



The Messenger

March & April 2026

News

Quizzes

Recipes

Events



Contents

| | |
|--|----|
| Editorial | 3 |
| From The Pastor's Desk | 4 |
| Church Family News | 5 |
| Birthdays | 5 |
| Our Pets | 5 |
| Remembering Tony Johnson | 11 |
| Coffee Stop | 16 |
| Cut Out Cancer | 17 |
| Home-Start | 19 |
| Visit of 'The Korale Choir' | 20 |
| After the Winter God sends the Spring | 22 |
| Life Issues | |
| Navigating Retirement: The Next Phase of Life | 23 |
| Neurodiversity In Children | 24 |
| Living Well With Neurodivergence (In Adults) | 25 |
| Seasonal Examples from 'Threads Through the Cross' | 26 |
| Events | |
| Christianity Explored | 28 |
| Woolly Blessings – Knitting, Crochet and Chat | 29 |
| Outing to Petworth and Parham House and Gardens | 30 |
| Prayers | 31 |
| 'David' Codeword | 33 |
| Book Reviews | 34 |
| Connect Diary | 35 |
| Quiz | 36 |
| Recipes | 38 |
| Thoughts | |
| Some Quotes To Ponder On | 39 |
| Reflection on Psalm 23 | 40 |
| Ladies Breakfast | 41 |
| A Weekly Wellbeing Check-In | 42 |
| Quiz Answers | 43 |
| List of Names for 'David' Codeword | 43 |
| Contact Us | 44 |

From the Editorial Team

As we approach Easter, I am reminded of lines from two songs. Firstly, remembering the Crucifixion,
`Hands that flung stars into space,
to cruel nails surrendered`[†]
and secondly celebrating the Resurrection,
`Because He lives, I can face tomorrow
Because He lives, all fear is gone
Because I know He holds the future
And life is worth a living just because He lives`^{††}

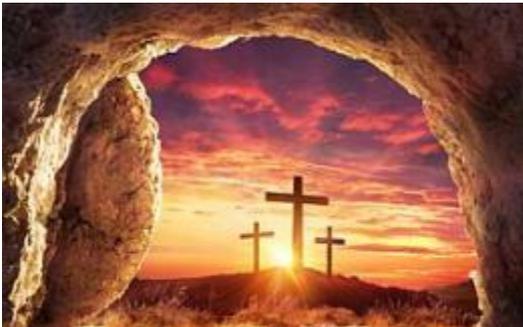
[†]Graham Kendrick

^{††}Bill Gaither

Along with Easter eggs and Easter bunnies, let us remember the true meaning of Easter.

The editorial team reserve the right to reject any articles that may not be suitable. Only first names will be used, respecting privacy at all times. All photos submitted must have prior consent from those shown in the picture.

Our Pastors, Jack and Peter, will approve all editions prior to distribution.



The Editorial Team are:

Carole: shosholozo@hotmail.com

Chris: cj.hookey001@btinternet.com

Sally: pollard3@hotmail.co.uk

Items for the May/June 2026 edition should be sent to one of the above by Sunday 12th April, for distribution on Sunday, 26th April 2026

Thank you

From The Pastor's Desk

"This time next year, we'll be millionaires"

I am guessing many (if not all) of you will know where this comes from. Only Fools and Horses has always been my favourite show. The reason I mention it is because Del boy always appeared to live partly in the present but also having a desire and longing for the future. As I write this, it is almost a year to the day that my family and I were preparing to come to Godalming. Perhaps I would have

said something similar? This time next year, "I'll be pastoring a church in Godalming for a year." I would not have known what it would have been like, felt like or what experiences I have been through in that year. I would have only been filled with excitement and anticipation. It has been an incredible 12 months for our family. I sit and reflect on where Godalming Baptist Church has come in a year! It has been great to focus on series such as the gifts of the Holy Spirit, being called to go, different forms of evangelism and how looking at what it means to be someone after God's heart. The overarching theme of reaching out to our community and acting upon the prompting of the Holy Spirit has been the focus over all these months. God has truly been at work amongst His people. He has also comforted and strengthened many of us and these months have also been a time of sadness and sorrow.

My challenge to anyone reading this is to finish the sentence for yourself and for GBC. Namely "This time next year we'll (GBC) be..." and "This time next year, I'll be..." What aspirations do you have for the rest of the year? Where do you see GBC in 12 months time? Where do you see yourself? Living in the moment with a focus on the future I think is the best way live. Too often, just like Del boy, we have these plans and ideas but nothing happens and we say the same thing for the next upcoming years. As Denzil Washington says "Dreams without goals remain just dreams." Spend some time by yourself and in Prayer and see what comes from those moments and what goals you can put in place for yourself, your family, your community and GBC.

Take care everyone,

Jack



Church Family News

Birthdays

March



8th - Candice C
14th - Jeanette J
20th - Jo C
23rd - Ann M
29th - Louise G

April



2nd - Wendy R
4th - Andrew L
4th - Lorna O
6th - Peter J
16th - Ruth W
21st - Marion T
22nd - Jackie F
30th - Nick H

If you have a birthday in May or June and are happy for us to put it in the Messenger, please let Sally know.

Our Pets



I have always had cats through growing up and we had two when we married. Our second cat Whiskey, a tabby cat came to us when I was expecting Simon. I was just giving up work at Milford hospital. Puttenham Priory was closing and they had to home a canary and a cat. The canary went to live at the hospital. We said we would have the cat. We didn't know his name or how old he was,

although the vet seemed to think he was 2ish. He came into our sitting room and was sitting on the sofa as if he had been there all his life. We named him Whiskey and he answered to that name. He was a lovely cat and got on well with Simon when he was born. He used to creep into his cot but never sat on him. He was a lovely cuddly cat with a lovely purr.

When we moved to where we live now, he would be nowhere in sight. I would quietly open a packet of crisps, and he would appear from nowhere and jump on the arm of the chair and put his paw in the packet. Simon had a bean bag to sit in but invariably Whiskey would be bedded down on it. He was a mischievous cat and went next door, climbed in their window and stole their meat that was on the table defrosting. He liked to visit them, the young man there made a fuss of him. As he got older, he got quite poorly and didn't really want to eat. It was a sad day when we had to go to the vets and returned without him. He was a lovely cat and still miss him now.

Christine K

After over 40 years of wanting to be a dog guardian I took the plunge at the end of last year.

Scout is now just 4 months old; she is a Parson Russell Terrier and a real character.

The breed is named after an actual Parson - the Rev. John "Jack" Russell. He was an English clergyman who lived most his life in Devon and started breeding this energetic variety of the fox terrier in 1819.

Scout at 4 months

The Parson Russell is a taller dog than the more common Jack Russell breed he also established.

Carole has been kind enough to be appointed her Pup Godmother. She will keep me active for sure!

Nikki



What can I say about my Precious Ruby?

She just loves everyone

She is such a character, loves playing with other dogs loves the zoomies 🤪 all the rough and tumbles in the woods when we go on long walks

But really is the best of both worlds as she loves cuddling up on the sofa 😊💕

Sarah Jane S

Charlie



Our pets teach us so much about trust and unconditional love.

We were so blessed to have Charlie, our much loved springer spaniel for 16 and a half years!

When we went to choose a puppy, Charlie was in a doll's pram ,contentedly being pushed around the garden by a

little toddler and we instantly made the choice of Charle amongst all the other puppies! Charlie was such a loving dog, always seeming to know if I was sad or poorly and would just come and lay his head on my lap or better still try and climb up onto my lap! He loved everyone and in particular his ball. He loved swimming in the sea and running and walking for endless miles when he was fit and young to do so. He left a huge void when he went to 'doggie heaven' and we have a plaque in the garden next to the bird table which reads: 'Charlie - our beloved springer spaniel. You left a pawprint on our hearts' and he really did.



Sally P

The Brookes Family's Pets & Animals

Dogs



**Cantona, Evita, Sarabi
Star, Bibby, Teddy Boo**

These are our much-loved family dogs. Our first dog was Cantona (b. 2014 – d. 2021), who was the most handsome, although troublesome at times, Cavalier King Charles Spaniel. A year later, we got Evita (b. 2015) as a friend and playmate for Cantona. Together, Cantona and Evita had 12 puppies together, including Sarabi (b.

2021). Evita also had 4 Cavapoos during Covid-19, two of which are Star and Bibby (b. 2020). Star had a litter of puppies, including Teddy Boo (b. 2022).

Sheep



In 2020, we bought our first flock of Soay sheep, consisting of one ram (top left), six ewes and 1 wether. Since then, we have had over 30 lambs and adopted another small flock.

We are part of the Rare Breed Survival Trust (RBST) as Soay sheep are an endangered species. This means that meticulous records are kept for all of our sheep and registered with the RBST.

Our Soays are relatively easy-going animals and are bucket-trained to the sound of sheep nuts. They even shed their fleece naturally!

Jessica

When I met my late dear wife, Pat, she had three little dogs which were a cross Papillon/Jack Russell, two girls, one boy. Unfortunately, I do not have any pictures of these three.



Eventually both girls died; the boy, who was younger, became quite unhappy. Pat had always wanted a purebred Papillon and, thanks to a generous monetary gift from her son at Christmas 1992, was able to track down a breeder in Evesham (she had previously lived in Godalming and knew our vet, so she rang him up to find out if we were suitable owners!). We travelled down to Evesham in February 1993 with our boy and came home with Jessica as

well. (The breeder said that she was unsuitable for breeding as she was of a very nervous disposition and was happy to let her go to a good home.) Jessica settled in well and lived until 2008 and gave us both many hours of happy memories.

This second picture is of Jessica's sire, Caswell Copper Tiger, with his owner when he was Reserve Best in Show at Crufts in 1991 (the cup was bigger than he was!)

Caswell Copper Tiger at Crufts 1991.
Reserve Best in Show with his owner



Chris H

Tony Johnson

18 May 1945 – 17 December 2025



Tony Ronald Johnson was born 10 days after VE Day on 18th May 1945, to Ronald and Hilda, and his sister Anne.

Ronald and Hilda met in Guildford, where both had family living in Drummond Road. They married at St Saviour's Church in May 1937, the banns having been read on

board HMS Hood off the coast of Spain, where Ronald was serving in the Royal Navy. He arrived in Portsmouth on the day of the wedding as the ship returned briefly from the Mediterranean to celebrate the coronation of King George VI, and returned to his post 10 days later, serving throughout the War in Atlantic convoys and minesweepers.

Tony grew up in the post-war years in Guildford with family and friends, seeing his father whilst he was at home on leave, and receiving postcards from around the world, until Ronald retired from service in 1953.

Tony left school at 15 to complete a 4-year baking apprenticeship, during which he won First Prize for his Cherry Cake in 'The Surrey and North Hampshire Bakers and Confectioners Exhibition' in 1962. After this, he took up Outdoor Pursuits Training and led Duke of Edinburgh Award weekends, where – unsurprisingly – he was noted to be the 'life and soul' of the party. He loved climbing mountains and rowed across Lake Windermere, and it was on one of his outdoor adventures a little further afield that Tony remembered listening to a radio broadcast of the first moon landing, in 1969, whilst he was located somewhere near the Arctic Circle, in Norway.

His early work-life included a brief period working at Sutton Place, then the home to John Paul Getty, the richest man in the world. And it was in Guildford that he met Mary, who had moved up from Southampton, where she was completing her nursing training, and they were married in 1970, at St Saviour's.

Tony's daughters were born within a few years of each other, and settled into what would be the family home in Farncombe for the next 40 years. Mary had been introduced to Jesus through Tony's sister Anne and Tony found his own way to Jesus. They were very much at the heart of Farncombe Baptist Church, for many years, and Tony had the joy of baptising his father, Ronald, there. But it was Tony's ability to welcome, include and make time for those in need which made the greatest impression.

For Tony, faith wasn't something you kept to yourself. It was something you lived out loud and it moved you to action, which included delivering Bibles to Romania in the back of a camper van and spending weeks at a church in New York's Bronx. After he took redundancy in his 50's, Mary and Tony both went to Bible College, and travelled to Rainbow House in Kenya too, but it was late at night on the streets of Guildford that they found their place to serve together. Every Friday, for over a decade, they set up a table and an urn with a handful of friends to provide a friendly face, a hot drink, and the offer of prayer to anyone who passed their way, and in time, Tony also started a men's group which ran for more than 20 years.

Tony also took up a new role as Primary School caretaker and lollipop man, stopping traffic to make friends with local families and becoming the obvious stand-in for Father Christmas each year. However, life changed dramatically when Mary developed cancer in 2009 and over the next 5 years, Tony would take care of her faithfully and devotedly, until she died in 2015.

In 2019, he moved to Allingham Court and a new phase of life began. Tony's recent years have been a blend of family, friends, and church events, fellowship lunches and hospital appointments, even joining a local choir, and his kindness, friendship and generosity have encouraged many of us. Even as his world got smaller, his heart remained open, curious, and full of fun, and we give thanks for his faithfulness to God, his family and his friends, for what made his life a life well lived.

Tony Johnson - 18th May 1945-17th December 2025

I first met Tony and his wife Mary in the spring of 1985. I wasn't a Christian and had no idea about faith or what being a Christian meant. One evening I received a knock on my door. There stood an 11-year-old girl who informed me there would be a children's party at Farncombe Baptist Church on the next Saturday and she wanted to invite my son Andrew who was then aged 6 years.

My life was very hard in those days. Bringing up a lively 6-year-old and working at two different jobs, the thought of a day off was just what I needed.

However, I realised that I was probably expected to attend the church service the following Sunday. My feelings then were – I could go, but arrive late and then be the first to leave!!!

Well, my life changed when a tall blonde-haired man with a ginger beard sat down beside me. 'I'm Tony welcome to church'. Then another voice on my other side said, 'I'm Mary, it's so lovely to see you'.

Tony and Mary 'adopted' me! I was invited to their house where I heard the gospel over numerous cups of tea. Above all I was loved and always welcomed which is something I badly needed at that time.

Tony and Mary were street missionaries in Guildford, ministering to the homeless, lost and unloved. They did this work for many years. Their house was always open to anyone who needed help. They truly loved people and had an overwhelming desire to share the gospel with every person they met.

When Tony became redundant he took the job as janitor at Godalming Middle School. He was also the lollipop man. All the children who used that crossing would call him Mr. Jesus! Tony would evangelise to everyone he met.

The most important things in Tony's life were Jesus, His family and rugby!

When I felt the Lord call me into missions, Tony and Mary became my trustees and supported my work for the 14 years I was in Kenya.

Mary died in 2015 from cancer and sadly Tony lost his life partner – now united again in heaven with the Lord.

NB Farncombe Baptist Church became flats but not till after my baptism in 1987 and the little girl who knocked on my door all those years ago was Karen Sturrock nee Johnson who now has her own ministry in London.

Lynda Ferrin

My tribute to Tony Johnson

Tony's heart for the homeless, the outcast and the stranger was boundless. So was his passion to see people's lives transformed by Jesus. He may be astonished and delighted to meet in heaven the hundreds, if not more, whose lives he led to salvation. He had a gift for approaching people, especially grumpy, unfriendly looking types, and before long they would be chatting, laughing and engaged in conversation about God's love for them and how Jesus wants to restore hope and meaning to their lives.

Tony and his wife Mary were power warriors for God's kingdom purposes. Their passion for God and to see lost lives restored was the core of their being. I came to know them at a New Year's Eve party at their house at the end of 1998, quickly got to know their church family, the Guildford branch of Christian Outreach Centre, which had a particular mission to touch the lives of addicts, rough sleepers and people on the margins of society. In Tony, Mary and the team they found non-judgmental acceptance, and patient, loving discipline which enabled many to get a home, job, education, and lead an ordered life.

On Friday evenings, the COC team would go into Guildford seeking out hiding places where homeless people slept. They would bring them warm drinks, sleeping bags, listen to their stories, showing through acts of kindness, words and prayers, that

God loved them, had not given up on them and wanted them to come out of the shadows. On Saturday afternoons, Tony and the team would set up a table by the river at the bridge, offer food and clothing to those who came in need. The fact that many were not immediately likeable, and not necessarily grateful, made no difference, all were made welcome.

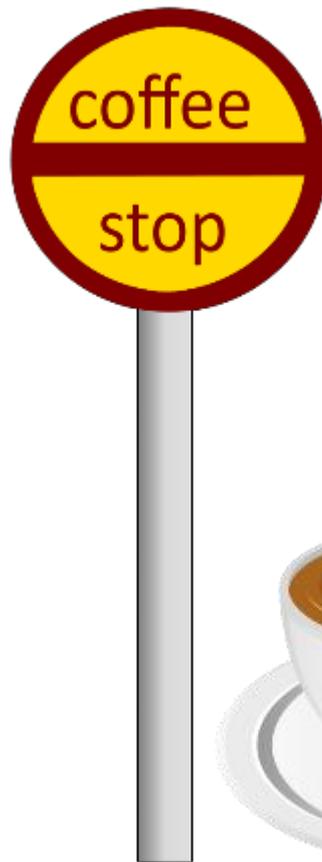
Most heroic, in my view, was that for years Tony and Mary would man a table opposite the nightclub near Guildford Friary, from late Saturday evening until perhaps 4 in the morning, even through chilly winter nights, offering hot drinks, slippers for stiletto heel sufferers, prayer for the despairing, the drunken, the angry, the knife-carrying, drugged, and abandoned. These were dangerous hours to be on the streets. Fights might break out, weapons were drawn, but Tony's combination of calm authority and humour successfully defused these situations. Some of the tales he recounted of such incidents, in his low-key, humorous manner, were hair-raising. The message of the gospel and prayers were freely offered and mostly were gratefully received.

The Guildford branch of COC met in the day centre, where homeless or solitary people could come for help in various ways and the chance to socialise, so it made it less daunting for some to dare to attend church meetings there. When we did a Bible study course, we were always pleased when it was Tony's turn to lead it, he had a gift of making things of God as accessible and acceptable as a tasty sandwich. Extraordinary things happened at meetings which were often held in Tony and Mary's house, laughter, miraculous healings, people encountering the Holy Spirit.

Even in the late stages of each of their lives, when illness and pain restricted and afflicted them, their faith remained strong. In recent years, when Tony was without his beloved Mary, his health was increasingly impaired, but he never stopped praising God. His courage and lack of self-pity were humbling. He never complained. Few people realised the extent of his pain and discomfort, only those who had the privilege to be close and trusted by him know how increasingly difficult the last two years were for him. In the times I spent with him, we inevitably talked for hours about God, faith, Scripture. He was kind, generous, insightful and wise. He had a succinct way of summing up people's foibles which was funny rather than unkind.

To me he was a protective big brother. I miss him.

Louise



Sat 7th March 10am – 12.00 Noon
supporting Cut Out Cancer
Charity

Sat 18th April 10am – 12.00 Noon
Supporting Home-Start Charity

Rotary
South



CUT OUT CUT OUT CANCER

Help fund high-tech
surgical equipment &
support cutting-edge
care for patients in Surrey
Sussex and beyond



QR code created by QRFY

Scan me!

Supporting
Royal Surrey
Charity



Help fund high-tech
surgical equipment &
support cutting-edge care
for patients in Surrey
Sussex and beyond



QR code created by QRIFY

Scan me!



- 50% of us will need treatment for cancer.
- Just about every one of us will be affected by cancer or by loving or simply knowing someone affected.
- Rotary South are supporting Royal Surrey County Hospital the 4th largest cancer unit in the UK.
- It serves Surrey, Sussex and beyond, a population of 3 million.
- Royal Surrey Trust have started building a new £41M Cancer and Surgical Innovation Centre at Royal Surrey County Hospital.
- This much needed development will build on Royal Surrey's world-class services in robotic and non-robotic surgery.
- The new Centre will enable an additional 7,000 patients to receive surgery every year.
- A surgical robot costs over £2million.
- Dedicated high-tech surgical operating tables which connect to the surgical robots cost nearly £95,000.
- Reduce patients' waiting and recovery times.
- Improve patient outcomes.
- Support future cancer-related surgical specialists
- Increase opportunities for robotic surgery.
- Bring together world-leading surgical experts.

**Donate today or read more via QR code or address below:
www.rotarycutoutcancer.co.uk**



How Home-Start can support your family

Being a parent has never been easy. It can be lonely, frustrating and overwhelming. Life-changing events can happen to anyone.

Every Home-Start volunteer is trained to alongside you to overcome the challenges you are facing.

Where Home-Starts work

There are around 175 local, independent Home-Starts working in areas across the UK offering support tailored to what families need.

Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's home supporting them in the ways they need.

In 2024, our data shows that the most common family circumstances supported by Home-Start were:

56% of families reported a challenge with their mental health

35% were lone parents

33% of families struggling with debt and finance.

Home-Starts across the UK also help families through support groups, host day trips, Christmas parties and help parents access local services, and much more.

Visit of 'The Korale Choir'



On Monday evening 16th February, we were treated to a wonderful concert from the Korean Choir at church. They are on a tour of Europe and are touring Great Britain at several places and we were first on their tour.

They had contacted Eric a little while back about visiting our church. They had been here before but some years ago. I remember them from before although different students this time. Eric and Barbara sorted out all the arrangements for their visit at this end, with tickets, finding accommodation for them and feeding them, well done Eric and Barbara.

There were approximately 25 in the choir of men and women. This also included the pianist, organist, conductor and a gentleman who gave us a welcome and a little bit of the history of the choir. The conductor had been one of the students who sang in the choir the last time they visited.



Jack gave a welcome and a prayer. The choir came down both aisles at the beginning, singing. Beautiful. The conductor introduced them and the first songs which were Sacred Anthems, sung both in Korean and English. The voices were so beautiful, the sopranos soaring to the top notes, the bases and tenors with really bold and mellow sound, the altos with rich voices. The choir were dressed so well. But not only one costume but during the evening, changed two other times.



We had a female trio which sang in perfect harmony. A male quartet with rich tones and such smiles. You could tell they love the Lord. We had a little acting in two of the Korean folk songs.

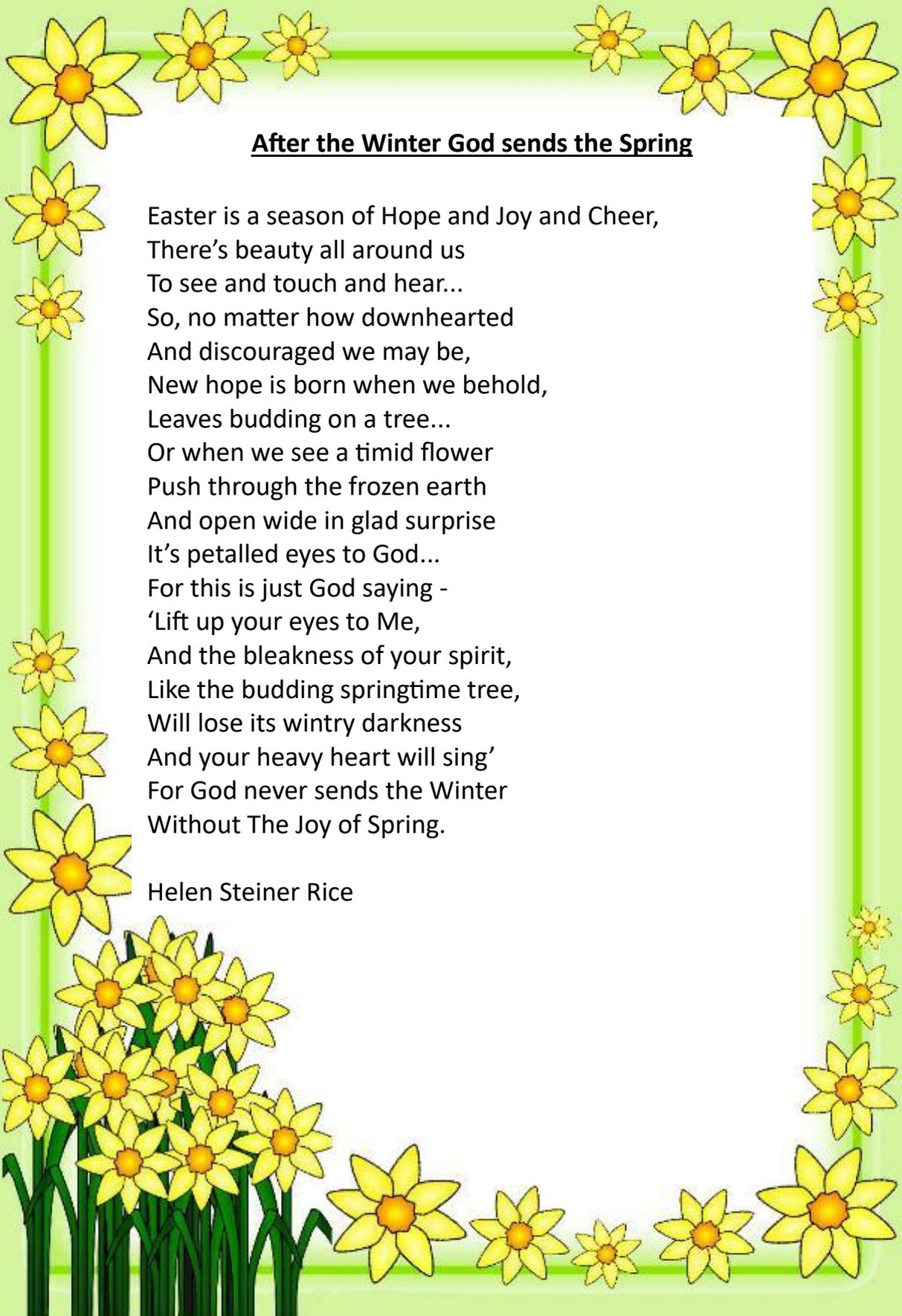
We had some music from musicals. We also got to sing "Let there be Peace on Earth".



The choir had a standing ovation at the end and went on to sing another song. The choir walked up the aisles singing and stood by each pew and sang to the people in each pew, holding people's hands. So emotional. They still came back after that to sing two more encores. Jack closed with prayer.

A truly wonderful and emotional evening. Thank you.

Christine K



After the Winter God sends the Spring

Easter is a season of Hope and Joy and Cheer,
There's beauty all around us
To see and touch and hear...
So, no matter how downhearted
And discouraged we may be,
New hope is born when we behold,
Leaves budding on a tree...
Or when we see a timid flower
Push through the frozen earth
And open wide in glad surprise
It's petalled eyes to God...
For this is just God saying -
'Lift up your eyes to Me,
And the bleakness of your spirit,
Like the budding springtime tree,
Will lose its wintry darkness
And your heavy heart will sing'
For God never sends the Winter
Without The Joy of Spring.

Helen Steiner Rice

Life Issues

NAVIGATING RETIREMENT: THE NEXT PHASE OF LIFE



Led by Peter Shaw

Saturday 14th March 2026

10 am – 12.30 pm

(Coffee available from 9.30 am)

at Godalming Baptist Church,

Queen Street, Godalming, Surrey GU7 1BA

Are you at a decision point approaching retirement or thinking through how best to use your time and energy now you are retired?

This morning will be an opportunity to explore the choices and frustrations that come to the fore at this stage of life.

How best might you deploy your experience, time and energy in ways that are creative and fulfilling?

How can we experience retirement as an exciting entry into the next phase of life?

The morning will be led by Peter Shaw who spent 32 years in the senior civil service, and has subsequently been coaching leaders and teams over the last 20 years. He is a Licensed Lay Minister at Godalming Minster.

Participants in similar sessions led by Peter at Godalming Minster and St Saviour's Church in Guildford have found them very valuable, and **this session is suitable for those with any or no faith.**

The session will be free of charge, but voluntary donations are invited towards the vital work of Tear Fund

**To help with managing numbers, please reserve a place by contacting Sally Pollard
email: pollard3@hotmail.co.uk, tel: 01483 428646
by ***Friday 6th March*****

NEURODIVERSITY IN CHILDREN **(eg Autism, ADHD)**



Led by
Dr Liz Beckingham and Dr Ellie Atkins

Saturday 25th April 2026

10 am – 12.30 pm

(Coffee available from 9.30 am)

at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA

Ellie and Liz will talk about neurodivergent brains and how neurodiversity (eg Autism, ADHD, Dyslexia, Dyspraxia etc) can impact childhood, thinking about what skills neurodivergent children have, and what challenges they may face.

They will talk about navigating school when you are neurodivergent, and will think about parenting neurodivergent children.

Dr Liz Beckingham is a Clinical Psychologist with additional training in family therapy, and works in the NHS supporting children, young people and families who are struggling. She works privately at Headspace Guildford, on the therapy and autism assessment pathways.

Dr Ellia Atkins is a Consultant Clinical Psychologist and Lead Psychologist for Neonatal Care in London. She runs a private practice, Headspace Guildford, which she set up in 2011, and supports children, youngsters and families who are struggling with their mental health and wellbeing. She offers autism assessments, and is currently writing a book on parenting children who are neurodivergent, which will be out in 2026.

Please reserve a place, with payment of £8, by contacting Sally Pollard
email: pollard3@hotmail.co.uk, tel: 01483 428646
by *Friday 17th April*

LIVING WELL WITH NEURODIVERGENCE (IN ADULTS)
focusing primarily on ADHD and Autism



Led by
Dr Jenna McKeown

Saturday 16th May 2026
10 am – 12.30 pm

(Coffee available from 9.30 am)

at Godalming Baptist Church,
Queen Street, Godalming, Surrey GU7 1BA

This talk will cover some key points about what neurodivergence is,
focusing primarily on ADHD and Autism.

We will be debunking some common myths,
exploring some of the challenges which neurodivergent people
and their loved ones may face, as well as looking at some of the joys and strengths
which can come along with these conditions.

The talk will also have a focus on aiming to 'live well' with neurodivergence –
considering how we, or people we support, can have the best chance of thriving
in life, rather than merely surviving.

Signposting to further support and resources will also be provided.

*Led by Dr Jenna McKeown, a Clinical Psychologist with over 10 years post-qualification experience
in the NHS and Private Practice. Her work has involved assessment and therapy for people with all kinds of
mental illness. In her private work specifically, she carries out assessments of ADHD,
and offers post-diagnostic support and therapy to people with ADHD and/or ASD.*

Please reserve a place, with payment of £8, by contacting Sally Pollard
email: pollard3@hotmail.co.uk, tel: 01483 428646 by Friday 1st May

Seasonal Examples from 'Threads Through the Cross'

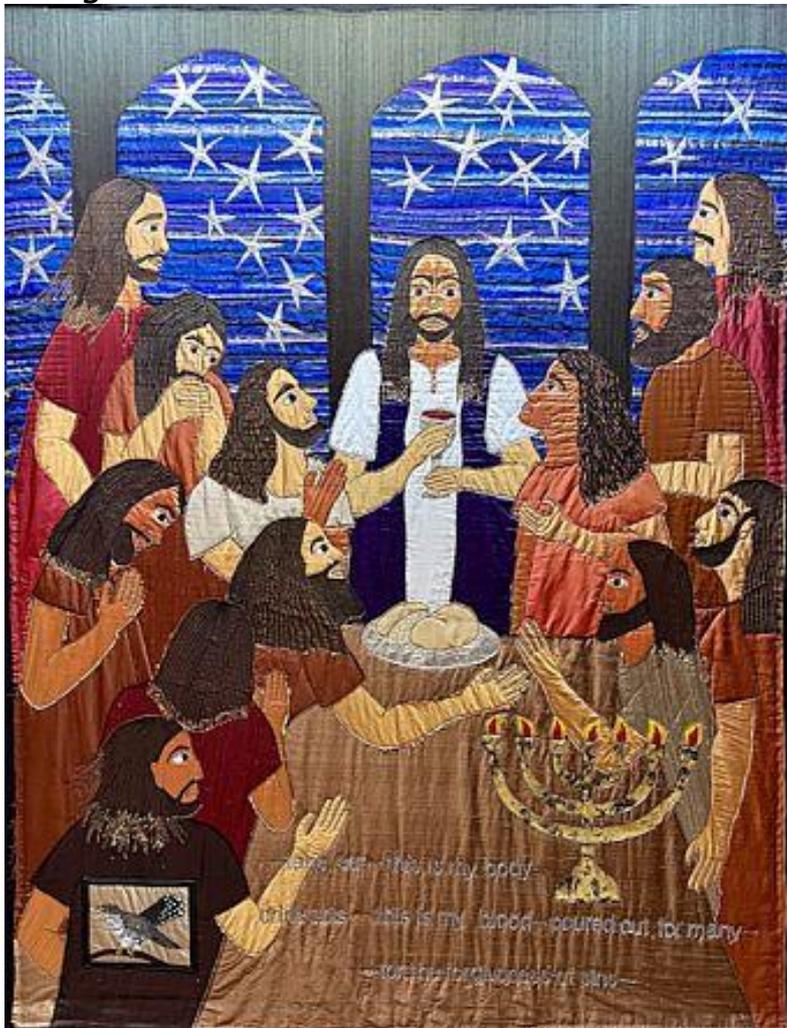
The text is that which accompanied the textiles

Threads Through the Cross, a nationally acclaimed textile exhibition by Jacqui Parkinson, was held at Guildford Cathedral between 24th September and 3rd November 2025.

The cathedral states it is: "Offering visitors an immersive journey through the life, death, and the resurrection of Jesus".

The artwork is a series of intricately stitched panels exploring key moments from the birth of Jesus to Pentecost.

Through rich textures, layered fabrics, and a wide range of embroidery techniques, the artist brings to life a deeply moving narrative that resonates with people of all backgrounds.



While they were eating, Jesus took bread and when He had given thanks, He broke it and gave it to his disciples, saying, 'Take and eat; this is my body.'

Then He took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. (Matthew 26:26-28)

Jesus knew this was his last meal on earth before his death and yet he didn't reminisce on his past life, or give a farewell speech, but he broke bread and poured wine. Bread as a symbol of his body which was going to be broken in crucifixion the next day - wine as a symbol of his blood which was going to pour out of his body as

the spear entered his side.

The meal established the new covenant, the promise of God to all men and women, that they can be forgiven for wrongs done and start again with Jesus.

There are no words

Words from two psalms which show God's care for Jesus, and for his mother Mary and for all who grieve.

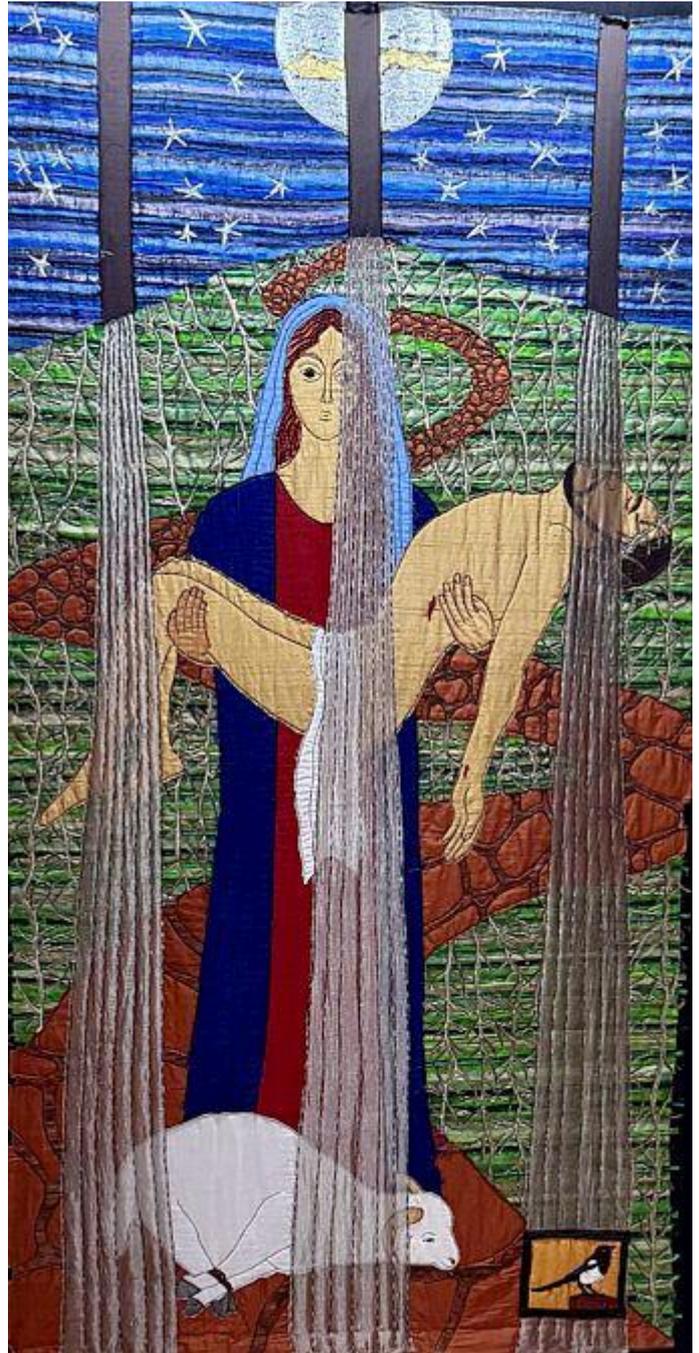
For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help (Psalm 22:24)

... even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. (Psalm 139:12)

Having seen her son crucified, Mary grieves. Just imagine her feelings.

Although we have no record of Mary holding the dead body of Jesus, many artists have depicted her cradling him after his descent from the cross. This image is called a Pietà, which means deepest sorrow.

As Mary held the baby Jesus, she now holds his lifeless body. Mary loved Jesus from birth to death. Now she experiences, as Simeon had predicted many years before, the sword of grief that pierces her own soul. (Luke 2:35)



All of us who grieve the death of someone we love, who perhaps mourn the loss of a child, share with Mary the deepest sorrow.

Events



CHRISTIANITY|EXPLORED

Jesus. Who? Why? So What?

**Curious? Sceptical? or want to know more about
Christianity and the man who changed history?**

**Why not try Christianity Explored? A free 7-week
course looking into life's big questions the man who
claimed to be God and how this changed the world.**

Start:

Mon 2nd March,

Finish:

Mon 20th April

6:30pm – 8pm

Venue: TBC

To sign up or for more info contact:

office.gbchurch@gmail.com

Bringing the Community Together



Woolly Blessings- Knitting, Crochet And Chat!

Godalming Baptist Church

Thursday 15th January

Thursday 29th January

Thursday 12th February

Thursday 26th February

Thursday 12th March

Thursday 26th March

Thursday 23rd April

Thursday 7th May

Thursday 21st May

Thursday 4th June

10 til 12 noon-£1 appreciated

Coffee/ Tea served and learn or why
not pass on your expertise to a new friend while
having fun. Bring your own wool. For further
information call Michele on 07525 164409



**GODALMING BAPTIST CHURCH
FRIENDSHIP LUNCH AND COMMUNITY COACH OUTING
TO PETWORTH AND PARHAM HOUSE AND GARDENS
ON THURSDAY 30th APRIL 2026**



A day out to visit one of the country's finest Elizabethan Houses and gardens at Parham, with a coffee stop enroute at Petworth.

We will assemble at the church at 9.45am for departure at 10.00am. We will travel the short distance via Chiddingfold to Petworth. We will stop in Petworth town centre car park (next to the toilets) where we will be free to explore the town centre which has numerous cafes and pubs. You may even have time to visit the shops and church.

We will leave Petworth at 12.15pm for the short journey on to Parham House, arriving at approx. 12.45pm. On arrival, we have lunch booked in the Big Kitchen at 1.00pm which is included within the outing.

Lunch will be a set Menu comprising homemade ham hock quiche, served with coleslaw and new potato salad, garnished with a rocket and tomato salad. There will also be homemade cake of the day, served with tea/coffee and sparkling elderflower. If you have any special dietary requirements, please advise us on booking.

After lunch we will then be free to explore the house and gardens. The gardens are open all afternoon with unlimited access. The house opens at 2.00pm and we have included for unguided admission to the house. Please note, there is limited disabled access to the house, as there are stairs to all floors. There is no lift in the house. The gardens are for the most part flat, but there are a few steps and uneven paths. Please contact us if you require full access details.



There is a Mower Shed cafe in the gardens with limited indoor seating where we will be able to get afternoon tea and cakes. There are also toilets and a gift shop. Please note that Parham is a cashless site.

We will depart Parham House at 5.00pm, returning via Petworth and Chiddingfold, arriving back at the church between 6.00 and 6.30pm.

This coach outing will be subsidised by a generous donation from the Denningberg Centre, so we will be charging a reduced cost of £25.00 per person. This will include the coach, lunch, and unguided admission to the house and gardens. So everything is included, apart from your morning coffee in Petworth, and afternoon tea in the Mower Shed cafe.

Contact Church Reception for a booking form - 01483 414544
Or Peter and Christine Knottley - Mobile 07956 502688
Or Sally Pollard - 01483 428646 Mobile 07976 276753

Prayers

These prayers are based on Galatians 5: 22-23. Prayers do not need to be long or complicated. Use these through the week to inspire you to draw near to God.

Love

Father, we thank you that you are love and that your love abounds towards me. Teach me to accept your love and allow it to guide me through my daily life. As I experience your love help me to love others as you have loved me. May my love for others witness to you and your love shown to me in Jesus. Amen

Joy and peace

In a world where there is always news of conflict and joy a rare commodity Please help me to find your joy and peace in my everyday life. To appreciate every good gift that you give and be thankful. Where I can please show me how I can bring your peace and joy into every situation and circumstance of life. Amen

Forbearance

Forgive me Father where I am impatient and judgmental. Help me to appreciate your forbearance with me as you have not been quick to condemn but have shown me your patience and forgiveness time after time. I want to let your Holy Spirit rule and reign in my life so that I am patient and forgiving even to those that I find most challenging and difficult. Amen

Kindness and goodness

Father help me to do to others as I would have them do to me. As I am challenged by my circumstances remind me of how good and kind you have been to me unconditionally. May I then show the kindness and goodness you have shown me to others. Amen

Faithfulness

Faithful one, so unchanging, ageless one you are my rock of peace. While the winds of change blow through my life you are eternal God, as it was in the beginning, is now and will be forevermore. You are the anchor for my life and my hope is in you. May that faithfulness be reflected in my life to all that I come into contact with. Amen

Gentleness

When I am tempted to assert myself and enforce my opinion may I reflect on your gentleness and love for me. Teach me the way of gentleness, preferring others and putting them first. Show me the strength there is in gentleness and how I can show this in every circumstance of life. Amen

Self control

My nature is to let my emotions rule my life. I am aware that this lack of control can be offensive and hurtful to others. Forgive me Father where this has been the case. Help me by the work of your Holy Spirit in me to learn self control, to hold my emotions in check, to think before I act.

May this be to your praise and glory. Amen

A daily prayer

Thank you Father for bringing me into a new day. Thank you that you have gone before me and prepared the way. Not just a bit of it but all of it. Thank you for all that I take for granted in the way my home works, for food on my table and provision for the day. Thank you for the joy of salvation and the blessing of your word. Thank you for your divine will, may I discover your will for me today and see it fulfilled. For today, help me, God, to remember that my life is a gift, that my health is a blessing, that this new day is filled with awesome potential, that I have the capacity to bring something wholly new and unique and good into this world. For today, help me, God, to remember to be kind and patient to the people who love me, and to those who work with me too. Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul. For today, help me, God, to remember You. Let this be a good day, God, full of joy and love. Amen



'David' Codeword

The rows in this Codeword contain what God thinks of David and people in David's life from his great grandparents to Solomon and Bathsheba. In general the columns do not make words but there are nine words in the columns which express what David thinks of God as recorded at the beginning of the Psalm in 2 Samuel 22. I have given you the letters to make ABSOLAM and the SO there when you have put all those letters in the grid should show you where SOLOMON is and the OL should show where GOLIATH is, and that with the TH indicates where his great grandmother is and BATHSHEBA are as well. Then you can work out the rest - if you get stuck you can look up the Psalm and a list of all the people is on page 43. Enjoy. Many thanks, Eric

| | | | | | | | | | | | | | | | | | | |
|----|----|--------|--------|---------|--------|--------|--------|---------|----|----|----|----|----|----|----|----|----|----|
| 2 | 14 | 2 | 8 | 2 | 22 | 3 | 17 | 6 | 14 | 24 | 4 | 9 | 8 | 12 | 17 | 2 | 6 | 3 |
| | | 2 A | 7 B | 21 S | 4 O | 5 L | 2 A | 14 M | | 18 | 6 | 20 | 2 | 12 | 13 | | | |
| | | | | | 6 | | | | 7 | 2 | 3 | 12 | 21 | 12 | 17 | 7 | 2 | |
| | | | | | 3 | | 9 | 20 | 3 | 11 | 12 | 4 | 22 | 17 | 8 | 13 | 4 | 6 |
| 6 | | 6 | | | 6 | 18 | 3 | 12 | | | 24 | 1 | 4 | 5 | 20 | 2 | 3 | 12 |
| 4 | 7 | 17 | 13 | | 17 | | | 21 | | | 4 | | 21 | | 23 | | | |
| 11 | | 22 | | | 21 | | 21 | 2 | 18 | 5 | 22 | | 3 | 15 | 17 | 21 | 21 | 17 |
| 10 | | 18 | 21 | | 21 | | | 23 | | | 16 | | 6 | | 6 | | | |
| | | 1 | 2 | 7 | 20 | 1 | 2 | 20 | 5 | | 6 | | 4 | | 17 | | | |
| | | 17 | 5 | 20 | 2 | 7 | | 4 | | | 2 | 7 | 8 | 17 | 6 | | 21 | |
| 21 | | | 23 | | 21 | 2 | 14 | 18 | 17 | 5 | 20 | | 1 | | | | | 3 |
| 12 | 7 | 4 | 2 | 19 | | | | 6 | | | 21 | | 12 | | | | | 6 |
| 20 | 8 | 2 | 3 | 12 | 2 | 8 | | | | | 17 | 15 | 4 | 2 | 7 | | 17 | |
| 17 | 16 | 12 | 20 | 7 | 4 | 21 | 12 | 17 | 3 | 12 | 21 | 4 | 5 | 4 | 14 | 4 | 8 | |
| 5 | | | 4 | | | | | | 2 | 7 | 20 | 8 | 2 | 13 | 2 | 7 | | 1 |
| 13 | 15 | 4 | 8 | 2 | 3 | 12 | 2 | 8 | | | | | | | | | | 3 |

| | | | | | | | | | | | | |
|---------|--------|----|--------|--------|----|--------|---------|----|----|----|----|----|
| 1 | 2 A | 3 | 4 O | 5 L | 6 | 7 B | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 M | 15 | 16 | 17 | 18 | 19 | 20 | 21 S | 22 | 23 | 24 | Q | X |



Entertaining Angels - Living well with Autism as a family, in society and in church

By Cavan Wood

Autism not only affects the autistic person, but also everyone within their community. Families with an autistic child can face a long and often bewildering journey from the moment they notice the first possible signs.

As the father of an autistic child himself, Cavan Wood combines real-life stories with clear information to help parents better understand autism and support their child through diagnosis and the social contexts they will encounter through life.

Entertaining Angels also shows how schools, workplaces and churches can become friendlier places for autistic people.

Recognising that all people are made in the image of God, Cavan Wood offers practical tips on creating inclusive and transformative communities where all are valued and welcomed.

My Brother is autistic

By Jennifer Moore-Mallinos

Having a brother with autism can sometimes be hard, especially when he freaks out with other children at school. It can be so embarrassing!

Maybe if the kids knew more about autism they'd stop teasing and making fun of Billy and be nice.

This book describes some of the realities that children with autism and their brothers and sisters experience every day. It encourages all children to learn patience, understanding and tolerance when dealing with an autistic friend.

The Highway Code For Retirement

By David Winter

Are you retired or about to be? Whether this seems an exciting or daunting prospect, this uplifting, positive and practical guide - written by someone who has retired more than once - will help you in this transitional time.

David Winter will show you that retirement can be a positive and exciting new chapter in your life. Looking at issues such as planning for retirement, facing life without work and without other people involved. David offers practical wisdom and real-life case studies to prepare you financially, emotionally and spiritually for this new stage of life. His honest, accessible style will help you answer some of the big questions and plan your retirement in a way that suits you.

Godalming Baptist Church library has a vast selection of books covering various life issues e.g. Bereavement, Dementia, Addictions, Autism, Depression, Self-Harm etc. There are also books on encouragement and guidance in life's journey.

Open Sunday mornings after 11:30am or weekdays during term time between 9:00 and 12:00 (subject to bookings)

Connect Diary

Monday March 9 *Book Review* at Stuart Court led by Carole

Monday March 23 *Walk* led by Louise

Thursday April 9 *Evening Meal* at Wetherspoons organised by Mandy

Monday April 13 *Celebration of Tulips* at RHS Wisley

Monday April 27 *Bluebell walk*

QUIZ

1 - Earl Grey is flavoured with oil from the skin of which fruit?

.....

2 - Which piece of snooker equipment shares its name with that of an animal?

.....

3 - La Manche is the French name of which body of water?

.....

4 - Which island nation has Sinhalese and Tamil as its two official languages?

.....

5 - In Maine, it is illegal to buy or sell motor vehicles on Sundays, except for which specific type?

6 - What informal name is given to the Sunday before Advent, when it is tradition to make the Christmas pudding?

7 - Christopher Columbus discovered which Caribbean island nation on 3rd November 1493, and named it to reflect the fact that day was a Sunday?

.....

8 - The first documented mention of people playing which sport came in a 1611 news report of two men being fined 12 pence each for failing to attend church on Easter Sunday because they were playing it?

.....

9 - What was the Manhattan public area known as 'Longacre Square' renamed to in 1904?

10 - Persil is the French word for which herb?

.....

11 - The Barbara Hepworth Museum and a branch of The Tate Gallery are both located in which British town?

12 - Originating in an 1874 Harper's Weekly cartoon, which animal is used as a symbol of the American Republican Party?

13 - In which country of the Americas is the Atacama Desert located?

14 - In which area of the City of Westminster is the National Gallery situated?

15 - As opposed to the two, that the heart has, how many ventricles does the human brain have?

16 - Despite being a vegetarian , which animal has the largest mouth of any land animal, and second in the whole of the animal kingdom only to Whales?

17 - What are the six possible murder weapons in Cluedo?

18 - Who was elected President of France in June 1969, replacing Charles De Gaulle?

19 - After Zurich, what is the second-most populous city in Switzerland?

20 - Cytology is the scientific study of what?

For answers see page 43

Recipes

Poulet roti au vin rouge

Ingredients

150ml red wine
100g tomato paste
3 sprigs thyme
3 sprigs marjoram
100ml red wine vinegar
1.5kg chicken either whole jointed or selected joints
Salt and ground black pepper
500g baby potatoes, alternative butter beans or chickpeas.
3 onions peeled and quartered
6 carrots peeled and cut into quarters lengthways



Method

Mix red wine, tomato paste, herbs and red wine vinegar. Season chicken and marinate minimum 30 mins best overnight in the fridge. Pre heat oven to 200 C. Pre cook potatoes and carrots. Put vegetables with chicken on top in a baking tray with 125ml of water. Add any remaining marinade and cover with foil. Bake for 30 mins then remove the foil and baste the chicken. Roast for 15 mins and serve.

Kaiserschmarren

Pilla spent 6 months working in Austria and brought back this memory.

¼lb flour
½ pint milk
2 eggs separated
1oz castor sugar
2oz butter
1oz raisins rum soaked is best.

Mix flour and milk. Add sugar and 2 egg yolks and a pinch of salt, then the stiffly whisked egg whites. Fry butter or margarine, sprinkle in the raisins and when set turn and then break it up and sprinkle with cinnamon sugar.



Thoughts

Some Quotes To Ponder On

Find a life worth enjoying; take risks; love deeply; have no regrets; and always, always have rebellious hope - Dame Deborah James

God goes where He is wanted and sends where He is needed - Sunday Sermon GBC

I avoid looking forward or backward, and try to keep looking upward - Charlotte Bronte

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less - Marie Curie

Live as if you were to die tomorrow. Learn as if you were to live forever - Mahatma Gandhi

It is so important to keep going, keep smiling, and keep hoping - Dame Vera Lynn

Do all the good you can
By all the means you can
In all the ways you can
At all the times you can
To all the people you can
As long as ever you can
John Wesley

He said, 'I long to take your load, I want to bear your burdens too, as you walk along life's road. But this you must remember, this one thing you must know, I cannot take your burden until you let it go' - Corrie Ten Boom

Reflection on Psalm 23



Most people read Psalm 23 and picture a quiet religious moment.

But a shepherd reads it like a field manual. When David wrote, "You anoint my head with oil," he wasn't being poetic. He was being practical.

In the ancient world, sheep were constantly attacked by tiny enemies. Flies that laid eggs in their noses. Parasites that crawled into their ears. Infections that started small and ended with madness, injury, or death.

A sheep under attack would panic.

Rub its head against rocks.

Injure itself trying to escape what it couldn't see.

So the shepherd would do something intimate

and intentional.

He would take oil.

He would place his hands on the sheep's head.

He would cover the vulnerable places.

The nose.

The ears.

The eyes.

Every opening where harm could enter.

That oil didn't make the sheep stronger. It made the sheep protected.

When the oil was present, the flies stayed away.

The irritation stopped.

The restlessness calmed.

Peace returned.

David wasn't saying, "God makes me impressive." He was saying, "God keeps me safe."

This wasn't about appearance. It was about covering.

The anointing wasn't a spotlight.

It was a shield.

God's anointing is not always loud.

Sometimes it's silent prevention.

The battle you never had.

The attack that never landed.

The breakdown that never happened.

The chaos that never reached your mind.

Some of the greatest evidence of God's presence in your life is not what you survived, but what never touched you.
The shepherd anointed the head because that's where direction lives.
That's where decisions form.
That's where fear begins.
And God says, "Let Me cover that."
You're not crazy.
You're not weak.
You're not failing.
You might just need fresh oil.
Because when the Shepherd anoints you, the enemy doesn't need to be defeated.
He just needs to stay away.
"You anoint my head with oil; my cup runs over."
Not because life is easy.
But because I am covered."

Paul Getter



*Ladies
Breakfast*

Come and enjoy a continental breakfast (cost £3 per person),
a time of worship and an encouraging and uplifting message
from our Speaker, Sarah Shelley, from Binscombe Church

Saturday 21st March 2026 9-11am

Godalming Baptist Church, Queen Street, Godalming GU7 1BA

Please contact Sally Pollard to book a place
by Sunday 15th March with your payment
Tel-01483-428646 or e-mail pollard3@hotmail.co.uk

All Welcome!

 GODALMING
BAPTIST CHURCH

What emotions have I felt most often this week?



Have I shared my feelings or prayed about what is on my mind?



Have I allowed myself rest and a break from life's busyness?



Have I moved and stretched my body?

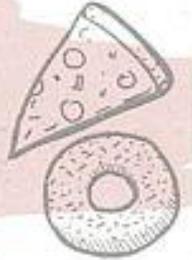


Have I made space to practice self-care?



A weekly WELLBEING CHECK-IN

Have I eaten foods that are good for me?



What small victories or moments can I celebrate?



As we step into a new year, take time to prioritise your wellbeing. Life gets busy, but YOU matter. Here's a weekly check-in to help you get off to a positive start...

Where might God be at work in my life, even in ways I don't yet understand?



When have I sensed God's presence or experienced his peace?



What thoughts or worries are taking up most of my headspace?



Am I getting enough sleep?



Have I spent time outside in fresh air and nature?



Have I spent time with people I love?



Quiz Answers

- 1 - Bergamot Orange
 - 2 - Spider
 - 3 - The English Channel
 - 4 - Sri Lanka
 - 5 - Motor Homes
 - 6 - Stir-Up Sunday
 - 7 - Dominica (Latin for Sunday)
 - 8 - Cricket
 - 9 - Times Square
 - 10 - Parsley
 - 11 - St Ives
 - 12 - Elephant
 - 13 - Chile
 - 14 - Trafalgar Square
 - 15 - 4
 - 16 - Hippopotamus
 - 17 - Candlestick, Spanner, Dagger, Lead Piping, Rope, Revolver
 - 18 - Georges Pompidou
 - 19 - Geneva
 - 20 - Cells
-

List of names for 'David' Codeword

| | | | |
|------------------|-----------------|-----------------------|---------------------|
| ABIGAIL | ABINIDAB | ABNER | ABSOLAM |
| BATHSHEBA | BOAZ | ELIAB | GOLIATH |
| JESSE | JOAB | JONATHAN | METHIBOSHETH |
| MICHAL | OBED | RUTH | SOLOMON |
| URIAH | UZZAH | WITCH OF ENDOR | |



You are warmly invited to join us for Sunday Services at 10:00am
Our morning services are recorded and videoed and are available to watch live or on
YouTube later

<https://www.youtube.com/channel/UCCwMJcsPAKXKSImP7sfTfCg>

**For confidential pastoral support please contact:
Revd. Peter Jackson - peterandchris@ntlworld.com
07846 252138**

**Pastor Jack Curtis - jackscurtis@hotmail.com
07809 443577**

or

**Sally Pollard, Pastoral Worker - pollard3@hotmail.co.uk
01483 428646 or 07976 276753**

**Queen Street, Godalming GU7 1BA
<https://www.godalmingbaptistchurch.org.uk>
Church Office: 01483 422105**