

# The Mag

The monthly magazine from Adeyfield Free Church



in September

2024

*Bread*

## **From the Editor.....**

No matter where we go in the world, we will find bread being eaten. It is a basic staple food which has been part of the human diet for thousands of years and continues to be found in every kind of habitation. Different countries have their own take on bread and since we have been able to communicate much more freely and easily, we have access to so many kinds of bread... we are spoiled.

So, what is your favourite? I so love bread I have to ration myself or I would have it at every meal and in between. White bread is great with tuna mayo, seeded bread is lovely toasted with butter and marmalade. Soda bread is delicious with pate and French bread with cheese and pickle. Flat breads go so well with curries. And bread sticks are a favourite of our Little Fish children.

When you are really hungry a hunk of bread with some butter is so satisfying and comforting. Jesus knew the importance of bread in our diet as the basic food that will sustain and encourage life. He said 'I AM the bread of life. Whoever feeds on me will not be hungry.' He used bread to help us understand that His broken body is the sacrifice we need to grasp hold of for eternal life that starts here and now.

In Norfolk, in the little town of Burnham Market there was [and I hope still is] a wonderful baker's shop. When we first began visiting the area in the 1960's, the baker would work through most of the night and the shelves would be filled with so many different kinds of fresh bread every morning. When I last visited it was his grandson who was doing exactly the same thing and training up the next generation to follow on. We would make a priority of driving back through the town every day from wherever we had been in order to try yet another kind of bread with our supper. What a treat.

Bread is a treat. And Jesus the Bread of Life is the best treat we could ever be given.



***Bread of Heaven, Bread of Heaven,  
feed me now and evermore***

# Dad's Favourite Sandwich

My Dad loved his food..... how unfair that I physically take after him and not my size 10 Mum!!!!

Here is the recipe for one of his most favourite sandwiches. He called it 'French Crab'. Mum allowed him to make the filling, we all got a warning before we bit into them. Mum would calm them down a bit when she made them, which you can also do if you like.

**The amounts depend entirely on how thick you like your sandwiches.  
Be frugal with the hot ingredients at first until you are  
acclimatised!!!!**

Extra mature cheddar cheese, grated finely  
English mustard  
Horseradish cream  
Malt vinegar  
White Bread  
Butter  
Cucumber  
Tomato

Put the grated cheese into a bowl  
Add a little of the mustard, horseradish cream and vinegar  
Stir until you have created a stiff paste  
Taste  
If you are brave add more mustard and horseradish.  
Stir again and add more vinegar a drop at a time until the paste is stiff but spreadable  
Butter the bread  
Make the sandwiches  
Serve with a garnish of cucumber and tomato

This is the only thing I have ever eaten that, when Dad made them, they caused my eyeballs to sweat!!!!!!!

I once made them, calmed down, for a church bring-and-share and they went down very well.

*Jesus said 'I am the living bread, whoever believes in me will never hunger.'*

When you pray .....



Pray, colour, meditate, enjoy.

29<sup>th</sup> September is our **harvest thanksgiving service**. We will be collecting money and items for Life Care and Hope ministries supporting children in Uganda with basic life needs.

# God Answers Prayer

Over many years of praying together and individually at home for issues that we face together as a church, we have come to experience the gift and grace of God as He has answered prayer.

For the past few years, since moving to our new place and coming through the covid years, we have prayed that God would send families and individuals to join us as we worship and serve Him and the community. And guess what; He is doing just that. We are seeing lovely families and individuals increasing our numbers, on Sundays and in some of our groups that have answered God's call to serve at other times.

The knock-on effect of those answered prayers is that we now need to pray again. And the answers could come from within the church at AFC. As more children and young people join us, we know that our already stretched Youth and Children's team need more helpers on Sundays. The more people who volunteer, the smaller number of Sundays they will be required and the more they will see our youth and children come closer to God.

## IS GOD SPEAKING TO YOU?

Our music team works diligently every week to accompany the sung worship on Sundays but the numbers are small. It only takes one of them to be away and the rest of the team are very stretched. That is not to say that the congregation depend wholly upon them. Everyone sings with passion as we worship, but having more members in the music team will increase the kinds of songs we can use. Worshippers who play instruments and who sing are all needed.

## IS GOD SPEAKING TO YOU?

Beth is our Youth and Children's Team Co-ordinator. Brian is our Music Co-ordinator. Speak to them if you are offering your service.

THANK YOU.



*There is a saying that if something is our bread and butter it is the essential that supports us.*

## Senior Pals

'Senior Pals' is a friendly group of seniors who meet on Tuesdays from 10am until 11.45am in 'Meet & Eat'.

Usually, our meetings consist of a cup of tea or coffee, a biscuit, a chat and a quiz. However on Tuesday 13<sup>th</sup> August, Yvonne Davis arranged for a group called 'Dance Re:Ignite' to come and entertain us. This took the form of a performance and a workshop.



The dancers, who were mainly older ladies

themselves, performed a piece they had devised called 'Small Joys'. In an imaginary cafe, they celebrated the little things in life that bring joy, moments each day that make one smile. Through visual art and dance, they explored these small joys and used them to create images and movement.

The dance performance was followed by a workshop where we were invited to share the little things in life that bring us joy.



The Dance Re:Ignite project is funded by Arts Council England so was free for us.

All of us Senior Pals enjoyed it enormously and are grateful to Yvonne for arranging it for us.

Why not pop along and join us one Tuesday.

*Brian Jackson*



## **Fresh, Warm Bread.**

When you read the title of this piece, did it make your mouth water? Different countries have different ways of enjoying their bread. I learned this back in 1966 when I was with our school choir and orchestra touring Germany. In some of the places we performed we stayed in Youth Hostels and in other places we were billeted with families. Our last place was a lovely little village quite close to the Schwarzwald called Bernbach.

It was the kind of village that seemed to have been there for hundreds of years with families that could trace their ancestors back to the Middle Ages. As we approached the village in our coaches, we passed by fields that had just been harvested and the wheat had been stooked in the way we see in period dramas. There was an allotment close to the village and each patch was meticulously tended and hedged with border flowers.

Most of the families had at least one person who worked in the village and many were related in some way. My friend and I stayed with the village butcher who proudly took us to the garage to show us the pig they were fattening up for the winter.

Breakfast usually consisted of leftovers from the supper on the previous evening accompanied by hot coffee or chocolate and bread with jam.

On one particular morning my friend and I came down to the kitchen to be confronted by a very apologetic Frau Seikel. In very slow German so that I could understand and translate for my friend she explained that she was so sorry to have spoiled our breakfast. She had inadvertently run out of bread the evening before and had just had to go to her cousin who was the baker. It was awful but we would have to have fresh warm bread for breakfast. Normally the bread would stand for at least three days to firm it up. We were ecstatic as we had been eating stale, or hardened black bread for 8 days. She could not understand that in England fresh bread was such a treat.



## **A recent article in Synod News.....**

The horrifying killings of innocent children in Southport left everyone shocked. In Luton, we shared our collective shock, grief and pain with the nation.

Prof Zafar Khan, Chair, Luton Council of Faiths said: “We are deeply saddened, and horrified at such a heartbreaking incident. We cannot even imagine the pain and suffering the families must be going through. Luton’s faith communities and those of different or no beliefs, send them our heartfelt condolences, sympathies, prayers and solidarity.”



Mr Maqsood Anwar & Revd David Kesterton (and many others) are sharing a 1-minute video of solidarity. You too can share a solidarity video with someone of a different background, and upload on #weareluton. Let's make peace & harmony viral.

However, it has been even more upsetting to watch the civil unrest, the riots and the deplorable violent events in cities and towns across the UK targeting minority communities and the police. Far-right extremists have hijacked the tragedy of Southport from a grieving community for their own hateful racist and Islamophobic agenda.

The Church leaders and different faith communities in England and Wales have joined in strongly condemning these far-right and anti-immigrant riots. The Archbishop of Canterbury has warned Christians not to be part of any far-right groups, and has criticised the use of Christian imagery in the riots as “an offence to our faith”.

# Mag Wordsearch

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BAGUETTE-BAKE-BLOOMER-BRIOCHE-BROWN-  
 BURGER BUN-COB-COTTAGE LOAF-CRUNCHY-  
 CRUST-FINGER ROLL-FLATBREAD-FLOUR-MILK  
 LOAF-PUMPERNICKEL-RISE-SALT-SANDWICH-  
 SEEDED-SODA BREAD-SOFT-TIN-WATER-WHITE-  
 WHOLEMEAL-YEAST



**It's time to be collecting items for shoeboxes that will go to children around the world who will not have a Christmas gift. These gifts tell them that they are loved and not forgotten.**

# Counselling at AFC

[counselling@adeyfieldfree.org.uk](mailto:counselling@adeyfieldfree.org.uk)

07960 431 274

August 2024

Counselling at AFC has been up and running for about two and a half years, there are three counsellor's seeing clients. All are fully qualified and have long term experience and have specialties in different areas.

We offer up to 12 sessions that would be on the same time & day. Each session lasts 50minutes and is at an affordable rate between £20-£40.

We need help to get ourselves known to the Hemel Hempstead community. If there is any opportunity to give someone our postcard, which has all the relevant information on, please take a few from reception or ask me if you'd like a bundle.

Please pray for our growth and work. This is a part of our church's outreach.

*Sue Grimsdale*



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## Contacts

Editor .... [pamramannison@gmail.com](mailto:pamramannison@gmail.com)

Church Office ..... [admin@adeyfieldfree.org.uk](mailto:admin@adeyfieldfree.org.uk)

Our Autumn theme for  
Sundays will begin on  
**8<sup>th</sup> September**  
as we look at the  
**'I AM'**  
statements  
of Jesus.

DID YOU KNOW..... the bread we use in  
communion is all gluten free and the  
wine is non-alcoholic so no-one will be  
excluded.

