



# Connected

June 2020 Issue 5



**DAME VERA LYNN**

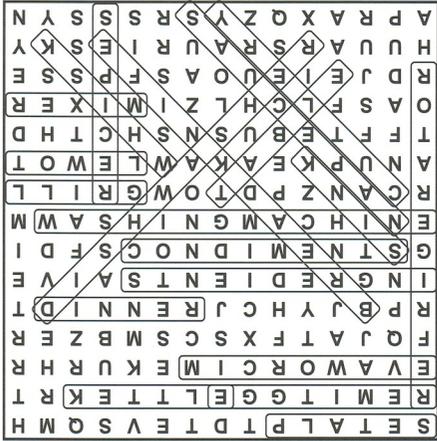
Our thoughts and prayers are surely with the family of Dame Vera Lynn who passed away on last Thursday at the age of 103.

Her life and work brought great hope and inspiration to our country in its darkest days and even in the recent pandemic her music has lifted us on.

She once said “We can’t change the past, but we can learn from history and remember the important things – the sacrifices our loved ones made, and the price of our freedom today”

God Bless Her and her family today

## WORDSEARCH



## CROSSWORD



## SUDOKU

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

CAN YOU NAME THE BIRD?

- (Wren)
- (Wood pigeon)
- (Willow warbler)
- (Starling)
- (Swallow)
- (Song thrush)
- (Robin)
- (Mistle thrush)
- (Longtailed tit)
- (Lapwing)
- (Kingfisher)
- (House sparrow)
- (Greenfinch)
- (Great tit)
- (Woodpecker)
- (Goldfinch)
- (Cuckoo)
- (Collared dove)
- (Coal tit)
- (Chaffinch)
- (Bullfinch)
- (Blue tit)
- (Blackbird)
- (Barn owl)

NUMBER TOWER

12, 22, 32, 35, 9, 20, 3, 9, 13, 19, 16, 88, 121, 52, 35, 34, 54, 67, 29, 23, 679, 313, 366, 156, 157, 209, 87, 69,

From top to bottom:

WORD WHEEL

9 Letter word is DEVELOPED

The realisation that we live very sad world as we saw on our TV the way that George Floyd was arrested and sadly lost his life. It brought to mind the words a little chorus that we used to sing in primary class at Sunday School when I was a little boy.

*If you're black or if you're white or if you're in-between  
God loves you!*

*If you're tall or if you're small or if you're fat or lean  
God loves you!*

*He loves you in the morning when the sun is shining bright*

*He loves you in the evening when the stars are shining bright*

*So, if you're black or if you're white or if you're in-between*



**God  
loves  
you!**



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If you have any feedback regarding "Connected".

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## You're not ok are you?

She was sitting quietly by herself, facing the window. Looking out it seemed at nothing in particular. A glass of wine cupped in her hands. Nothing obviously out of the ordinary. It was in a bistro where I often go.

I became alert to her not by the length of time she sat there but by her clearly sombre mood. So, it caught my eye when she went to the counter and returned with a second glass of wine.

'Are you Ok?' I quietly asked. A nod of the head was her response. Minutes later tears began to roll down her face. 'You're not ok are you' was my statement more than a question. 'No' was her quiet response.

I waited ... she talked ... I listened ... who knows for how long ... her tragic problems pouring forth, releasing pent-up pressures in her mind, heart and soul. She eventually started to relax, even smile a little. I took the chance to lighten the discussion. Her face softened, her eyes shone a tad more brightly and her body eased. Soon a laugh emerged ... nothing hearty but genuine and warm. A friend of hers arrived and they prepared to leave together. She turned to me. It wasn't her words that made my heart leap ... it was her look of soft thankfulness, her head a little higher, her shoulders a little easier, a warmth flowing in my direction. I had not solved her problems one iota - nor, importantly, did I try to do so - but I had eased her pain, even if only temporarily.

My contribution was caring, empathizing and non-judgemental. The change in her was of her doing ... a new perspective, perhaps a little hope, certainly a new belief in herself that she is indeed a woman of dignity and respect, a person of worth.

I never saw her again. All I know is how powerful, valuable and uplifting that simple, non-invasive question, 'Are you ok?', can be. However, it was only after her response moved me to add 'you're not ok are you' that the magic of caring human connection was able to blossom.

Written by Peter Nicholls

Peter is an Adelaide Life Mentor who works under the name of Australia's People

# Noah's Dilemma (Cont'd)

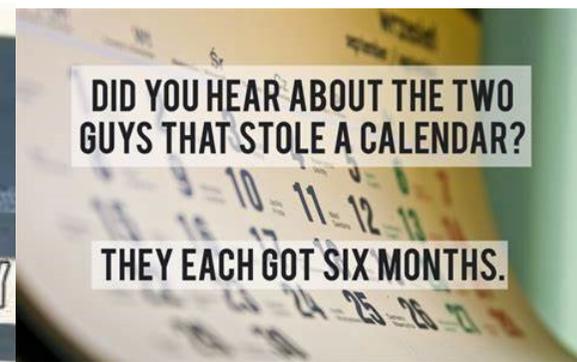
Preservation Orders on them, and we live in a site of Special Scientific Interest set up to protect the Spotted Owl. I tried to convince the environmentalists that I needed the wood to save the owls - but no go!

When I started gathering the animals, the Royal Society for the Prevention of Cruelty to Animals sued me. They insisted that I was confining wild animals against their will. They argued the accommodation was too restricted and it was inhumane to put many animals in a confined space.

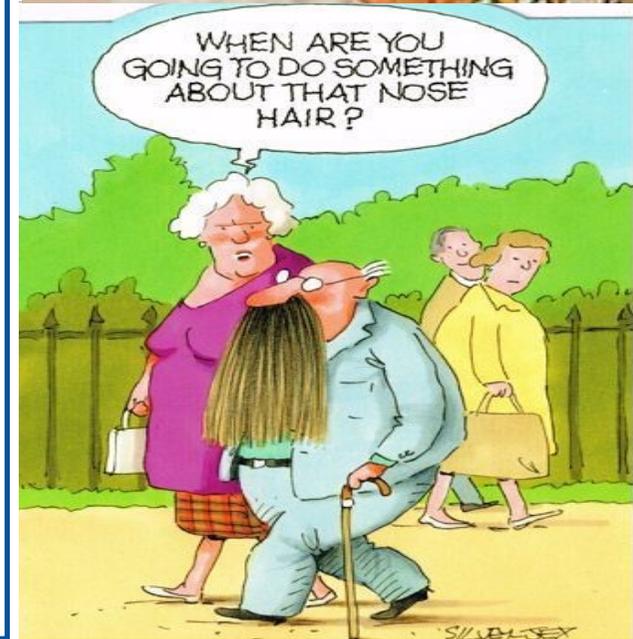
The County Council, the Environment Agency and the Rivers Authority ruled that I could not build the Ark until they had conducted an environmental impact study on your proposed flood. The trade unions say I can't use my sons; I must have only accredited workers with 'Ark Building' experience. To make matters worse, Customs and Excise seized all my assets, claiming that I am trying to leave the country illegally with endangered species. So, forgive me Lord, but it would take at least ten years for me to finish the Ark.' Suddenly the skies cleared, the sun began to shine, and a rainbow stretched across the sky. Noah looked up in wonder asking:



**'You mean you're not going to destroy the world?'  
'No,' said the Lord,  
'The Government has beaten me to it.'**



**Did You Know?**  
Today the whole world is of the same age! Today is a very special day and there's only one chance every Millennium (1,000) years. Your age + your year of birth, every person is = 2020. It's so strange that even experts can't explain it! You figure it out and see if it's 2020. It's a 1,000 year wait. My age is 76 years old I was born in 1944 So  $76+1944 = 2020$  Use the age you are going to be during this year



## WORDSEARCH - "Cooking/Kitchen"

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

Bread knife  
Condiments  
Cutlery  
Dinner  
Dishwasher  
Egg timer  
Grill  
Ingredients  
Kettle  
Microwave

Mixer  
Plates  
Recipes  
Refrigerator  
Saucepan  
Sink  
Table  
Towel  
Washing machine  
Whisk



Recently the Lord came to Noah, who was now living in England, and said 'Once again, the earth has become wicked and over-populated and I see the end of all flesh before me. Build another Ark and save two of every living creature along with a few good humans.'

The Lord gave Noah the specification drawing saying, 'You have six months to build the Ark before I start the unending rain for forty days and forty nights.' Six months later, the Lord looked down and saw Noah weeping in his yard. There was no Ark. 'Noah!' he roared 'I'm about to start the rain! Where is the Ark?' 'Forgive me, Lord,' begged Noah, 'but things have changed. I needed Building Regulations approval. I've been arguing with the Fire Brigade about the need for a sprinkler system. My neighbours claim that I should have obtained planning permission to build the Ark in my garden because it is development of the site even though, in my view, it is a temporary structure. We had to go to appeal to the Secretary of State for a decision. Then the Department of Transport demanded that a Bond was set up to pay the future costs of moving power lines and other overhead obstructions in order to clear the passage for the Ark's move to the sea. I told them that the sea would be coming to us, but they would hear nothing of it. Getting wood was another problem. All decent trees have Tree

## Sudoku

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

### Good Exercise for those of us who are over 60!

Begin by standing on a comfortable surface, where you have plenty of room at each side.

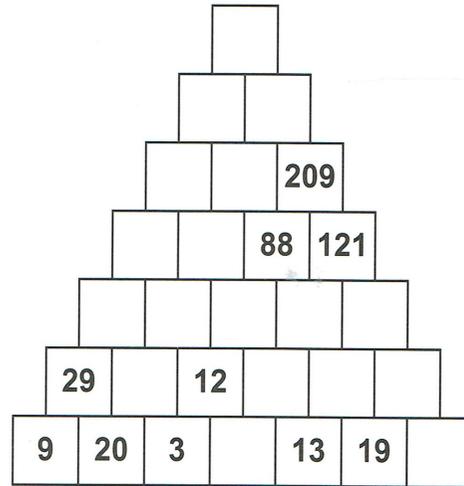
With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10lb potato bags. Then try 50lb potato bags and eventually try to get to where you can lift a 100lb potato bag in each hand and hold your arms straight for more than a full minute (*I'm at this level*).

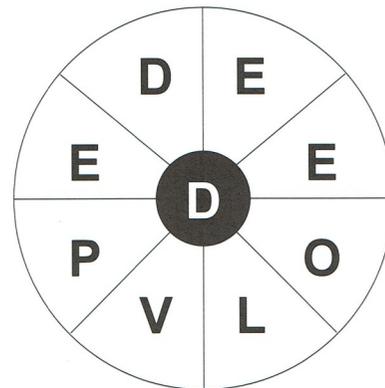
After you feel confident at that level, put a potato in each bag..

## Number Tower



Fill the empty bricks in this number tower in order to complete the puzzle. Each brick is the sum of the two bricks directly below it. You can complete the number tower just through maths - no guessing should be required

## Word Wheel



See how many words of three or more letters you can make from the letters in the word wheel below. Each word must use the centre letter, and no plurals or proper nouns are allowed. Also, can you find the nine letter word that uses every letter in the word wheel once?

## The Salvation Army Band at Bedford

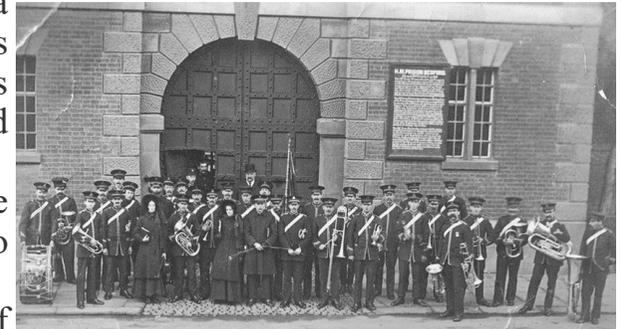
The Salvation Army Band began its ministry in 1890 and has continued to serve the community of Bedford throughout the 130 years to date. This first image is of the first band here in Bedford.



As with many Salvation Army bands right across the world we at Bedford have a proud history of service most notably being the **first ever** Salvation Army Band to

enter HMP to conduct a service for the inmates starting a tradition that has been echoed right around the world.

This photograph shows the band on their first visit to Bedford Prison.



The purpose and vision of all Salvation Army Bands is fundamentally an extension and integral part of the mission of the Church. In this respect we support all aspects of the worship; respond positively to the request of those responsible for leading worship; and provide the most appropriate and sensitive musical contributions in the services. We are constantly looking at how we can engage more effectively with the community, explore new ways to engage with the people of the town.

To celebrate the Band's 125 year anniversary in 2015, Ian Raynor composed a march to commemorate the event. Ian grew up in Bedford, played in Bedford Band before moving away. This march called Bedford 125 draws on a number of influences, not least of which is the fact that the Bedford Congress Hall Band was the first

*The Salvation Army Band in Bedford (Continued)*

starting a tradition that has lasted more than 100 years - that of the Band's Prison Ministry.

In this march "Bedford 125" the strains of the tune associated with Hymn written by Charles Wesley with words "He breaks the power of cancelled sin, He sets the prisoner free." coming through the piece.

A feature of the march is what has become known as "The Bedford Anthem" a tune to which we sing the words "Deepen in me thy work of grace, teach me to do thy Holy will, help me to live a spotless life, and all thy Holy laws fulfil."



This picture was taken just a couple of years ago as the band was marching back from the Remembrance Service held at the Embankment.



There are challenges in presenting a music program to a prison audience, and I think it's true to say this can be the toughest of all. While genuinely appreciative of The Salvation Army, the inmates sometimes have an opportunity to cheer themselves up by having a laugh at the visitors' expense.

The Salvation Army Officer who was accompanying one band to a prison decided to "have a few words" and allow the band to relax momentarily between items. He is reported as saying:

"These men give their time without any payment, they buy their own uniforms, they contribute to the cost of their instruments and music, they are happy to use their talents in this way.

You see, these are men with convictions."

"SO ARE WE," shouted a prisoner to a chorus of cheers.

**CAN YOU NAME THE BIRD?**

(Fill in missing letters to reveal a bird)

1. B \_ \_ n \_ \_ l
2. \_ l a \_ \_ b \_ r \_
3. \_ \_ u \_ t \_ \_
4. B \_ \_ \_ f i \_ c \_
5. \_ h a \_ \_ \_ n \_ h
6. C \_ \_ l t \_ \_
7. C \_ l l \_ r e \_ d \_ \_ \_
8. \_ u \_ \_ \_ o
9. G \_ \_ \_ f I \_ \_ h
10. W \_ \_ \_ \_ e \_ k \_ \_
11. G \_ \_ \_ t \_ i \_
12. G \_ \_ e \_ f \_ \_ \_ \_
13. \_ o \_ \_ e \_ p \_ \_ \_ o \_
14. \_ i n \_ \_ i \_ h \_ \_
15. L \_ \_ w \_ n \_
16. L \_ \_ g \_ a \_ l \_ \_ t \_ \_
17. \_ i \_ t \_ e \_ \_ r \_ s \_
18. \_ o \_ \_ n
19. S \_ \_ g \_ \_ r \_ \_ h
20. \_ w \_ \_ l \_ \_
21. \_ t \_ \_ l \_ n \_
22. W \_ \_ \_ o \_ \_ a r \_ \_ e \_
23. W \_ \_ \_ p \_ \_ e \_ \_
24. \_ r \_ \_

Nearly everyone delights to see a robin in their garden, especially during the winter - although they are all-year-round birds. The close association with people is a special feature of the robin's relationship with the British. Robins of exactly the same species nest over most of Europe, but a tendency on the Continent to shoot and eat small birds has made robins there generally shy and retiring woodland birds.

A Christian link is associated with the legend of the robin's red breast, which was supposedly stained by blood after the bird had been pricked by Christ's crown of thorns. This is why the robin features prominently on the earliest Christmas cards.

**AND DID YOU KNOW?**

Use of the name 'Robin' is relatively recent, the British Ornithologist's Union official list accepting 'Robin' only as recently as 1952. Historically the name 'Ruddoc' was used by the Anglo-Saxons but by the Middle Ages the name 'redbreast' was in use. The 'Robin' component was added later (sometime in the 15th or 16th Century) and appears to be an affectionate nickname associating the bird with the legends of Robin Goodfellow and Robin Hood.

Amazing Grace isn't really a song of theology, it's John Newton's own heartfelt expression of gratitude to God, who helped him turn from his profane and wicked life and eventually fight against the ills he practiced.

In the New Testament Paul's gratitude for God's grace and mercy also arose from his own deep and personal shame. He knew that he needed a Saviour and found Christ Jesus.

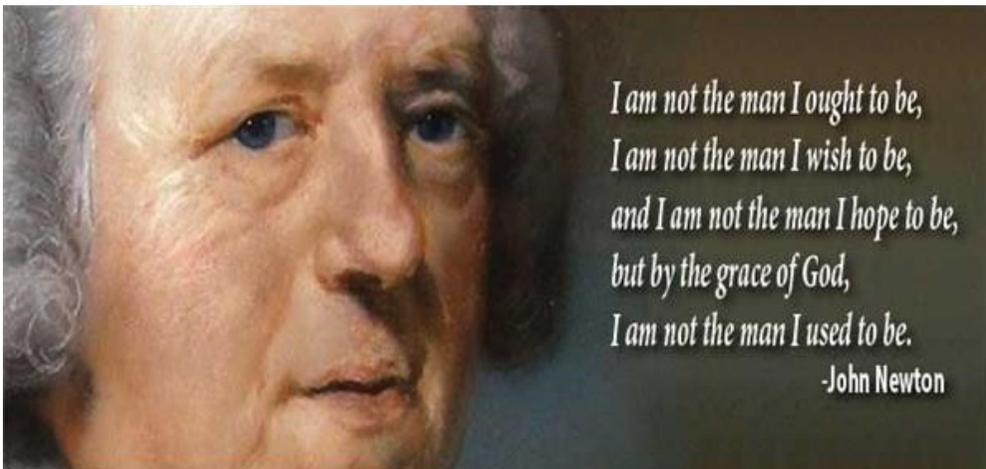
*"This saying is trustworthy and deserving of full acceptance: "Christ Jesus came into the world to save sinners" - and I am the worst of them. But I received mercy for this reason, so that in me, the worst of them, Christ Jesus might demonstrate his extraordinary patience as an example to those who would believe in him for eternal life."*  
(1 Timothy 1:15-16 CSB)

The forgiveness of his many terrible sins gave him peace in his heart and hope for his future. What a great encouragement for all of us.

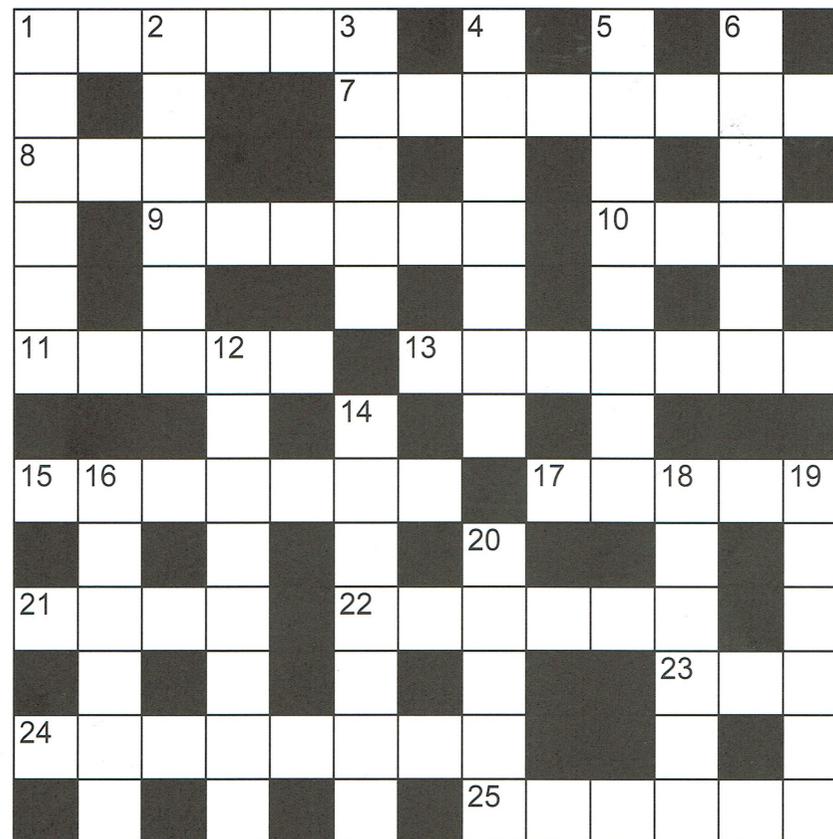
Amazing Grace is possible.

John Newton's sense that God's boundless grace had saved him from a life of metaphoric blindness pervades the diary he kept for the final 16 years of his ministry. He prayed in secret, read scripture, taught himself Greek, Hebrew and worshipped assiduously but always fell short in his own estimation, lamenting, in words that echo his famous hymn, "what a wretch I am.

In 2020 the Black Lives Matter campaign rightly focuses on educating people about systemic racism and on changing hearts and minds. We should accept and celebrate the fact that people can and do change their minds. People like John Newton.



## CROSSWORD



### Across

- 1 - Game participant (6)
- 7 - Discovers (8)
- 8 - Cereal grain (3)
- 9 - Take in (6)
- 10 - Military branch (4)
- 11 - Japanese fish dish (5)
- 13 - Approve or support (7)
- 15 - Typical example (7)
- 17 - Rigid (5)
- 21 - Walk awkwardly (4)
- 22 - Complex problem (6)
- 23 - Weapon (3)
- 24 - Lookouts (8)
- 25 - Adornment (6)

### Down

- 1 - Confirms (6)
- 2 - Jinks (6)
- 3 - Indian coin (5)
- 4 - Wire mesh (7)
- 5 - Escape (8)
- 6 - Disgraces (6)
- 12 - Areas of excess heat (8)
- 14 - Loss of memory (7)
- 16 - Opens up (6)
- 18 - Pictures (6)
- 19 - Aniseed flavour herb (6)
- 20 - Inaugural (5)

**IDEAL FOR A NICE SUMMER AFTERNOON**

## Summer Fruit Bagels

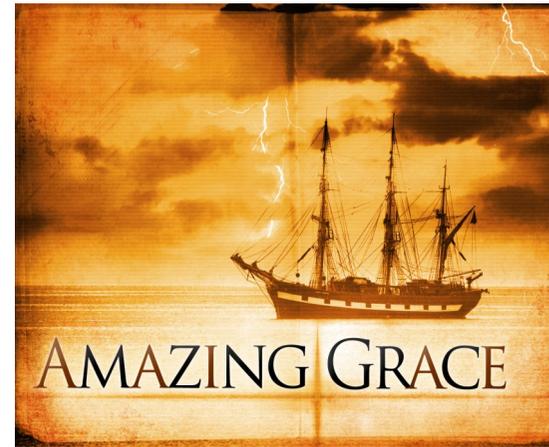


**Serves Four**

**Preparation time 5 mins / Cook time 2 mins**

**4 Plain or Blueberry Bagels, 120g Philadelphia Light  
2 tbsp fruit jam, 275g Mixed Summer berries  
e.g. Strawberries, Raspberries, Red or Blueberries**

**PREHEAT** the grill to high (be careful). Cut the bagels in half horizontally and toast until **LIGHTLY** browned. **SPREAD** the bottom half of the bagel with the Philly and then top with the jam. **ARRANGE** the summer fruits attractively over the Philly and jam. Finish with the top half of the bagels.



### ‘Amazing Grace’

You will be aware of the current hot topic in the news at the moment which is the ‘Black Lives Matter’ protests and the debate about the removal of statues of some famous and influential people who may have had links with oppression and slavery going back in history. A number of statues have either been forcibly removed or taken into storage for safety.

I would argue that history, in all its glory for good or for bad is going nowhere. It exists and carries on into the future. Our cities, buildings, language and institutions, all of them are products of our history. You can no more erase history than undo slavery.

John Newton was born in London in 1725 and lived a pretty colourful life before writing the hymn ‘Amazing Grace’ in his 50s. He started out in the Navy, then was disciplined for deserting to visit the love of his life, Polly, and subsequently sent to work on a slave ship. By the time he was 30 he had married Polly and had crewed on many slave ship voyages. On one of those journeys he survived a violent storm, shouting “Lord have mercy upon us”, which led him to explore Christianity. However, he did not reject slavery at that time and carried on with his trade for several more years. He claimed that his real conversion to the faith, and his repudiation of slavery, came several years later. Finally, he became ill, retired from the sea and settled down with his family in England. He was ordained and became a curate in Olney, where he wrote Amazing Grace as well as many other hymns. In later life he an active abolitionist and wrote a pamphlet Thoughts Upon the Slave Trade in which he wrote: “It will always be a subject of humiliating reflection to me, that I was once an active instrument in a business at which my heart now shudders.”

Newton became a supporter and inspiration to William Wilberforce who lead the fight to pass the British Slave Trade Act in 1807 which was passed a few months before Newton died, which abolished the slave trade in the entire British Empire.