

VINTAGE ADVENTURE

④ HOME

Harvest and International Day of Older Persons





Greetings dear Vintage Adventure @ Home friends,

September and October are the season of harvest, and our curate Sue has written our worship pages, as well as the reflection. We are also celebrating older age: in 1990 the United Nations designated 1 October as the International Day of Older Persons. Have you ever noticed how the Bible is full of older people whom God uses? Moses was already 80 when he was called by God. In the New Testament, an elderly lady, Lois, shared her faith with her grandson Timothy, who went on to work with the Apostle Paul on his missionary journeys. So Grandmother Lois contributed to the founding of the Christian community of which we are a part, 2000 years later!

Our Readers' Page therefore includes some good news stories about ways in which some of our readers, despite being in their golden years, continue to contribute to the wellbeing of others as well as taking up fresh interests.

Rob and Carole describe their ministry among the local community, Keith tells us about a change of role after retirement and Gillian writes about the interests she has maintained, despite being confined to her flat. This month's poems were written by the late David Corfe, who along with creating worship and reflections for us, published three volumes of poetry in retirement. Finally, Colin shares a well known poem which means a lot to him.

We pray that you find something to inspire you. Why not ponder some of the Bible promises about God's help for us in our later years?

I will be your God throughout your lifetime, until your hair is white with age. I made you and I will care for you. I will carry you and save you. Isaiah 46:4

With our best wishes,

Cynthia and the Caraway Team

*As long as the earth endures, seedtime and harvest, cold and heat,
summer and winter, day and night will never cease.*

Genesis 8:22

Harvest

What are you thankful for today?

*For the fruits of His creation,
thanks be to God;*

*for His gifts to every nation,
thanks be to God;*

*for the ploughing, sowing, reaping,
silent growth while we are sleeping,
future needs in earth's safe keeping,
thanks be to God.*

Were you ever involved in harvesting?

Some harvesting takes little effort on our part, like the pear trees that sat at the bottom of my garden when I was a child. But it can also be tiring work that follows months of care and tending of fragile plants in difficult circumstances. Imagine the joy for those who have worked in this way, when the harvest is gathered in!

At the Feast of Tabernacles, held after the final harvest, everyone was called to join in:

Be joyful at your festival—you, your sons and daughters, your male and female servants, and the Levites, the foreigners, the fatherless and the widows who live in your towns. For seven days celebrate the festival to the LORD your God at the place the LORD will choose. For the LORD your God will bless you in all your harvest and in all the work of your hands, and your joy will be complete. Deuteronomy 16: 14-15

What we eat today is rarely determined by the local harvest date but now is still a good time for us all to stop and give thanks for all that God provides us with and pray for His blessing upon the hands that get food to our table.



Prayer

Lord, we give thanks for those who harvest the land and for the variety and abundance of food that we get to enjoy.

Lord, we give thanks for farmers and horticulturalists, for shepherds, stockmen and fishermen.

Lord, we give thanks for those who transport our food, for packers, processors and retailers.

Lord, You call us to celebrate Your creation, help us to honour Your gifts to us and to live generously with all with which You bless us.

Amen



*In the just reward of labour,
God's will is done;
in the help we give our neighbour,
God's will is done;
in our worldwide task of caring
for the hungry and despairing,
in the harvests we are sharing,
God's will is done.*



God commanded the Israelites to leave the wheat that fell at the side of the field and the grapes that fell during harvesting for the poor and the foreigner. We too are called to share our abundance with others.



*He who supplies seed to the sower and bread for food will also supply
and increase your store of seed and will enlarge the harvest of your
righteousness. 2 Corinthians 9:10*

Harvest is also a symbol of spiritual growth and God's work in the heart of people. The passage above reminds us that in knowing Christ we can be a blessing to others through our righteousness - the fruit of the Spirit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.



*For the harvests of His Spirit,
thanks be to God;*

*for the good we all inherit,
thanks be to God;*

*for the wonders that astound us,
for the truths that still confound us,
most of all, that love has found us,
thanks be to God.*



*But who am I, and who are my people, that we should be able to give
as generously as this? Everything comes from You (God), and we have
given You only what comes from Your hand. 1 Chronicles 29:14*

In response to God's love and generosity towards you, how might you
be generous towards others this week?

Prayer

God, the Father Who created the world,
Give us grace to be wise stewards of
Your creation.

God the Son, Who redeemed the world,
inspire us to go out as labourers into
His harvest.

God the Holy Spirit, Whose breath fills the
whole of creation,

help us to bear His fruit of love, joy and peace. Amen



Let us go in peace to love and serve the Lord,
in the name of Christ. Amen

REFLECTION

As I write this, the sun is streaming through the window beside me, but there is also a chill in the air, a sign that change is on its way.

Autumn is approaching and Harvest Festivals are celebrated in a variety of ways in our churches. Perhaps, gone are the elaborate displays of fresh fruit and veg and the large wheatsheaf shaped bread of yesteryear and in are the tins of beans and boxes of cereal that are sent to replenish the stocks of the much needed food banks across our towns and cities. But the purpose of a Harvest Service has not changed: to give thanks to God for His provision for us through the fruit of the earth, to remember the role we have to play in that and our call to share that goodness with others.



In the book of Deuteronomy we see that God's people were called to celebrate both the harvests of grain and grapes with the Festival of Weeks and the



Festival of Tabernacles. These were joyful festivals, giving thanks for the blessings that God had given them through the harvests. The harvests would have been hard fought – no combine harvesters to reap the wheat,

no machinery to 'tread' the grapes. Months of work will have taken place to get to this point, planting and watering, tending and pruning, all physical work that takes place even before the harvesting begins.

When we lived in Canada, Rich and I were involved in harvesting grass for feeding cattle, and it is back breaking work – getting the timing right so that there was no rain from the moment of cutting to it being stored in the barn, turning it over by hand (with a rake!), to ensure that it really was fully dry. And



even with a baler, the bales still needed lifting onto the back of a tractor and transferring to the barn. Along with the team, we did this for one large field and that was tiring enough! And of course, the rest of life continues during harvest time too!

So, imagine the celebration there would have been when God's people had gathered all their harvests in! We may not be involved in harvest ourselves today, most of what we eat is purchased in a shop, but let's be praying for all those involved in the growing, processing, packing, transporting and selling of food today, and give thanks for the skills they have to do that.

The harvest celebrations were for everyone. *You, your sons and daughters, your male and female servants, the Levites in your towns, and the foreigners, the fatherless and the widows living among you* (Deuteronomy 16: 11). No one was to be left out, and no one should come to the Lord empty handed, *each of you must bring a gift in proportion to the way the LORD your God has blessed you.*

We can see in this, echoes of our Harvest Festivals today as we gather to celebrate and give thanks for all that God has blessed us with. Our services often remind us too of the responsibility that we have, to care for all creation, for all that God has created.

Genesis 1 tells us: *In the beginning God created the heavens and the earth ... the light and the darkness, the water and the oceans, the sky above us. God created the plants, the grain and fruit that go on to produce its own fruit. God created the moon and the sun, the stars and the birds in the sky and the animals. And God saw all that He had created and said it was very good. And after He created man and woman, He gave them the responsibility over every living thing. And “God saw all that He had made, and it was very good”.*



God's power and divine nature are seen through all that God has made (Romans 1:20) and God gave us the charge to be good stewards over all that He created. We each have a part to play in caring for His creation and enabling it to continue to show God's glory to the world.

This year at my church we will not bring fresh fruit and vegetables with us to church but tins and dried produce for Southampton City Mission's Basics Bank. We are called to love God and love our neighbours, and this is one small way that we can do that, contributing to the food bank that helped feed 15,529 local people last year. As God blesses us we are called to pass on that blessing to others in whatever way we can.

So, this Harvest time we give thanks to God for His provision for us, we celebrate together as we read this reflection and may we take the opportunities we have to share what He has blessed us with.

Sea-Fever *by John Masefield*

As Southampton is a major port, last month we featured an article on World Maritime Day. Colin, who attends Coffee, Cake & Connect at Lord's Hill Church, said: "I learned this poem when I was 8 years old, and it has always stayed in my memory. This then came to mean something when I spent years at sea in the Merchant Navy."



I must go down to the seas again, to the lonely sea and the sky,
And all I ask is a tall ship and a star to steer her by;
And the wheel's kick and wind's song and the white sail's shaking,
And a grey mist on the sea's face, and a grey dawn breaking.

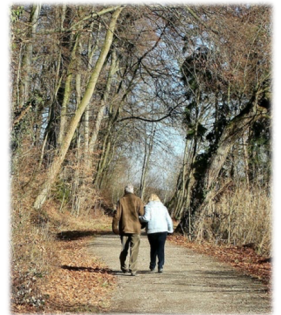
I must go down to the seas again, for the call of the running tide
Is a wild call and a clear call that may not be denied;
And all I ask is a windy day with the white clouds flying,
And the flung spray and the blown spume, and the sea-gulls crying.

I must go down to the seas again, to the vagrant gypsy life,
To the gull's way and the whale's way where the wind's like a whetted knife;
And all I ask is a merry yarn from a laughing fellow-rover,
And quiet sleep and a sweet dream when the long trick's over.

Ten Tips to Ageing Better

People are living longer and 23% of the UK will be aged 65 and over by 2035. Older People's Day aims to challenge negative attitudes and outdated stereotypes and focuses on celebrating the achievements and contributions that older people make to our society and the economy. Here's ten things we can do to help us all look after ourselves and age better.

1. Watch what you eat and drink.
2. Stay active. You don't have to visit the gym, armchair exercises are just as valid as going for a walk
3. Look after your teeth. See your dentist regularly.
4. Take the test for hearing and eyes.
5. Make the most of your doctor. Use their expertise for advice and medication.
6. Get a vitamin boost – try and get out in the sunshine for 15-20 minutes a day.
7. Take care of your feet. Keep your toes dry and check your feet every day.
8. Aim for good sleep patterns.
9. Stay in touch with friends and family. Letters are still a welcome sight when the post comes.
10. If you smoke, stop now!





Even to your old
age and grey hairs
I am He,
I am He Who will
sustain you.

Isaiah 46:4

Down Memory Lane



October celebrates old age with the International Day of Older Persons on the 1st of the month. This year in the UK the theme is 'What's on your doorstep?' So this month let's recall the area in which we grew up.

What was 'on your doorstep' as a child? Park, shop, school.....



What are your childhood memories of VE Day parties and The Coronation?



What was your favourite place 'on your doorstep'?



Celebrating our Older People

Rob and Carole (Anna Friends)

Through our involvement with Caraway and as members of Highfield Church we were made aware that our older people still need to feel loved and valued. We offer ourselves in

service to those leading various ministries. Each month we commit to serving Caraway and its Chaplains as they run a memory café at St Denys Church. With other volunteers we help with setting up the room, serve refreshments and engage with the guests and their carers, to provide an afternoon of fun, fellowship and entertainment.

Once a week we also assist the Highfield Church Connections Ministry set up to provide a welcoming place for those of older age but young at heart for refreshments, conversation and friendship.

Once a year we help with the planning, setting up and enjoying the Highfield Church Holiday at Home. This is a totally fun day where we take our older, and sometimes not so old people, on an imaginary journey to a suitable holiday destination. This year, 2026, we journeyed to Ireland. The scene was set with suitable props, backdrop and entertainment provided by gifted dance teachers and the children from the local school. Food is also served and always based on our destination.

We are both very fortunate that our Heavenly Father still blesses us with reasonable health thus enabling us to serve Him and our older people.



Gillian Gain

Some of you know that my husband, now many years dead, was French by nationality and we went every year back to Cherbourg to visit his family. Now only one niece remains and as I am 93 years old, I cannot travel abroad anymore.



I miss France and speaking French very much. But I do not forget my French – although I often can't remember what happened five minutes ago. Several people who want to keep up their French, learnt at school, now come here every week and I give them a catch-up lesson, here at home. I enjoy having them round and it keeps me busy.

Advanced French speakers come once a month to the lounge in the building in which I live, under the auspices of the University of the Third Age (U3A). There are some very fluent French speakers there.

I also attend a Writing Group and we write on a topic decided by each member in turn. Each of us writes a story, which we read to the others and make helpful comments about it. There are vacancies in this U3A group, if you like writing stories.

At Highfield Church I met Helga Brayford who also receives this Vintage Adventure @ Home booklet. We have been friends for more than thirty years, although I do not see her much now. We had many holidays in France together.

I wish everyone at Church well and hope some of you will come and see me. Cynthia, the editor of this magazine, and Heather May come regularly and it is great to keep in touch with what is going on.

Keith (Caraway Trustee)

I was Professor of Biochemistry at Southampton University until I retired (at age 66) four years ago. I had been involved in the local church (Highfield, Southampton) as a licensed lay minister for thirty years. During my career I had often thought about ordination, but knew that I was called to serve God as a scientist. Retirement changed my 'calling'; I trained for ordination, and was ordained in 2024. I continue to be part of Highfield Church, now serving as a curate, and I do all the usual things that curates do to serve God and His people. Getting older has opened up new opportunities. It certainly hasn't meant becoming inactive!





You are old, Davey-boy

With thanks to Lewis Carroll

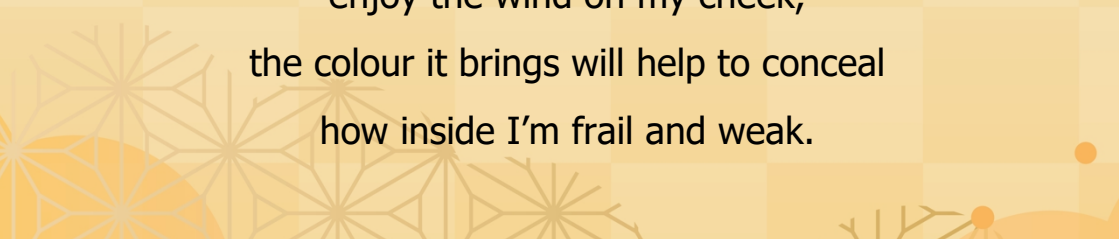
You are old, Davey-boy, a part of me sighs,
relax and stay in your bed;

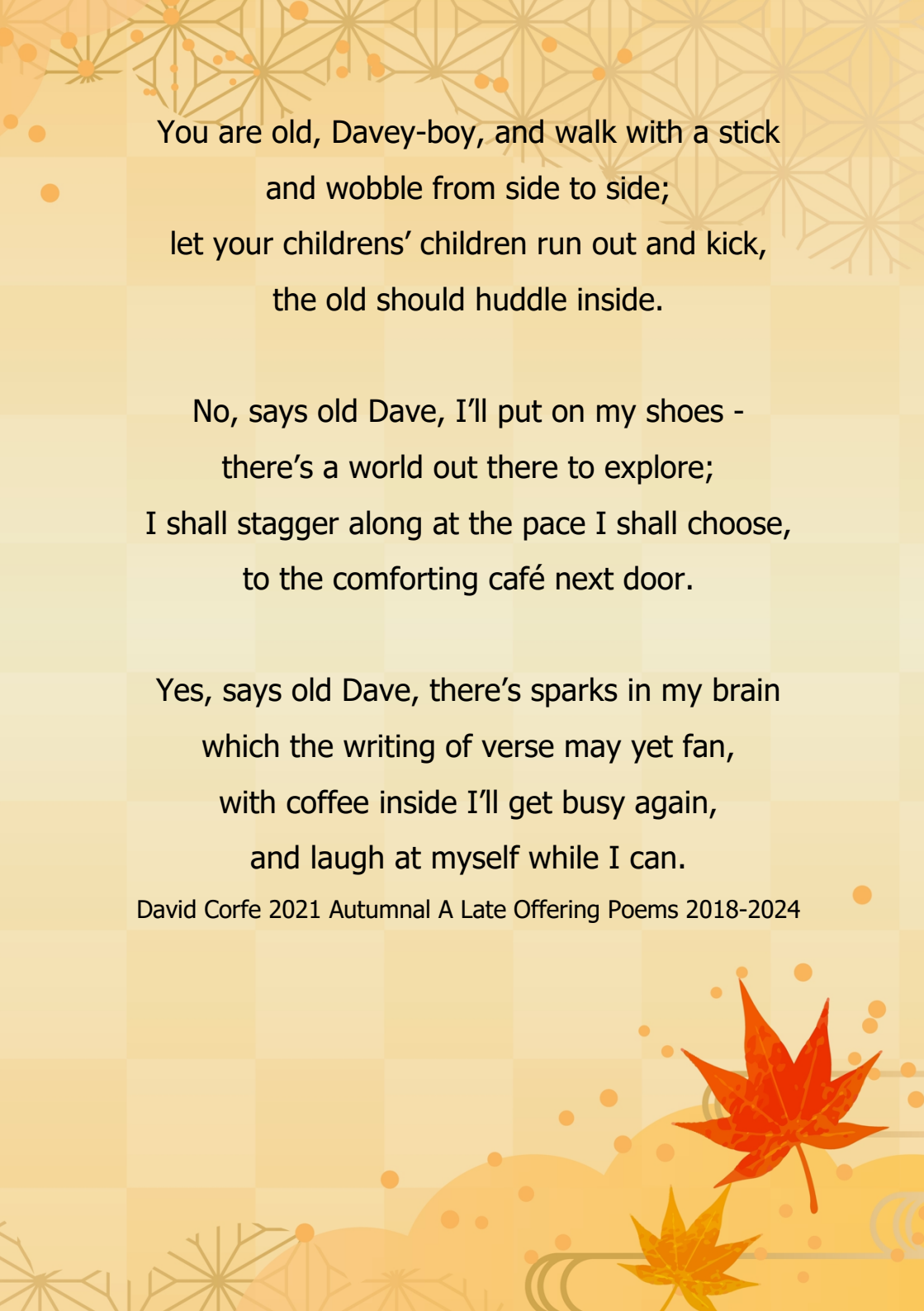
No urgency now, no children who cry
to disturb your venerable head.

You're wrong, young man, there's life in me yet,
so much I have left undone;
get up, you sluggard, may I never regret
that I've wasted this life I've begun.

You are old, Davey-boy, and the sky is grey,
there's a cutting wind on the park;
the forecast predicts that there's rain on the way,
you'll die of cold in the dark.

So what, say I, I'll do as I feel,
enjoy the wind on my cheek,
the colour it brings will help to conceal
how inside I'm frail and weak.





You are old, Davey-boy, and walk with a stick
and wobble from side to side;
let your childrens' children run out and kick,
the old should huddle inside.

No, says old Dave, I'll put on my shoes -
there's a world out there to explore;
I shall stagger along at the pace I shall choose,
to the comforting café next door.

Yes, says old Dave, there's sparks in my brain
which the writing of verse may yet fan,
with coffee inside I'll get busy again,
and laugh at myself while I can.

David Corfe 2021 Autumnal A Late Offering Poems 2018-2024

Bible promises to encourage us as we become older



From the Old Testament

He will **renew your life** and sustain you in your old age

Ruth 4:15

Those who keep waiting for the Lord will **renew their strength**. Isaiah 40:31

But the godly will flourish like palm trees and grow strong like the cedars of Lebanon... Even in **old age they will still produce fruit**; they remain vital and green. Psalm 92:12-14

From the New Testament

That is why we are not discouraged. Though outwardly we are wearing out, **inwardly we are renewed day by day**.

2 Corinthians 4:16-17

A prayer for help for us as we try to use our remaining time well.

Now that I am old and grey, do not abandon me O God. Let me proclaim Your power to this new generation, Your mighty miracles to all who come after me. Psalm 71:18



Autumn

It warms its hands by
a dying fire; life shelters
under tawny blankets.

At the window-panes
a frantic daddy-long-legs
reaches for the sun.

Leaf solar panels,
fused by excess of summer,
burn red and yellow.

Mists veil the meadows;
in the woods fleshy toadstools
erupt and decay.

Invisible grubs
make compost and prepare for
a spring resurrection.

David Corfe 2014

The Road Taken Selected Poems 1990–2013 Autumn p.18

This Day in History.....October.....

4th October 1911 Britain's first escalator opens at London's Earls Court.



7th October 1920 Women become eligible for admission as full members of Oxford University and are given the right to take degrees.

9th October 1967 Transport Minister, Barbara Castle, introduces the breathalyser. This offered a way of testing a person's alcohol level at the roadside.

13th October 1958 Paddington Bear makes his debut in Michael Bond's children's book *A Bear Called Paddington*.



15th October 1666 Samuel Pepys, diarist, records the wearing of the first waistcoat by King Charles II.

26th October 1863 Formation of the English Football Association which documents the first rules of soccer.

28th October 1726 Jonathan Swift's satirical classic *Gulliver's Travels* is published.

Something to make you smile



- Why are hairdressers never late for work?
Because they know all the shortcuts!
- What do you call a shoe made out of a banana? A slipper!
- Why don't ants get sick? Because they have little antyodies.
- Why couldn't the pony sing himself a lullaby? He was a little hoarse.
- The shinbone is a device to find furniture in a dark room!
- You can't lose a homing pigeon. If your homing pigeon doesn't come back, then what you've lost is a pigeon.

Match the Vegetables



At this harvest time, let's see how well you know your vegetables. Match the description with the correct vegetable.

1. Red in colour and main ingredient in the soup called borscht.
2. Vegetable that makes you cry when you cut it.
3. The 'neep' in the Scottish dish 'neeps and tatties'.
4. This bean is used to make baked beans.
5. This vegetable can be in a jacket, chipped or mashed.
6. These vegetables have florets.
7. A firm favourite of Bugs Bunny, orange in colour.
8. A green, leafy vegetable, often found in salads and sandwiches.
9. A yellow vegetable that has kernels.
10. These small, round, green vegetables are often used in curries.
11. A fleshy, edible fungi that is available in different varieties.
12. A pungent bulbous vegetable that is known for its health benefits.
13. This long, crunchy vegetable is often used to add flavour to stock.
14. A pear-shaped vegetable known for its meaty texture and mild flavour.
15. A root vegetable with a distinctive yellow colour often used in Indian cuisine.

Aubergine

Broccoli

Lettuce

Peas

Corn

Mushroom

Swede

Garlic

Onion

Potato

Turmeric

Carrot

Beetroot

Haricot

Celery

FIND THE HIDDEN OBJECTS

Can you find all 10?



The 1950s



How much do you know, or remember, about this decade?

1. Audrey starred in Roman Holiday and won the Academy Award for Best Actress for her performance.
2. In 1953, Tenzing Norgay and Sir Edmund Hillary became the first confirmed climbers to reach the summit of the world's highest mountain,
3. This US space agency was established in 1958 and was responsible for the programme that landed the first humans on the Moon in 1969.
4. 'Some Enchanted Evening' is a famous song featured in which 1958 movie musical?
5. This popular toy craze swept America in 1958. The large plastic hoop was kept spinning around the waist by moving the hips.
6. In 1950, the comic strip, created by Charles M Schulz, debuted in newspapers.
7. The Soviet Union launched 1 in 1957, the world's first artificial satellite and an event that helped ignite the Space Race.
8. In 1955, a vaccine developed by Dr Jonas Salk was declared safe and effective. What disease did the vaccine help prevent?
9. Skirts, often worn with bobby socks, became an iconic fashion of the 1950s.
10. In 1959, this famous fashion doll was introduced and went on to become a cultural icon.



Carpentry Tools



You may have watched a carpenter at work or indeed done your own carpentry over the years. How well do you know the tools?

1



2



3



4



5



6



7



8



Wordsearch

Fruit and vegetables we are thankful for at Harvest time

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

Apples

Rutabagas

Gourds

Aubergine

Pumpkin

Cucumber

Beans

Onion

Kohlrabi

Squash

Cauliflower

Peaches

Cabbage

Okra

Parsnip

Artichoke

Broccoli

Potatoes

Carrots

Peppers

Autumn leaves



Answers to Match the Vegetable

1. Beetroot
2. Onion
3. Swede
4. Haricot
5. Potato
6. Broccoli
7. Carrot
8. Lettuce
9. Corn
10. Peas
11. Mushroom
12. Garlic
13. Celery
14. Aubergine
15. Turmeric

FIND THE HIDDEN OBJECTS

Can you find all 10?



Answers to The 1950s Quiz

1. Hepburn
2. Mount Everest
3. NASA
4. South Pacific
5. Hula Hoop
6. Peanuts
7. Sputnik
8. Polio
9. Poodle
10. Barbie

Carpentry Tools

1. Hand Saw
2. Router
3. Mallet
4. Awl
5. Hand chisel
6. Spirit level
7. Jigsaw
8. Block Plane

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Messy Vintage

from The Bible Reading Fellowship

