

VINTAGE ADVENTURE

④ HOME

The Armour of God: The Belt of Truth



Dear Vintage Adventure @ Home friends



Welcome to our July issue of Vintage Adventure @ Home in which we focus on the Belt of Truth as part of the armour of God. A vital part of a Roman soldier's armour was his belt, which enabled him to secure his garments when he needed to move fast. Worn at all times, even when off duty, only soldiers were legally permitted to wear this unique belt with the straps dangling at the front. It was like a status symbol of which soldiers were extremely proud.

In these days of false information and 'fake news' it is hard to know whom to believe. Do you sometimes wonder just whom you can really trust? Truth seems to be replaced by lies a lot of the time. In fact, the Devil himself is described in the Bible as a liar and deceiver. In contrast, Jesus said that it is He, the Son of the one and only true God, Who is the Way, the Truth and the Life. And the apostle Paul is urging those of us who are believers to be as proud of the gospel and of Jesus as were Roman soldiers of their belts!

We are grateful to Janet for writing our worship, to Marion for a further poem and to Wendy Heap, another of our readers who has sent us the beautiful prayer written by herself and her late husband. We also feature a poem on Truth by Marie Kane-Dudley, whose reminiscences in her book As Time Goes By have encouraged so many.

As schools will soon be breaking up for the Summer, we have found some facts about holidays from long ago and as July is Friendship Month, we offer some prompts on our Down Memory Lane page to get us all thinking about the friends we have had, both past and present.

You will find all your usual favourites in the way of quizzes, trivia, jokes, puzzles and a variety of activities to keep your brains ticking over!

Please do get in touch via the contacts on the back cover – we should love to know what it is you most enjoy, when you open this booklet!

*With our love and blessings
Cynthia and your Caraway friends*





Worship

*Guide me in Your truth and teach me,
for You are God my Saviour,
and my hope is in You all day long.*
Psalm 25:5



This month we are continuing to look at what it means to put on the armour of God. We are now going to look at the Belt of Truth. If we consider a belt and what it is normally used for, it's to keep everything in place, so let's look at the importance of this Belt of Truth.

But let's pray first.



Prayer

Dear Lord, as we explore Truth, we think of what Jesus said,
*"If you hold to My teaching you are really My disciples. Then you will know the
Truth and the Truth will set you free."* John 8:32

We ask Lord that we truly will know this Truth in Your freedom. Amen

George Washington Doane wrote this **hymn**:



Thou art the Way;
by Thee alone from sin and death we flee;
and they who would the Father seek
must seek Him, Lord, by Thee.

Thou art the Truth;
Thy word alone true wisdom can impart;
Thou only canst inform the mind
and purify the heart.

Thou art the Life;
the rending tomb proclaims Thy conquering arm;
and those who put their trust in Thee
nor death nor hell shall harm.

Thou art the Way,
the Truth, the Life; grant us that Way to know,
that Truth to keep, that Life to win,
whose joys eternal flow.

Reading

John 16:13-15



But when He, the Spirit of Truth, comes, He will guide you into all Truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is to come. He will bring glory to Me by taking from what is Mine and making it known to you. All that belongs to the Father is Mine. That is why I said the Spirit will take from what is Mine and make it known to you.

Reflecting on the Belt of Truth, where in the world can you be sure that truth is told? These days there seem to be so many people and organisations who are economical with the truth.



Things are set to become even more difficult with things like AI, but praise be to the Lord Jesus Christ and God our Father, that God's Word, the Bible, enlivened by the Holy Spirit, is Truth.

Psalm 51:6 says *Surely you desire truth in the inner parts, you teach me wisdom in the inmost place.*

In another **hymn** written by John Marriott it says in verse 3:



Spirit of Truth and Love,
life-giving, holy Dove,
speed forth Thy flight;
move on the water's face,
bearing the lamp of grace,
and in earth's darkest place let there be light.

Prayer and blessing

Spirit of Truth, help us to tune our ears to You and listen to Your wisdom, discernment and truth, that we may spread truth to others and may God bless us all with the Belt of Truth. Amen.

God's Word, the Bible, is Truth



REFLECTION



The Belt of Truth

Previously, we saw that if we identify ourselves with Christ, we come into conflict with the Devil in every aspect of our daily lives. In Ephesians 6:11-12, Paul is cautioning us not to be naïve about our Enemy but to “beware of the ‘wiles’ of the Devil”, a cunning, powerful and wicked schemer. To be successful, we need divine equipment.

A Roman soldier’s underwear was a loose tunic. The first equipment he put on was his belt, rather like a girdle with a leather apron in front. This was not just decoration. It was foundational: most of his equipment: the breastplate, sword, dagger, even his money purse, was attached to the belt. The soldier would pull up his tunic and tuck it into his belt, so he could move easily and nothing would impede his progress.



Have you noticed that modern cars, before moving off, may beep if someone has not buckled up? On flights, red warning notices tell us: fasten your seat belt!

In the King James version of the Bible there is an old-fashioned expression: *Having your loins girt about with Truth*. This is a metaphor for being prepared. Paul is saying, “Make sure you’re dressed for action!”

For many people in the 21st century, ‘**my** truth’ is what matters, rather than ‘**the** truth’ in an objective sense. It is no longer popular to believe in absolute truth, outside of ourselves. Jesus Himself claimed, “I am the Way, the Truth and the Life.” If we believe in Jesus, and He is the ultimate Truth, since the gospel has come to us as the Truth, we must be committed to it.

This means we must share the good news about Jesus with others, sensitively and with respect but also boldly. When we're with a group where no one else shares our faith, and people say, "It doesn't *really* matter what you believe, just as long as you live a good life....", it is tempting to quietly 'agree', in an effort to be tolerant and accepting. But Paul is saying, "No, you must speak up and say, 'Actually I **do** believe it matters....'."

The famous 20th century Christian John Stott commented that just as the world was becoming aware of its need for God and real Truth, the official church was becoming increasingly vague rather than proclaiming the gospel. Did you know the name Satan means Liar? Indeed, Jesus described him as the 'father of all lies' - in other words, lying is like Satan's native language, and he is the source of all untruth and deceit. Putting on the Belt of Truth also refers to our own truthfulness, to us telling the truth in our daily contacts with those around us. Satan knows that if we tell even a white lie, he is gaining a foothold in our lives. Have you noticed how one little lie quickly leads to further lies to make the first seem true? A sincerely truthful person, living with integrity, honest and humble before God and others is one of the key weapons against Satan.

As we face temptations, or the Devil tries to make us doubt our faith, let us put on the Belt of Truth, standing confidently on the gospel fact that Jesus is not just a figure of history, but a risen Saviour, victorious over death and sin, Who has already triumphed over the Devil!

Let us put on the Belt of Truth



Light is dawning

Here I stand LORD,
Light is dawning.
More and more I see the Truth.
Truth is shining,
Clear and glorious,
Truth is YOU – the only GOD.

Open more my bleary eyes, LORD,
Soften my hardened heart.
Closed-up ears, they need Your touch LORD,
Weak and ailing, here I stand.
Let me feel Your holy heart beat,
Throbbing deep with love for me.

My heart responds and dares to say
All I do, I do for Thee

It's Holiday Time!

In 2015 we held our very first Holiday @ Home which was a trip to the English seaside, complete with stripey deckchairs, ice creams, a sandcastle building competition and lots of mementoes from the 1950s. Since then, we have 'visited' many other destinations and so we started wondering about how people used to spend their summers in days gone by. Do you have a favourite summer holiday memory, here in Britain or further afield?



Indeed, even in my childhood, the maximum was a week's annual holiday and so much depended on the weather! There was no possibility of going abroad either. My parents often had what they called 'days out' to save on the expense of a boarding house – they couldn't afford hotels! But actually even these few days 'holiday' a year are a fairly recent invention.

Before schooling became compulsory, most children did not go to school, but stayed at home instead, helping their families with farming and looking after the animals. August and September were especially busy, as everyone had to work hard on the land to harvest the crops. Children and adults worked together, making the most of longer daylight hours to ensure enough food for humans and animals was brought in for winter.

If we go back further to the Middle Ages, it was only the rich who had anything similar to a 'holiday' when they travelled to visit friends or participated in sports or entertainment. The majority of

the population was poverty stricken and their lives were an unending round of hard labour just to scrape a living. Everyone had 'holy days' though, from which our modern word 'holiday' comes.

Throughout the year, the Christian Church celebrated several holy days or feast days either for Christmas, Easter, or Harvest, or in honour of a particular saint. No one was permitted to work on holy days which were like mini holidays. Sometimes landowners might put on meals for their tenants or provide beer.

By the end of Elizabeth I's reign, the population of London was 200,000 and it had become a noisy, bustling city full of smells and disease. There were still no holidays for the poor, except for the holy days mentioned above. People made their own 'entertainment' such as football games, dancing, and listening to music. Would you have liked to watch boxing, bear- and bull-baiting?



The Queen escaped the stench in London by touring round England and staying in stately homes. These tours, called 'royal progresses' had to be carefully organised as the Queen travelled with her court of at least 300 people and 1,000 horses, each needing accommodation and food! They also had to ensure that the Queen travelled in daylight and could sleep in a comfortable bed in safety every night. When she stayed at Kenilworth, no expense was spared and Elizabeth was treated to firework displays, hunting, dancing and her own specially built pleasure gardens and apartments. The Queen's 19 day holiday left host Robert Dudley almost bankrupt!

**So stand ready,
with Truth
as a belt
tight around
your waist**

Ephesians 6:14
(Good News Bible)

Down Memory Lane
30th July is Friendship Day



Who were your schoolfriends?
Can you recall their names?



What sorts of things did you
enjoy doing together?

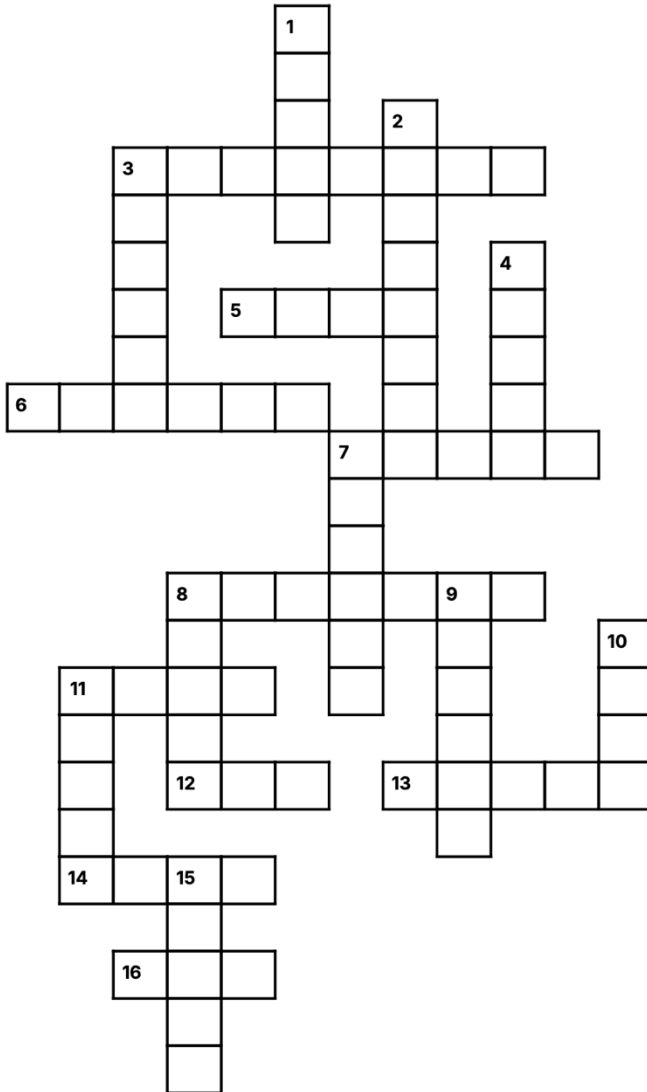


Do you have lifelong friends
with whom you've
stayed in contact over
a long time? How long?



Crossword

SUMMER GARDEN CROSSWORD



Summer Garden Crossword Clues

Across

- 3 Beautiful water feature (8)
- 5 Can grow very tall and has a trunk (4)
- 6 Place to grow flowers, fruit and vegetables (6)
- 7 Requires regular trimming to keep it neat (5)
- 8 Gather a ripened crop (7)
- 11 Feathered and can fly (4)
- 12 Source of light and heat that most plants need to grow (3)
- 13 A barrier to protect your garden from wildlife (5)
- 14 Water flows from the spout through this flexible tube (4)
- 16 A garden plot for flowers (3)

Down

- 1 Organism with leaves (5)
- 2 A person who tends to outdoor grounds (8)
- 3 Adds beauty and colour to a garden (6)
- 4 Part of a plant that is underground (5)
- 7 Wear these on your hands when gardening (6)
- 8 Aromatic plants like sage and thyme (5)
- 9 Use this tool to dig a hole (6)
- 10 Used to clear up leaves (4)
- 11 Long wooden garden seat (5)
- 15 What you sow in a garden (5)

How well do you know your butterflies?

Solve the anagrams to identify the ones below.



1 LLTEORHTESSIO



2 KPCEOCA



3 CMRAHON



4 TWSALWOLALI



5 NEBIROSTM



6 AOMCM

Answers

1. **Tortoiseshell** - The small tortoiseshell is among the most well-known butterflies in Britain. It is one of the first butterflies to be seen in spring and in the autumn it often visits garden flowers in large numbers.
2. **Peacock** - Recently crowned as Britain's Favourite Butterfly, its spectacular pattern of eyespots evolved to startle or confuse predators, make it one of the most easily recognized and best-known species.
3. **Monarch** - the largest butterfly seen in the British Isles and also one of our rarest migrants: Known for its ability to travel large distances, in North America the adult butterflies can migrate from as far north as Canada to the overwintering grounds in Mexico, the west coast of California and Florida.
4. **Swallowtail** - A large butterfly restricted to the Norfolk Broads. Pale yellow wings with black veins and blue margins. This is one of our rarest and most spectacular butterflies.
5. **Brimstone** - The Brimstone, recently voted as Britain's fifth-favourite butterfly, has spread in recent years, mainly in northern England.
6. **Comma** - The Comma is a fascinating butterfly. The scalloped edges and cryptic colouring of the wings conceal hibernating adults amongst dead leaves, while the larvae, flecked with brown and white markings, look like bird droppings.

The Oak and The Willow Tree



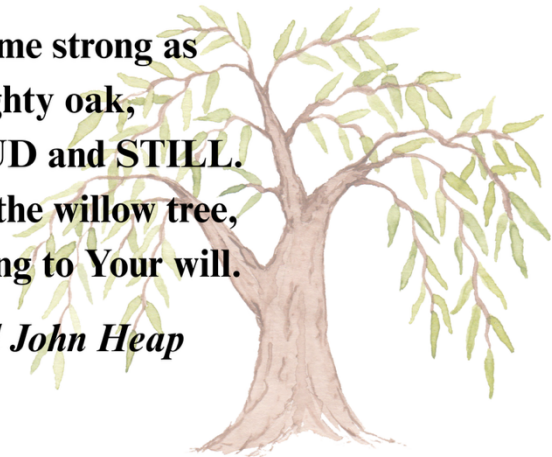
The big and mighty oak tree,
Standing **PROUD** and **TALL**,
With a big trunk and
branches wide –
Surely nothing can make it fall.

But deep inside the mighty oak,
A parasite, so small,
Eats away its power
and strength –
PRIDE goes before a fall.

Standing near is the willow tree,
It bends and swoops so free,
Dancing, swaying in the breeze,
As graceful as can be.

Lord, make me strong as
The mighty oak,
But not **PROUD** and **STILL**.
May I be like the willow tree,
Bending, moving to Your will.

Wendy and John Heap



This Day in History.....July.....

2nd July 1964 US President Johnson signs the Civil Rights Bill, outlawing racial discrimination.

5th July 1865 William Booth and his wife Catherine establish the Christian Mission later known as the Salvation Army (1878).



7th July 1985 Boris Becker becomes the youngest Wimbledon men's singles champion at age 17.

8th July 1886 It rains snails near Redruth in Cornwall. *[I had to check this one, Google it and you'll get an explanation!]*

17th July 1984 The national drinking age in the United States was changed from 18 to 21.

25th July 1978 Louise Brown, the world's first 'test tube baby' is born in Oldham.

29th July 1907 Sir Robert Baden-Powell founds the Boy Scouts with a camp at Brownsea Island.

30th July 1935 First Penguin book is published, starting the paperback revolution.



Something to make you smile



- Why do fish live in salt water?
Because pepper makes them sneeze!
- What is the best day to go to the beach? Sunday of course!
- What bow can't be tied? A rainbow!
- What has one head, one foot and four legs? A bed!
- Why did the boy tiptoe past the medicine cabinet?
He didn't want to wake the sleeping pills!
- What did the stamp say to the envelope?
Stick with me and we will go places!

Delphiniums

Unique in flowers of heavenly blue
Bright shades of azure summer sky,
Reflect like sapphire ocean hues.

A glimpse of glory to the eyes.
Growing, elegant, awe inspiring,
Delphinium, birth flower of July.

Marion Sheath 2025 More from a Branch Delphiniums p 29



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!

D	A	E
R	C	E
F	A	B

Who am I?

How well do you know your footballers, past and present?



1. I was born in 1992 in Brazil. I made my professional debut aged 17. I am known as a prolific Brazilian goalscorer, having scored at least 100 goals for 3 different clubs. I was twice named the South American Footballer of the Year, in 2011 and 2012, and relocated to Europe to join Barcelona.



2. I was born in 1940 in Brazil and I am regarded as one of the greatest players of all time. I began playing for the Brazil national team at 16. During my international career, I won three FIFA World Cups: 1958, 1962 and 1970, the only player to do so. I am the all-time leading goalscorer for Brazil with 77 goals in 92 games. I am credited with connecting the phrase "The Beautiful Game" with football.



3. I was born in 1985 in Portugal. I signed with Manchester United in 2003, aged 18. I went on to win three consecutive Premier League titles, the Champions League and the FIFA Club World Cup. I was the subject of the then-most expensive association football transfer when I signed for Real Madrid in 2009 in a transfer worth €94 million.



4. I was born in 1987 in Argentina. I relocated to Spain to join Barcelona at the age of 13 and made my competitive debut aged 17 in 2004. Until leaving the club in 2021, I spent my entire professional career with Barcelona. In 2006 I became the youngest Argentine to play and score in a FIFA World Cup, aged 18. I hold the record for the most international goals by a South American male (91).



5. I was born in 1945 in Germany. In my playing career I was nicknamed Der Kaiser ("The Emperor") because of my elegant style, dominance and leadership on the field. I was a versatile player who started out as a midfielder, but made my name as a central defender. I am often credited as having invented the role of the modern sweeper. Twice named European Footballer of the Year, I played in three FIFA World Cups.



True or False

(Answers at the back of booklet)



1. A group of flamingos is called a flock.
2. A snail can sleep for up to three years.
3. Octopuses have three hearts.
4. A cow produces more milk when listening to music.
5. Butterflies taste with their feet.
6. Sea otters hold hands while sleeping so they do not drift apart.
7. Lightning never strikes the same place twice.
8. The human brain uses about 20% of the body's total energy.
9. The smallest bone in the human body is in the ear.
10. Your stomach gets an entirely new lining every few days.
11. Yawning is contagious even when you read about it.

Spot the Differences 10 to find!



Word Search

THE 1960S



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

Beatnik

Flower Power

Woodstock

Moon Landing

Nixon

Groovy

Peace

The Beatles

Vibe

Star Trek

Mod

Revolution

Kennedy

Funky

Flower Child

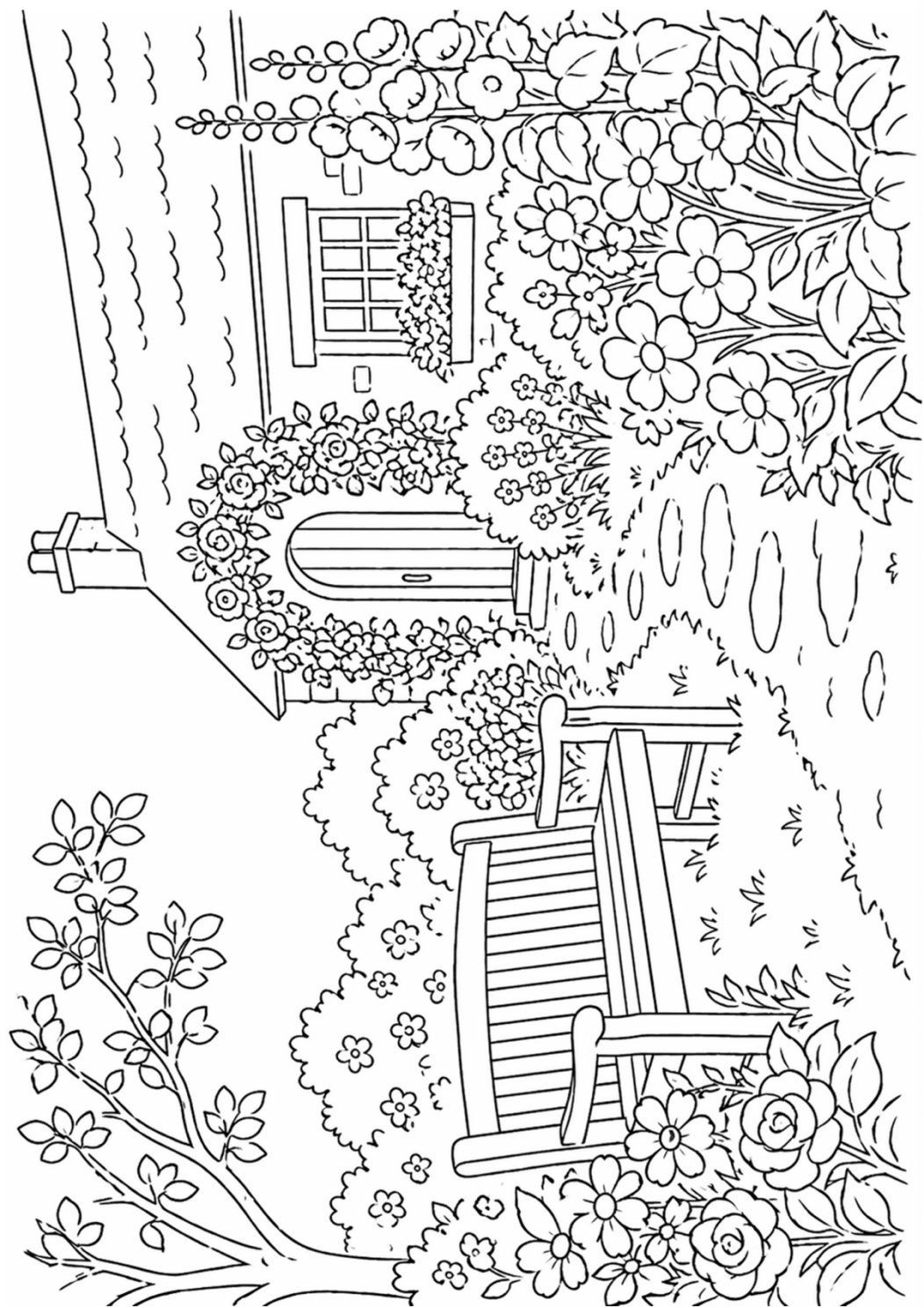
Hippie

Psychedelic

Civil Rights

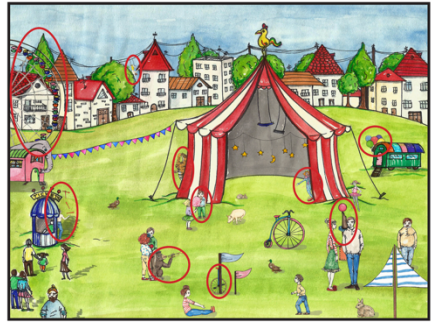
Mini Skirt

Elvis

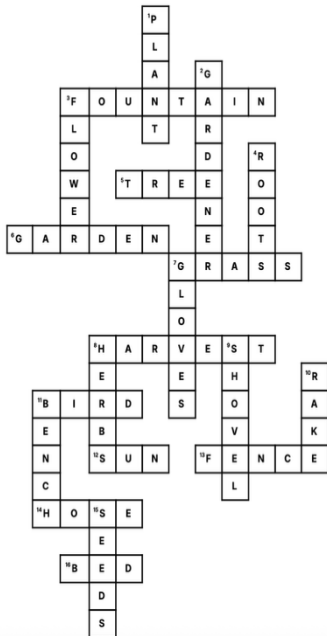




9 letter word
Barefaced



SUMMER GARDEN CROSSWORD



True or False Quiz

1. False. A group of flamingos is called a flamboyance.
2. True. Snails can enter a long dormancy period called estivation when weather conditions become too hot or dry.
3. True. Two pump blood to the gills, and one pumps it to the rest of the body. All three stop beating when an octopus swims, which is why they prefer crawling.
4. True. Studies have shown that slow, calming music can increase milk production by a meaningful amount.
5. True. Butterflies have taste sensors on their legs that help them identify plants when they land.
6. True. This behaviour is called rafting. Sea otters also wrap themselves in kelp to keep from drifting.
7. False. Lightning frequently strikes the same place multiple times. The Empire State Building is struck by lightning around 20 times per year.
8. True. Even though the brain accounts for only about 2% of body weight, it consumes a large portion of the body's energy.
9. True. The stapes, or stirrup bone, located in the middle ear, is the smallest bone in the human body.
10. True. Stomach acid is powerful enough to dissolve metal, so the stomach replaces its lining roughly every three to four days.
11. True. Simply reading or thinking about yawning can trigger one. (You might even be yawning right now).

Who am I?

1. Neymar
2. Pele
3. Cristiano Ronaldo
4. Lionel Messi
5. Franz Beckenbauer

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Acknowledgements

Golden Carers

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from The Bible Reading Fellowship 