Vintage Adventure @ HOME

Sandals of Peace



Caraway
Spiritually Resourcing the Older Person

Dear Vintage Adventure @ Home friends,



Welcome to our November edition on the theme of Peace. We all need this in one form or another, whether its peace within our own hearts, with family members, or neighbours, in our local community or more widely within and between nations across the world.

Over the last few issues, we've been exploring the instructions given us by the Apostle Paul in Ephesians 6, when he exhorts believers

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. For our struggle is not against flesh and blood but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces in the heavenly realms.

Ephesians 6:10-13

We are to maintain our position in Christ, standing on the Word of God, which will not fail until the breakthrough comes.

What amazing armour God gives us! Ephesians 6:13-18 goes on:

Therefore, take up the full armour of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand. Stand firm with the Belt of Truth buckled around your waist, with the Breastplate of Righteousness arrayed, and with your feet fitted with the readiness of the Gospel of Peace. In addition, take up the Shield of Faith, with which you can extinguish all the flaming arrows of the Evil One. And take the Helmet of Salvation and the Sword of the Spirit, which is the Word of God.

Thanks to Carol for writing our worship and Margaret for penning our reflection. We also have much appreciated contributions from Marion who shares a poem and Hugh, who offers an account of positive ways of coping with retirement and bereavement. So, relax, sit back and enjoy this booklet.

With our love and prayers
Cynthia and your Caraway friends

WORSHIP

Let us worship the Lord our God with thanksgiving and praise
For His mercy endures forever!

November is a time for remembering and remembrance,
a time to pray for peace.
In Ephesians 6:15, St Paul describes how when a Christian puts on sandals as part of the armour of God, they are physically *preparing to share the Gospel of Peace.*

The Gospel is not just the amazing and wonderful good news about everlasting life and the hope of a place in the Heavenly Kingdom that Jesus has gone ahead to prepare;
the Gospel is also about how to live this life now,
in friendship and fellowship with God and with each other,
and also in fulfilment of who God made us to be.
By recognizing the freeness of the Gospel,
we are able to live our lives with assurance and peace.
This is why Paul refers to the Gospel as the Gospel *of Peace.*



A Prayer for Peace [from CAFOD]:

Lord, send us the gift of peace:
Lead all in danger into a place of safety,
comfort those who grieve
and bring healing to those in pain.
Lord, send us the gift of peace.

Convert the hearts of those who commit violence and wage war.
Turn them away from persecution towards peace.
Lord, send us the gift of peace.
Turn hatred to understanding, and anger to compassion.
Through Your love, transform horror into hope.
Lord, send us the gift of peace.
And fill us all with Your Spirit so that with one voice,
throughout the world, we may cry out:
Lord, send us the gift of peace

Remembrance is a time to thank God for all who gave their tomorrows for our todays.
It is an opportunity to commemorate all who have given their lives for the freedom of others.
In 1 Corinthians 15:51-57 we hear how Jesus has freed those who believe in Him from the power of death and gifted us eternal hope through the sacrifice He made on the Cross:



Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. For this perishable body must put on imperishable, and this mortal body must put on immortality. When this perishable body puts on imperishable, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

"Death has been swallowed up in victory."
"Where, O death, is your victory? Where, O death, is your sting?"
The sting of death is sin, and the power of sin is the law.
But thanks be to God, Who gives us the victory
through our Lord Jesus Christ.
1 Corinthians 15:51-57



Peace, perfect peace, is the gift of Christ our Lord,
Peace, perfect peace is the gift of Christ our Lord.
Thus, says the Lord, will the world know My friends
Peace, perfect peace is the gift of Christ our Lord.

Hope, perfect hope is the gift of Christ our Lord,
Hope, perfect hope is the gift of Christ our Lord.
Thus, says the Lord, will the world know My friends
Hope, perfect hope is the gift of Christ our Lord.



Lord Jesus, teach us to recognize Your presence with us
every step we take in this life.
Following Your example, may our feet always walk
in the paths of peace
and our bodies and lives be living testimonies
of the Gospel we profess.
By Your mercy and grace may we glorify You
in all that we say, all that we do.
Grant us, dear Lord, strength for today, bright hope for tomorrow
and Your peace that passes all understanding, now and forever:
Amen.

REFLECTION



Sandals of Peace

Shoes: We all have them in a variety of sizes, shapes and colours. But have you ever thought of why we wear them? Have you ever paddled in the sea and then cautiously hobbled along the pebbles back to where you left your towel and shoes? That can be quite a painful experience, and so sandals and shoes are primarily worn to protect our feet. They also keep our feet warm and dry: we'd never dream of walking through a layer of deep snow without footwear! Shoes also provide stability, especially important for individuals with specific foot conditions or those engaged in physical activities. They help to maintain proper alignment, reduce strain on our feet and ankles, and prevent injuries. The design of a shoe is tailored to provide varying levels of support and we have the choice of shoes for hot weather, athletic footwear, steel toe capped boots, hiking boots or our cosy fleece lined slippers! However, they all have one thing in common – they look after our feet to enable them to keep us upright!

This month we are focusing on the last part of our Christian armour – our sandals of peace. In Bible times a victorious soldier had to be prepared for battle. He would have studied his enemy's strategy, be confident in his own plan of action, and have his feet firmly planted so that he could hold his ground when the attacks came. A soldier's battle shoes were studded with nails or spikes, like cleats, to help him keep his balance in combat. If he lost his footing and went down, it wouldn't matter how great the rest of his armour was, the enemy had him.



This compares so well with our "walk" as a Christian or our "fight" as a Christian soldier. The Bible tells us we have an enemy Satan who comes to torment us and take away our peace. Jesus spoke of Satan as the father of lies and a thief (John 8:44 and 10:10).

The “peace shoes” with which God supplies His soldiers have two purposes: defensive and offensive. They enable us to stand firm in the truth of God’s Word and in our position “in Christ”. When Satan comes with an accusation against us and says something like, “If God really loved you, you wouldn’t have this problem,” we can dig our heels in – stand firm and say, “No, it is written – ‘All things work together for good to those who love God and are called according to His purpose’” (Romans 8:28). Satan may say, “You will never get better” when symptoms linger – but it’s then we stand firm on the Word of God and say, “I rebuke you Satan in the Name of Jesus”, and we let God’s peace rule in our hearts and minds.

Mark 4:35-41 shares the story of when Jesus was crossing over to the other side of Lake Galilee with His disciples in a boat when a fierce storm arose and waves threatened to swamp the vessel. The disciples, some of whom were seasoned fishermen and knew this lake well, woke Jesus as He was fast asleep in the stern of the boat, as they truly thought they were going to drown. Jesus got up, rebuked the wind and said to the waves “Peace, be still.” The wind stopped and there was a complete calm. The disciples had forgotten that Jesus, the Prince of Peace was in the boat with them.



I remember a chorus we used to sing years ago “with Christ in the vessel we can smile at the storm….as we go sailing home”. As Christians we have the Prince of Peace dwelling within us. We have a headstart over our enemy for when he tries to bring us down and all kinds of circumstances and trials are being flung at us, we don’t have to go looking for our victory, our Prince of Peace is already within us.

Jesus said in John 14:27

“*Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”*

The Full Armour of God

When faced with the powers of darkness,
When evil consumes the weak,
It's time to prepare for battle:
There are weapons we first must seek.

If our heart is true and noble
And we are prayerfully shod
If our soul is pure and holy
We'll receive the full armour of God.



Let's put on Shoes of Preparation
Make ready the Gospel of Peace
Gird ourselves with the Belt of Truth
Lies and untruths will then cease.

Next the Breastplate of Righteousness
With this we can face any wrong,
Now add the Shield of Faith to this:
Our protection's incredibly strong.

Holding fast to the Sword of the Spirit
With this we will bring evil low,
Defeat enemies by the power of His blood,
God brings them down in one blow.

Lastly, the Helmet of Salvation
Evil has no power over us
For God stands in the battle's midst
Strengthening and empowering us!

Based on a poem by Dan McGanagle

SHOE TRIVIA



1. In the 16th century high heels were a symbol of power and wealth, commonly worn by the male aristocracy.
2. In France, bright red heels showed that the wearer was 'upper class'. You may spot them in court paintings, especially of Louis 14th at Versailles. Sometimes the shoes have big red bows as well!
3. The first rubber soled athletic 'sneakers' were invented in 1917 by the US Rubber Company... the term 'sneaker' originated from the rubber soles which, unlike leather soled shoes, allowed the wearer to walk quietly, thus 'sneaking around'. Do you remember laughing at Ned, the odd job man's squeaky shoes in the 1970s comedy drama To the Manor Born with Penelope Keith who as Audrey was always instructing him to walk more quietly!?



4. The average person walks about 115,000 miles in their lifetime. That's equivalent to walking around the Earth four times! Good-quality shoes are essential to provide comfort and support during all those miles.
5. In 2017, a pair of ruby slippers worn by Judy Garland in the film "The Wizard of Oz" fetched an astounding $660,000 (£492,895.92), the most expensive shoes sold at auction and setting a world record.



6. In ancient Rome, shoes were a status symbol as only free citizens were allowed to wear shoes. Slaves and servants were typically barefoot as a sign of their inferior status.
7. The stiletto heel was invented in the 1950s. It quickly became a fashion staple and is still popular today.
8. Platform shoes were popularized in the 1970s.
9. The largest pair of shoes were worn by the World's tallest man, Robert Wadlow (USA, 1918-1940); UK size 36 equivalent to 47cm (18½ in) long.

https://facts.net/general/20-fun-facts-about-shoes/ https://www.guinnessworldrecords.com/world-records/largest-feet-ever

On your feet wear the Good News of peace to help you stand strong.

Ephesians 6:15



Down Memory Lane

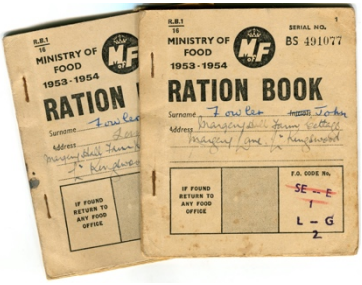


November is the month we remember all those who fought in the two World Wars as well as those who have been involved in more recent conflict, *"We will remember them."*

What are your memories of the **Home Guard** or the **Land Army**?



What did you miss most when food was rationed?



Have you ever attended a Remembrance Sunday service at a Cenotaph?



Celebrating our older people



Hugh Hadfield says……I am 83 years old, retired from a busy job when I was 63, and was widowed a year ago. Now that my wife has died and I am on my own, my main enemy is loneliness. It would be easy to withdraw into my shell but I know that that would just make things worse so I do make a positive effort to take part in life around me and build on the relationships I have with family, friends and neighbours.

I loved my job as a local family doctor (GP), working with my wife; it was very busy and left little time to pursue other interests apart from work and our family. Retirement did come as a major change as there was suddenly lots of unfilled time. Fortunately, my wife and I were in good health at the time. We travelled abroad to visit family and friends, then volunteered to take part in medical education in Eastern Europe, Nepal and Tanzania.

Meanwhile five grandchildren arrived, one with a Spanish mother so we went to Spanish classes so we could learn to talk with her. We had friends who liked country walks and we started to go for walks in the New Forest and Hampshire Downs every Wednesday. We were both involved with the local Quaker community, took classes in Spanish and French, and joined book clubs. Anne loved art and found an art teacher to help her, then took an Open University degree in Art History, achieving a BA degree in 2017. Meanwhile I resumed playing the clarinet which I had enjoyed when I was young. As I improved, I joined local music groups and took music grades again. I was proud to get a distinction in grade 8 jazz clarinet when I was 70, and grade 8 saxophone when I was 75. Now that my wife has died, I am very glad that I have all the friends I have made through these various activities.

November

Marion Sheath

Flames of amber glints of gold
speak silently, the year grows old,
fiery mantles soon will shed
red russet drapes over forest bed.
Trees then stark, their beauty flown,
by winter winds, and cold exposed.
Firm and strong will wait, enduring
until the dancing spring comes calling.



Lines prompted by a New Forest Drive 11 November 2013

2021 Shades of Times and Seasons p.34

World Hello Day!



World Hello Day celebrated annually on 21 November promotes peace and friendship through the simple act of greeting others. The idea originated in 1973 as a response to the conflict between Egypt and Israel with the goal of encouraging goodwill between people of different cultures and nationalities.

In a world that feels divided and hostile, World Hello Day reminds us of our shared humanity. The idea is to step out of our comfort zones and say 'hello' to at least ten people. This small but universal gesture of kindness can have a big impact and help break down barriers.

Perhaps we could even find out how to say hello to speakers of other languages? Someone known to us has learned how to say hello, please and thank you in several Eastern European languages so that he can thank the Romanian and Polish men who clean his car outside the local supermarket. Other people try to use hello, goodbye, and courtesy phrases to the carers from other nationalities who support elderly relatives. Even if we don't get it quite right, our efforts are generally much appreciated, although they may cause a laugh!

And if that feels a step too far, we can all smile and welcome others in our own language - so on World Hello Day why not take a moment to greet someone new?



Greetings Around the World

Greetings are a fascinating window into global cultures, ranging from formal bows and clasped hands to intimate cheek kisses and even nose rubs. Here's a few examples.



In France and Italy, *la bise* is standard practice – lightly touching or air-kissing one another on both cheeks. The exact number of kisses can vary depending on the region!

In Japan, bowing (*ojigi)* is the standard. The depth and duration of the bow depend on the social status of the people and the formality of the situation.





In New Zealand, the *hongi* is the traditional Maori greeting where two people press their foreheads and noses together. It symbolizes the sharing of the 'breath of life' and is used during welcoming ceremonies.

In Tibet, sticking out your tongue was historically used as a greeting to prove you came in peace and were not the reincarnation of a cruel 9th century king who was said to have a black tongue.





In Latin America, a hug (the *abrazo*) combined with a light kiss on the cheek is the ultimate symbol of warmth and friendship.

The Maasai (Kenya), are known for the *Adamu* or jumping dance. Maasai warriors may greet visitors or each other with a jumping display of energy and joy alongside a cheerful 'Supa!'



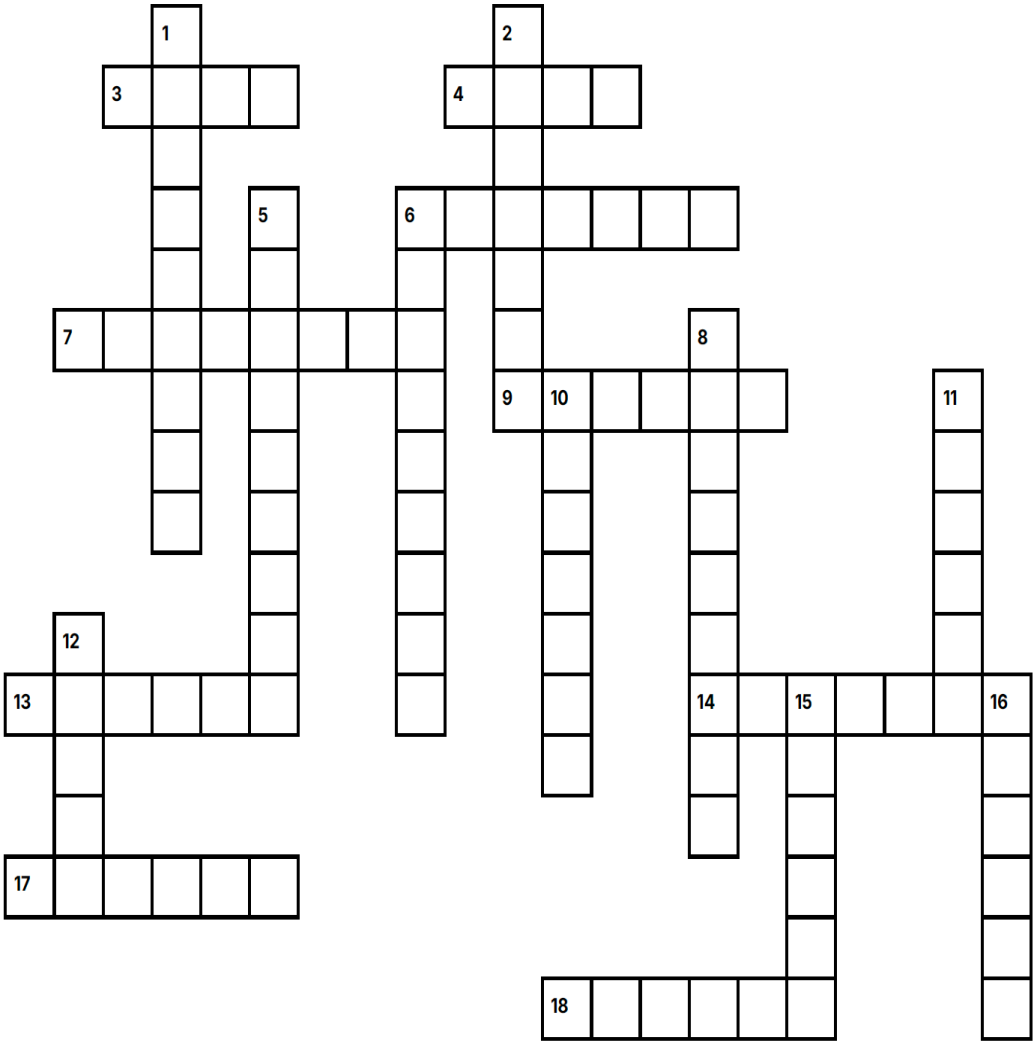


In India, the *Namaste* or *Wai* in Thailand, involves pressing your palms together near your chest or chin with a slight bow. It is a sign of respect and spiritual acknowledgment.

Crossword

AUTUMN CROSSWORD





Across

3 Tool used to tidy leaves on the ground

4 Another word for Autumn

6 Item of clothing you need in Autumn starting with 'S'

7 Unscramble this Autumn item LLABREUM

9 Fruit supposedly from the Garden of Eden

13 What falls from trees in Autumn

14 A month of Autumn in the Northern Hemisphere

17 The word for Autumn in German

18 Seeds from an Oak tree

Down

1 Australian tree with flaky bark

2 A colour of leaves in Autumn starting with 'M'

5 Nuts abundant in Autumn

6 Straw and fabric 'person' farmers use to protect their fields

8 Name for trees that shed leaves in Autumn

10 Orange coloured vegetable

11 Colour made from mixing yellow and red

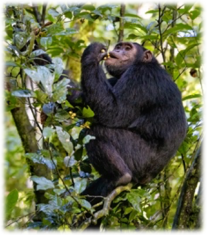
12 Plural of goose

15 Name the zodiac sign represented by a bull

16 A popular Autumn sport on 2 wheels

This Day in History.....November.....

3rd November 1906 The International Radiotelegraph Convention in Berlin adopts SOS (. . . - - - . . .) as the international distress signal.



4th November 1960 Jane Goodall observes chimpanzees making and using tools, transforming scientific understanding of animal behaviour.

5th November 1605 Gunpowder plot: Guy Fawkes is discovered beneath the House of Lords with barrels of gunpowder as part of a plot to blow up parliament and kill King James I.



8th November 1920 Rupert Bear makes his first appearance in the Daily Express, beginning one of Britain's longest running comic strips.

10th November 1871 Journalist and explorer Henry Morton Stanley finds missionary David Livingstone in present-day Tanzania and reportedly greets him with the famous words, "Dr Livingstone I presume?"

11th November 1918 World War I fighting ends when the Armistice with Germany takes effect at 11am, the 11th hour of the 11th day of the 11th month.

13th November 1789 Benjamin Franklin write the famous phrase "nothing can be said to be certain, except death and taxes" in a letter to French scientist Jean-Baptiste Le Roy.

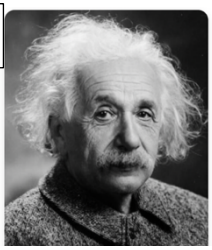
23rd November 1963 *Doctor Who* first airs on BBC television with William Hartnell as the Doctor and the TARDIS begins its adventures through time and space.

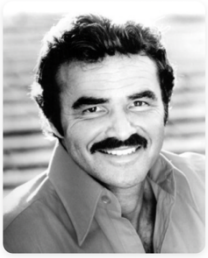
26th November 2003 Concorde makes its final flight, bringing the supersonic passenger aircraft's 27 year flying career to an end.



Famous Moustaches

Each November, people around the world grow moustaches to raise awareness and support men's health. How many of these well known figures with their famous moustaches can you recognise?

1 

2 

3 

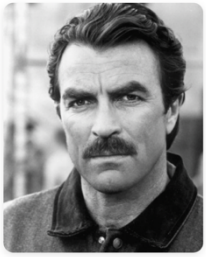
4 

5 

6 

7 

8 

9 

Word Ladder

Follow the clues and instructions to change the starting word into the final word.

Step	Word	Hint
1	**G I V E**	Hand something to someone
2		Plunge head first into water – *change one letter*
3		Abdominal organ – *change one letter and add one letter*
4		Shake from cold - *change one letter and add one letter*
5		Where bees live – *remove two letters*
6		Possess or own – *change one letter*
7		Use a razor to remove facial hair – *add one letter*
8		Reptile without legs – *change two letters*
9		Wooden pole used to support garden plants – *change one letter*
10	**T A K E**	Receive or remove something – *take away one letter*

Something to make you smile



- Want to hear a joke about paper? Never mind it's tearable!
- Have you heard of the new restaurant on the moon? The food is amazing, but I've heard it's got no atmosphere.
- Why was the cat sitting on the computer? To keep an eye on the mouse!
- Did you hear the one about the guy who invented Tic Tacs? They say he made a mint.
- What does a grape say when it gets stepped on? Nothing, it just lets out a little wine.

Word Search

PEACE



H C A R I N G R E S P E C T

Q T O L E R A N C E H G S J

O B E D I E N C E S T D B S

Z J O Y V T E A M W O R K Z

G C O O P E R A T I O N R Y

R E S P O N S I B I L I T Y

F H M C O M M I T M E N T E

Q G Z S I N C E R I T Y L G

F R I E N D S H I P Q J H X

D H G F O R G I V E N E S S

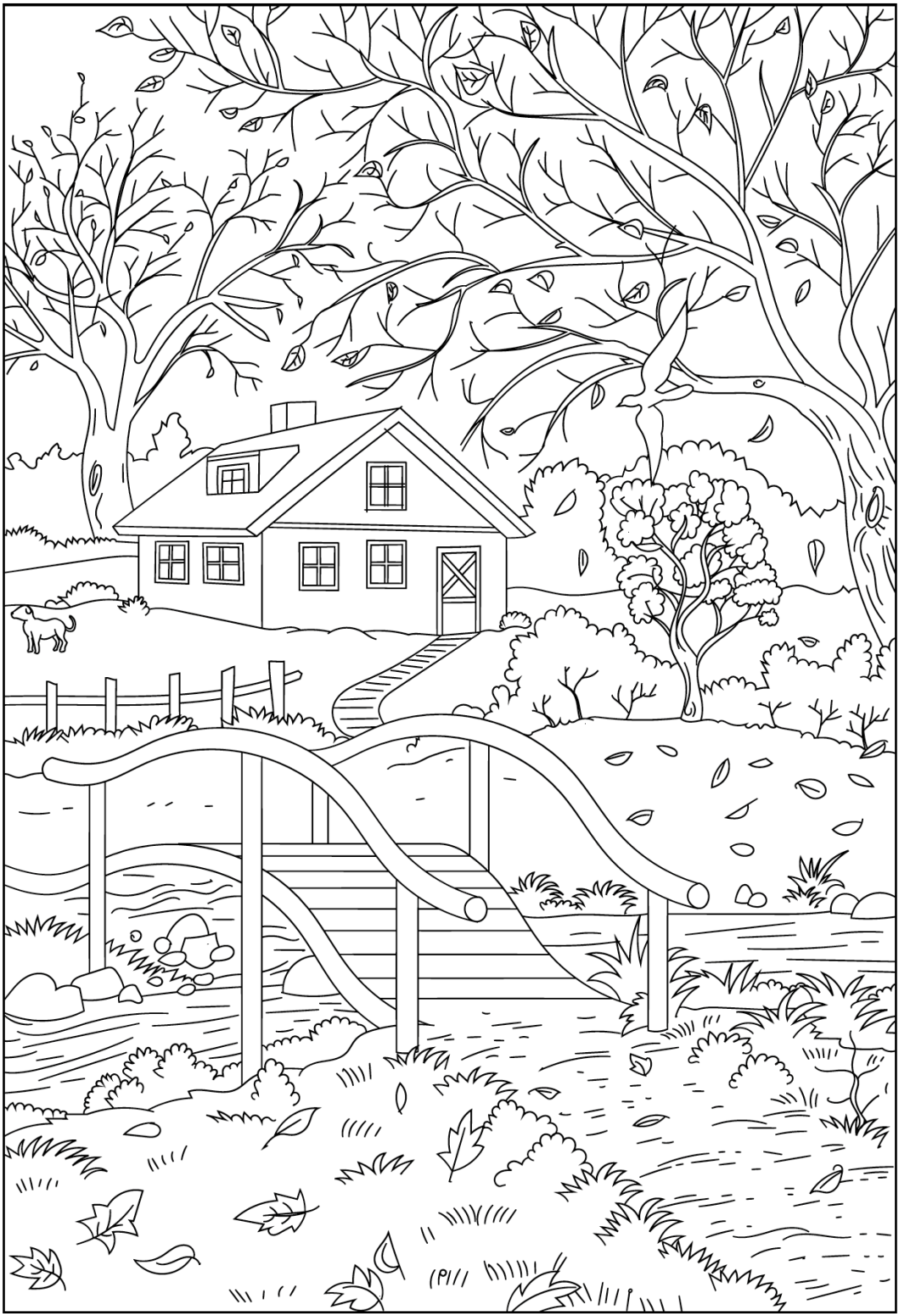
H U M I L I T Y H Q W O K M

K Q I F D I L I G E N C E S

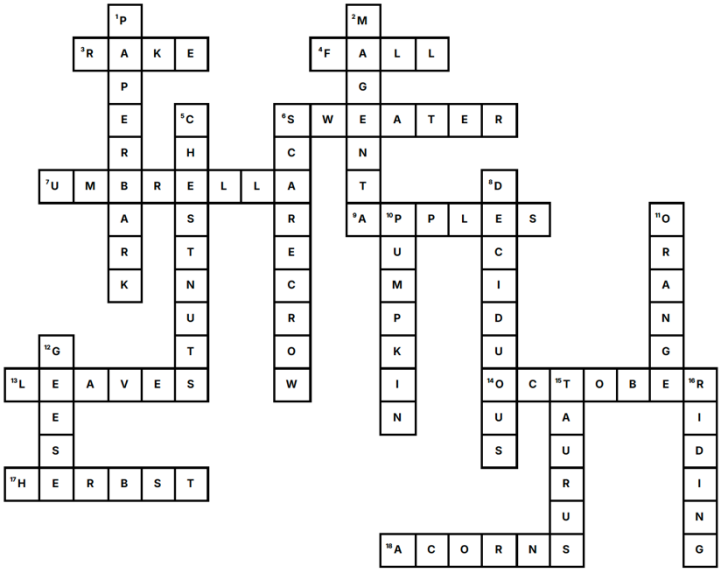
Z W P A T I E N C E M T J B

L G R A T I T U D E U K O D

Sincerity
Diligence
Cooperation
Commitment
Forgiveness
Responsibility
Friendship
Obedience
Respect
Patience
Teamwork
Caring
Gratitude
Tolerance
Humility
Joy



Autumn Crossword



Step	Word
1	**GIVE**
2	**DIVE**
3	**LIVER**
4	**SHIVER**
5	**HIVE**
6	**HAVE**
7	**SHAVE**
8	**SNAKE**
9	**STAKE**
10	**TAKE**

Famous Moustaches

1 Albert Einstein
2 Burt Reynolds
3 Charlie Chaplin
4 Clark Gable
5 David Niven
6 Groucho Marx
7 Errol Flynn
8 Vincent Price
9 Tom Selleck

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

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

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

If you know of anyone who would like to receive a free monthly copy of Vintage Adventure @ Home please contact us and we will happily add them to our mailing list.
caraway@caraway.uk.com, or write to us at:
59 Brookvale Road, Highfield, Southampton, SO17 1QS or phone
07535 164014 (leave a message and we will return your call)
Monthly copies are also available to download on our website caraway.uk.com

Image credits in this pack Shutterstock | The Noun Project | Pixabay
Acknowledgements Golden Carers | Dan McGanagle Full Armour of God poem
Contributors in the pack Carol Kidd | Margaret Hague | Hugh Hadfield | Marion Sheath | Cynthia Martin | Jo Ladkin
Editor Cynthia Martin
November 2026

Messy Vintage
from The Bible Reading Fellowship BRF