943** I am an American singer, song-writer, and producer. I have been singing for 50 years. I began my career as a jingle writer until one day I was asked by the director of CBS to arrange some songs for a new musical called The Drunkard. Instead, I wrote an entire original score. I went on to produce the Bette Midler album The Divine Miss M. My first album was a non-event but my second made me world famous with the hit Mandy. I wrote a string of successful songs like Can't Smile Without You, Copacabana, and I Write the Songs. Initials – BM

**Born 20<sup>th</sup> June, 1967** I am an Australian actress. My first breakthrough movie was Dead Calm and a mini-series called Bangkok Hilton. In 1990 I went to the U.S. to work on Days of Thunder where I met my first husband. We adopted two children but we ended up divorcing after 10 years. I won many awards for my performances in films like: To Die For, Grace of Monaco, The Others, Moulin Rouge and many others. Initials - NK



**Born 2<sup>nd</sup> June, 1904** I was born in Romania and I began my career as a competitive swimmer. At the age of 19, my father gave me permission to travel to the U.S. by signing consent on my passport. I joined the U.S. Olympic team and won gold in the 1920 and 1924 Olympics. In 1932 I signed a contract with MGM to play the role of Tarzan in Tarzan the Ape Man. I made a total of 12 Tarzan movies. I married five times and had three children. Initials - JW



**Born 3<sup>rd</sup> June, 1925** My career as an actor began when I arrived in Hollywood aged 23. After several dozen minor films, I hit the big time with Trapeze with Burt Lancaster and Gina Lollobrigida. It was followed by The Midnight Story, Sweet Smell of Success, The Vikings, The Boston Strangler, and Houdini. My film Some Like It Hot was voted in a survey as the funniest American film ever made. I dated Marilyn Monroe well before she was famous. I married six times and had six children. One of my daughters is a very well-known actress. Initials - TC



**Born 10<sup>th</sup> June, 1922** I was an American actress, singer and dancer. I began my career in vaudeville with my parents and sisters. I was thirteen years old when MGM offered me a contract. I went to school at Metro with Ava Gardner, Lana Turner and Elizabeth Taylor. In 1938 Metro was looking for Dorothy for the movie Wizard of Oz; they wanted Shirley Temple but 20th Century Fox declined, they offered Deanna Durbin but she was unavailable. So I was cast! Other movies I made include: For Me and My Gal, and Meet Me in St. Louis. Initials - JG



**Born 20<sup>th</sup> June, 1909** I was an Australian-born American actor during the Golden Age of Hollywood. Considered the natural successor of Douglas Fairbanks, I achieved worldwide fame for my romantic swashbuckler roles in Hollywood films. My first hit film was in Captain Blood opposite 19-year old Olivia de Havilland. The film was a magnificent success and the beginning of a six-year on-screen partnership with Olivia de Havilland that would encompass eight films. Some other films I featured in include The Charge of the Light Brigade, Robin Hood, The Prince and the Pauper, and The Private Lives of Elizabeth and Essex, among others. Initials - EF



## Are you a James Bond fan?



How much do you know about the films?

1. Who played the original James Bond? Roger Moore, Daniel Craig or Sean Connery
2. How many James Bond movies have been made? 15, 27 or 24
3. In what year did author Ian Fleming create James Bond? 1950, 1953 or 1955
4. Who created the gadgets for 007? B, R or Q
5. How many actors portrayed James Bond? 5, 7 or 8
6. Which UK actress portrayed the character M in the 2008 bond movie Quantum of Solace?  
Joanna Lumley, Louise Jameson or Judi Dench
7. What was the first ever gadget given to 007? Exploding pen, telephone watch or folding sniper rifle
8. Actor Timothy Dalton portrayed James Bond in how many movies? 2, 4 or 6
9. Who is the most recent actor to play James Bond? Daniel Radcliffe, Daniel Craig or Daniel Day Lewis
10. Which drink does James Bond like shaken not stirred? Bourbon and Coke, Martini or Mojito

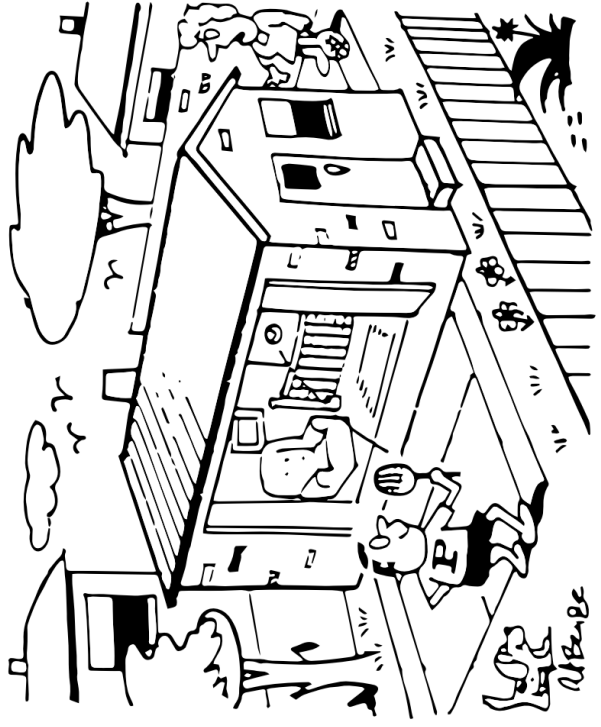
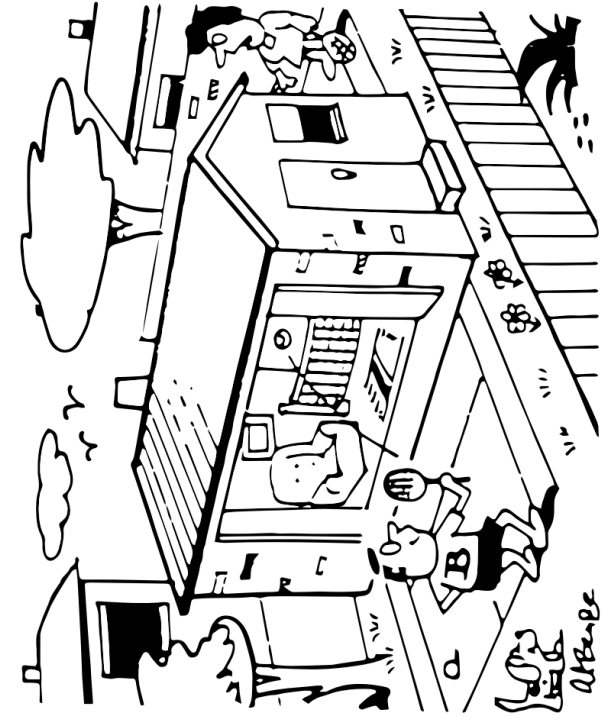
# Sudoku

Created on the Golden Carers website - <https://www.goldencarers.com>

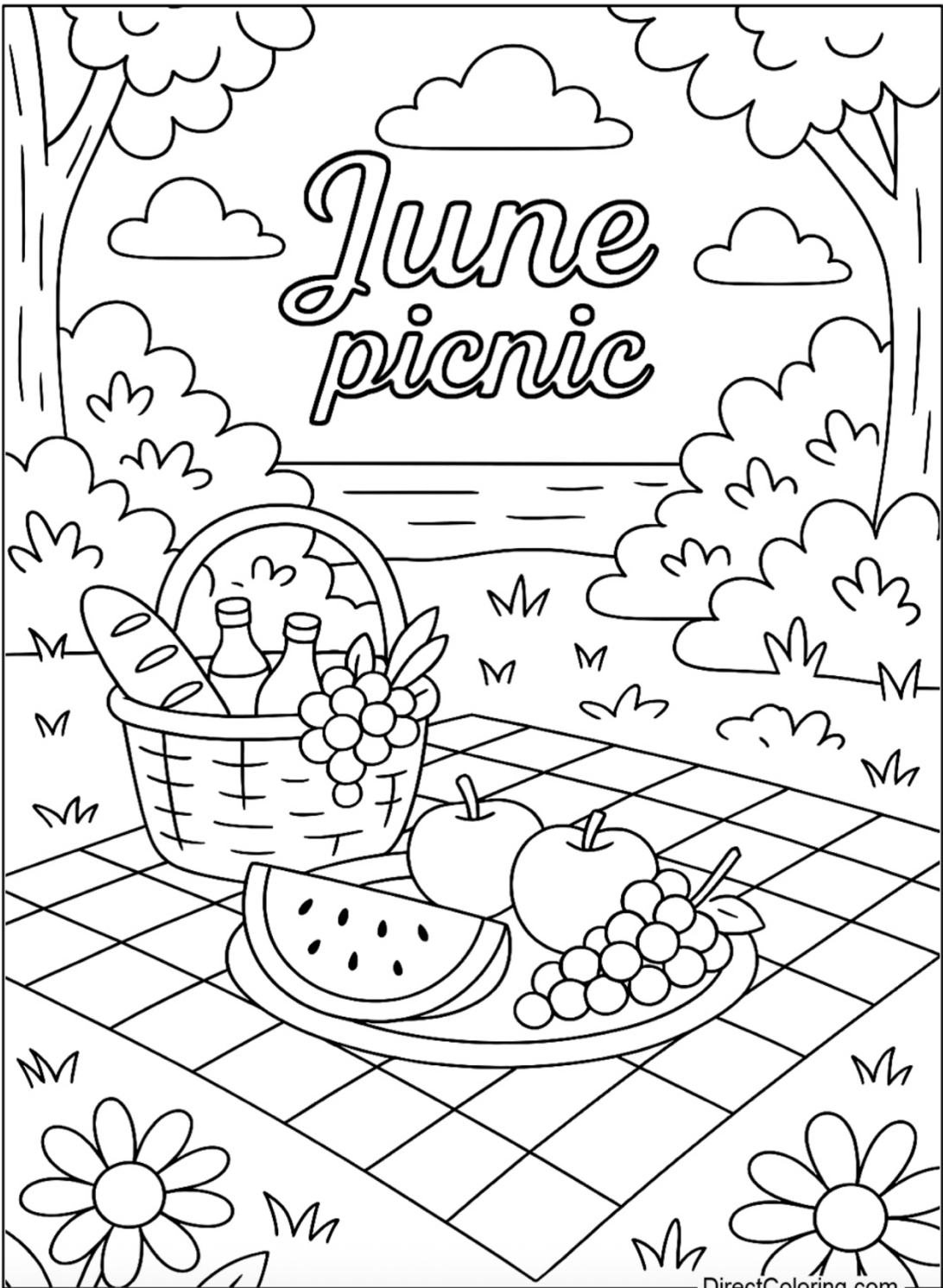
	6	9	2				5	
7				9		2	3	1
	2		8		7			
		2		8			6	
		6	7	2	3	4		5
5		8						3
		1					4	
		4	3		6	5	7	
	5	7		4	8			6

# Spot The Differences

They look the same but there are 10 flaws to be found! See how many can you spot.



# June picnic



## 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	N	G
T	E	G
T	A	R

# Word Search



## TENNIS

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

**Ace**

**Advantage**

**Backhand**

**Ball**

**Baseline**

**Forehand**

**Grass**

**Rally**

**Serve**

**Net**

**Deuce**

**Overrule**

**Overhead**

**Love**

**Qualifier**

**Volley**

**Referee**

**Return**

**Set**

**Tiebreak**

**Topspin**

**Underarm**

**Unseeded**

**Winner**

## How well do you know your instruments?

1. Tuba
2. Cello
3. Oboe
4. Trombone
5. French Horn
6. Timpani
7. Trumpet
8. Bassoon
9. Harp
10. Tenor Saxophone
11. Flute
12. Clarinet

## Who am I?

Barry Manilow  
 Nicole Kidman  
 Johnny Weissmuller  
 Tony Curtis  
 Judy Garland  
 Errol Flynn

## James Bond Quiz

1. Sean Connery
2. 27
3. 1953
4. Q
5. 7
6. Judi Dench
7. Folding Sniper rifle
8. 2, The Living Daylights and License to Kill
9. Daniel Craig
10. Martini

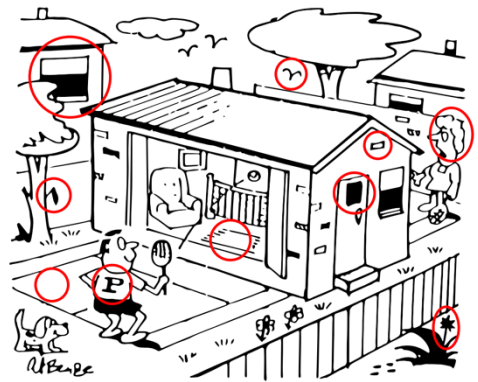
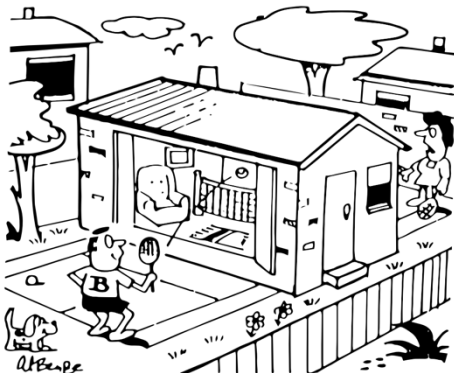
## 9 letter word

Targeting

## Sudoku Answers

Created on the Golden Carers website - <https://www.goldencarers.com>

4	6	9	2	3	1	8	5	7
7	8	5	6	9	4	2	3	1
1	2	3	8	5	7	6	9	4
3	7	2	4	8	5	1	6	9
9	1	6	7	2	3	4	8	5
5	4	8	1	6	9	7	2	3
6	3	1	5	7	2	9	4	8
8	9	4	3	1	6	5	7	2
2	5	7	9	4	8	3	1	6



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from The Bible Reading Fellowship 