

focus



Furrough Cross
United Reformed Church

February/March 2024

Just before the end
of the year we
heard the great
news that we had
gained the
Eco Church Bronze
Award – see p13



Website: furroughcross.org **Find us on Facebook:** [furroughcross](https://www.facebook.com/furroughcross)

Minister: Rev. Heather Cadoux (01803) 310156

e-mail: revheathercadoux@gmail.com

Church Secretary: Vacant

Church Treasurer: Mrs Jenny Marshall

Hall Steward: Mrs Ann Close (for hall bookings only)

(01803) 324080

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Messy Church Leader: Miss Shirley Leaman

REGULAR CHURCH ACTIVITIES

Sunday Services: Every Sunday at 10.30 am. Communion on the 1st Sunday of each month.

Midweek Worship: Wednesdays at 2.30 pm.

Messy Church: 2nd Friday of each month 4 to 6 pm.

Friday Coffee: Every Friday 10.00 - 12.00.

First Friday Film: 1st Friday of each month 2.00pm.

Bereavement and Friendship Group: 4th Thursday of each month, 10.30 am - 12.00 pm.

Opinions and views expressed in this magazine may be personal and not necessarily accord with those of the Minister and Elders of Furrough Cross United Reformed Church. Care is taken over the accuracy of the information presented but the Church and Elders cannot accept responsibility for any errors or omissions. The Editor reserves the right to edit or omit material submitted.

EDITORIAL

Roy Cadoux



Since the last issue of FOCUS we've had a lovely Advent, Christmas and Epiphany at Furrough Cross. The camels and the donkey came out of their shed into church; Heather led all the Sunday services through Advent, developing the themes of love, joy, hope and peace; we had an amazing Wednesday Worship Christmas Special service; Pre-School presented their nativity in the church; and Messy Church celebrated with Christingles in December and marked Epiphany in January.

It was also very special to see and hear the Archbishop of Canterbury on his visit to Torquay, as he led us on a short prayer walk around the harbour, and to be at the English Riviera Centre which was almost filled to capacity when well-known evangelist Canon J John and singer Lucy Grimble came to the Torbay United Christmas celebration.

In January our church hosted the Christians Together in Torquay service for the Week of Prayer for Christian Unity, on the night of Storm Isha.

We've had quite a mixture of wet and windy weather and freezing cold days and nights. But however difficult winter has been for us, we know that times are so much harder for so many others. Now we can see early signs that spring is on its way, and we continue to pray for all who are in difficult situations or suffering in any way.

I do occasionally make typing errors, but the following typos were thankfully not mine!

- Before Miss Jenkinson concluded the concert by singing "I'll Walk Beside You", she was prevented with a bouquet of red roses.
- As maintenance of the churchyard is becoming difficult and expensive, it will be appreciated if parishioners will cut the grass around their own graves.

The deadline for items for the next issue is 15th March.

Roy Cadoux



FROM THE MINISTER *Rev Heather Cadoux*

Dear Friends,

Spring is on its way. On 21st January as I made my way to church, I noticed the first snowdrop just beginning to open in the manse garden. Snowdrops are one of my favourite flowers. One birthday, one of my Godmothers gave me a book of poems and rhymes about flowers, Cecily Mary Baker's book "The Flower Faries of the Spring". Each poem was accompanied by a picture of the fairy with the flower their song was about. The first song in the book was the Song of the Snowdrop Fairy:

*Deep sleeps the winter,
Cold, wet, and grey;
Surely all the world is dead;
Spring is far away.
Wait! The world shall waken;
It is not dead, for lo,
The fair maids of February
Stand in the snow!*



As my birthday is in February, I fell in love with both the poem and the flower. I always look for the first snowdrop – which usually raises its head in February. My mother-in-law's birthday was also in February and she loved snowdrops too, and she would give me a small bunch from the garden if they were in full bloom on my birthday. Often there was snow when the snowdrops were out – at least until we moved down to the south coast, where the Gulfstream means less likelihood of snow by the coast.

I don't know about you, but I don't make new year's resolutions. Instead, I tend to wait until February, to think about changes I want to make. I reflect on where I am personally and spiritually. Am I where I should be, or are there things that need to change? I see it as an opportunity to realign myself; to seek God in a deeper way and to allow the Holy Spirit

to melt me and mould me, so that little by little I become more like Jesus. Even though it will take more than my lifetime for that to happen.

Like those words in the poem, when all seems cold and grey there is light. Christ is our light, and it's that light our world needs, especially in the dark places.

There are times too when we need to remind ourselves that God is with us in the dark places and, no matter what, God will be there beside us.

John's Gospel uses the imagery of light and darkness. Darkness is seen as when God is absent, and light is when God is present or has come. The verses in John 1 from what has come to be known as the Prologue, that we hear during carol services, speak of light coming to the world, both when the world was created and when Jesus came into the world.

Nicodemus comes to see Jesus under the cover of darkness in John 3 and then he discovers the light in God's only Son.

When Mary is at the tomb, consumed by grief and finding herself in darkness, she mistakes Jesus for the gardener. It is only when Jesus speaks light into her darkness, calling her by name, that she recognises his voice – only one person speaks her name like that. There are times when we need others to speak words that lead us to the light when we can't find that light for ourselves.

I know from the many conversations I've had over the years that sometimes we speak words that shine the light of Christ into another's life. Recently I had a conversation with a catholic lady who said to me. "I have faith but I'm afraid of the future". I reminded her that Jesus was with her always and would be right beside her whatever the future held, and that as Jesus was with her there was no need to fear. I'm pleased to say that following our conversation and a prayer she told me that she was feeling much more at peace.

Perhaps you might like to review where you are in your walk of faith, to remind yourself that God is with you, or to ask God to show you where his light needs to be shone, so that others can be reminded of the light of Christ or find that light for the first time for themselves. You might like to use the month that your birthday is in to do that. However, we are about to enter Lent and if your birthday is not for a few months, then perhaps the beginning of Lent would be a good time to do that.

Lent this year begins in February with Shrove Tuesday on the 13th, with Easter Day on the 31st March. On Maundy Thursday from 6pm there will be a light supper in the church followed by a short service as we remember together how Jesus shared the Passover meal with his friends.

With love to you all

Heather

Fairtrade

At the November Church meeting the decision was taken that only fairly traded tea and coffee would be served at Furrough Cross. If you happen to purchase tea or coffee for the church, please make sure that it is Fairtrade.

Most of the supermarkets sell tea and coffee that bear the Fairtrade mark. In the Co-op and Marks & Spencer, all their own brand tea and coffee are Fairtrade.

Recently I read that the most well-known and trusted trademark is the Fairtrade mark. This year celebrates the 30th anniversary of the Fairtrade movement. Usually, Fairtrade Fortnight falls in February and March. However, to be able to arrange events and activities to celebrate this milestone, from this year onwards Fairtrade Fortnight will move to early in September. This year's dates are 9th - 22nd September. We'll keep you posted about any activities that we can be involved in in due course.

Maundy Thursday Supper service

On Thursday 28th March at 6pm there will be a light supper followed by communion. In early March there will be a sign-up sheet on the side table, so we know how many to cater for. Everyone is welcome to join us on this special evening.

Messy Church

Are you able to help with Messy Church? We could do with a few more folk to help in various ways including supervising simple activities. If you can help, please contact Shirley Leaman.



NEW BENCHES



The church has replaced two wooden benches that were in a dangerous condition with these two lovely benches, dedicated to two very special people who did so much for Furrough Cross and who, because of their abilities, have both left a hole that has never really been filled.

We are hoping to have a dedication during the service on Sunday 21st April.

DATES FOR YOUR DIARY

Fri 2nd February 2.00pm First Friday Film: *Miss Potter*

Tues 9th February 3.45pm Messy Church

Fri 1st March 2.00pm First Friday Film

Fri 8th March 3.45pm Messy Church

Sun 17th March 11.45am Annual Church Meeting after service

Sun 24th March Palm Sunday – CTT evening service, details to be confirmed

Thurs 28th March 6.00pm Maundy Thursday supper service

Fri 29th March 10.00am Good Friday Coffee Morning with hot cross buns. Walk of Witness – details to be confirmed.

WINTER NIGHT SHELTER: Following on from last year's shelter at Chelston, New Footings Ministries are running a shelter for the homeless through this winter at The Haven, Gerston Christian Centre in Paignton, until 11th March. It's not too late to volunteer to help if you are able.

CHRISTIANS TOGETHER IN TORQUAY: Prayer Breakfasts – First Saturday of each month at 8am at Church of the Assumption, Abbey Road. Roy can usually provide a lift if you'd like to come.

WEEK OF PRAYER FOR CHRISTIAN UNITY: In January, Furrough Cross hosted the Christians Together in Torquay service on the wet and windy night of Storm Isha. Each year Christians from a different part of the world choose a theme and offer prayers and reflections that speak from their context. This year the form of our prayers was the gift of the churches of the West African nation of Burkina Faso.



THE SCREWTAPE LETTERS by C S Lewis: The latest production from Unleashed Theatre Company at the Royal Lyceum Theatre in Abbey Road. Wednesday 13th to Saturday 16th March 7.30pm, and matinee Saturday 16th March 2.30pm. Tickets £8 in advance or £13 on the door.

CHRISTMAS DAY: We held a retiring collection for Christian Aid's Middle East Appeal which raised £106.

CHRISTMAS SALES TABLE: Thanks to those who donated items and those who purchased. The table made an amazing £141 for church funds.

The Sunday School teacher was describing how when Lot's wife looked back at Sodom, she turned into a pillar of salt. Young Jack nodded with understanding. "My mum once looked back while she was driving," he observed, "and she turned into a lamp-post."

PRE-SCHOOL NATIVITY

Ann Close

For the first time in a few years we held our nativity in the church. It is so moving watching young children acting out the scene: the children really enjoyed dressing up, and they understood the Christmas story.

The magic and true meaning of Christmas is never better demonstrated better than through the innocence of children and the nativity story.

And that is captured here perfectly thanks to the little boys and girls of the Furrough Cross Preschool in Babbacombe, Torquay.

As the school said of the three and four-year-olds: "The children worked so hard and we are all incredibly proud of them."

On our adults' T-shirts we had printed "Give peace a chance", something we all pray for.

A very happy new year from all at Pre-School, also a big thank you to Heather and Roy for all their support.

Article and photo from Torbay Weekly



The highlight of the play for many in the audience was when the magi made their long journey several times round the church. Wise Man 1 was so keen to get to the stable that he raced round so fast that he lapped the other two and still got there first! - Ed

LIFE IS TOO SHORT *Herbie Doney*

Life is too short for quarrels,
Bitterness and hate.
If you want a happy life
Here is what it takes:
Be kind to one another,
Be a special friend;
And you will find the love you give
Was worth it in the end!

SLOW DOWN *Herbie Doney*

Wouldn't it be lovely
If we all slowed down a gear?
More time for one another,
More time to chat and cheer,
More time to know our
neighbour
Or share the pain they feel,
More time to say "I love you"
In the ever busy world!

**Mid-week
Worship
Christmas Special**
was led by the
'Furrough
Fantastics' with
much help from
Raymond. It was
a lovely mix of
music, poetry and
a re-enactment of
the nativity story





Shirley Leaman

Christmas Messy Church was full of laughter and fun. Did you know that you can carve a manger out of a bar of soap or make a chocolate manger with some shredded wheat? - welcome to Messy Church, where you can do both! We started by talking about how awful it would be if no one remembered when it was our birthday and how, at Christmas time, many people forget that it is Jesus' birthday. Then we watched a video about how the angels visited the shepherds to tell them that Jesus had been born. We love the donkey's song we had been learning: "Hee Haw, Hee Haw doesn't anybody care, there's a Baby in my dinner and it's just not fair!"

The children made pine-cone Christmas decorations, angels to hang on their trees, sheep puppets and puppets of all the people who appeared in the Christmas story. They also made a big frieze showing the Christmas story entitled



"Happy Birthday Jesus", and created Christingles to use at worship time.



The Rev Val told the children about the grumpy innkeeper and how he kept being woken up in the middle of the night because Someone had been born in his stable. After our story we sang "Away in a Manger" and lo and behold we saw Mary riding down through the Church on our own home-made donkey. She was followed by shepherds and a king. Such a beautiful picture. After this the children held up their lit Christingles and with the lights switched off there was such a beautiful atmosphere.

After all the creative work, everyone devoured our Christmas buffet - pizza, sandwiches, cheese straws, sausage rolls, pigs in blankets, chicken + more and more. And then jelly and ice cream. Lush! As the children left to go home they were all given a selection box and a comic which told the story of Christmas. What an afternoon. Remember, if you take Christ out of Christmas, what are you left with? M & S!



JANUARY MESSY CHURCH

There's nothing like Messy Church on a chilly January afternoon. Our theme today was "Epiphany" and we started off watching a video about the Three Wise Men and their journey across many miles to find Jesus. Although not the same wise man, we sang about another wise man who built his house upon the rock - together with all the actions involved!

It was great to see friends old and new. We were delighted to welcome these lovely people who used to come to Messy Church when they were younger. Today they were helping out with other youngsters.

The children made beautiful night light bottles and bags, lanterns, decorated crowns, glittered stars and iced gingerbread kings. They also played racing camels and made a big Epiphany picture. During our worship time Heather told the children of the camels who carried the Magi to see Jesus, evading King Herod on their return journey. God sent an angel warning that Herod wanted to kill the young Jesus, so the Kings returned home a different way. After praying we said Grace and everyone tucked into lasagne and vegetables, followed by Swiss roll and custard or squirty cream. Yum!





Bronze Eco Church Award Certificate

This is to certify that

Furrough Cross United Reformed Church

has won a Bronze Eco Church Award in recognition of their efforts to care for God's earth in each of the following areas (as applicable):

Worship and Teaching
Management of Buildings and Land
Community and Global Engagement
Lifestyle

Signed Andy Atkin Date 3 December 2023
CEO, A Rocha UK



ecochurch.arocha.org.uk
arocha.org.uk



ECO CHURCH AWARD

As you can see, we have now gained the Bronze Award. If we're honest this was not too difficult, but it represents a good starting point to make further progress in making our church 'greener'. It has been a very helpful process to see all the different areas where we can make a difference.

The award covers five aspects of church life:

- Worship and teaching
- Management of church buildings
- Management of church land
- Community and global engagement
- Lifestyle

and these are the areas which we now need to work on further in order to improve our 'green-ness', reduce our massive energy bills and hopefully move towards gaining the Silver Award.

EASY ECO TIPS

FEBRUARY: Heating your home

Draw your curtains at dusk and shut internal doors to preserve heat. Fit draught excluder tape to door frames and loft hatch.

Turn down your heating thermostat by 1° (unless your age or health makes this inadvisable). The Energy Saving Trust calculate that just a 1° reduction can save 10% of an average annual heating bill.

Switching to a 'green' energy supplier is easy and signals a demand for renewables, but first check how green the tariff really is before you make your choice. The Energy Saving Trust provide independent information.

MARCH: Use what you need!

Being sustainable is all about protecting what we have for tomorrow, and there is no easier way to do this than to use just what you need. The simple ideas are often the best, so remember to turn the lights off when you leave the room, turn off the tap while brushing your teeth, and close the fridge door while you put the milk in your tea. Also, never put more water into the kettle than you need - the kettle is one of our most energy-intensive appliances.

ABOUT OUR DEFIBRILLATOR

Sudden cardiac arrest is a leading cause of premature death. In cardiac arrest the heart's steady rhythm is often replaced by disorganised electrical activity called ventricular fibrillation (VF). The sooner VF is treated by an electrical shock (defibrillation), the greater the chance of the person's life being saved. The intention is that it will be used to restart the heart of a person in cardiac arrest as soon as possible. Immediate action by members of the public can save many lives.

Many people who collapse with cardiac arrest can be saved if people nearby:

- recognise what has happened
- call for an emergency ambulance immediately
- start and continue cardiopulmonary resuscitation (CPR) – especially chest compressions
- use an AED (Automated External Defibrillator) to shock the heart back to its normal rhythm.

AEDs are compact, portable, easy to use, safe and very effective. They can be used by anyone, whether or not they have had any training. The AED gives the person using it voice instructions. It will not allow a shock to be given unless the collapsed person needs one.

AEDs can be used safely and successfully by people with no specific training. Untrained members of the public have saved lives in this way, so lack of training should not deter anyone from using an AED.

When someone collapses with a suspected cardiac arrest, these steps can all be done immediately by members of the public:

- 1. Call 999 (or 112) for an ambulance. They will give the access code to open the AED cabinet if appropriate.**
- 2. Start CPR and continue this.**
- 3. Send someone to fetch the AED, switch it on, take the two pads out of the case, and follow the voice instructions.**

Some more detailed usage guidance is given below, but the AED will talk you through it all if you ever have to use it.

When the helper returns with a defibrillator, ask for it to be switched on and to take the pads out, while you continue CPR. They should remove or cut through clothing to get to the casualty's bare chest, and wipe away any sweat. The defibrillator will give you voice prompts on what to do.

They should remove the backing paper from the pads and attach them to the casualty's chest in the positions shown.

The first pad should be on the upper right side below the collar bone.

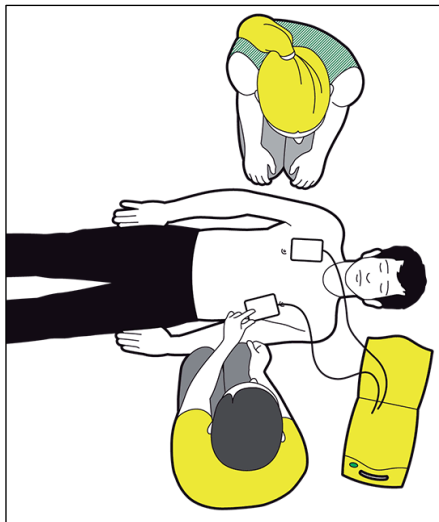
The second pad should be on the casualty's left side below the arm pit.

The defibrillator will analyse the heart's rhythm. Stop CPR and make sure that no one is touching the casualty. It will then give a series of visual and verbal prompts that should be followed.

If the defibrillator tells you that a shock is needed, tell people to stand back. The defibrillator will tell you when to press the shock button. After the shock has been given the defibrillator will tell you to continue CPR for two minutes before it re-analyses.

If the defibrillator tells you that no shock is needed, continue CPR for two minutes before the defibrillator re-analyses.

If the casualty shows signs of becoming responsive, such as coughing, opening eyes or speaking, and starts to breathe normally, put them in the recovery position. Leave the defibrillator attached. Monitor their level of response and prepare to give CPR again if necessary.



BIRTHDAYS

February: Heather Cadoux; Pauline Duke; Ken Harris

March: Herbert Doney; Jim Neale; Adrian Robinson;
Jenny Webber; Bill Becher; Pat Latham;
Bill Bell; Roy Cadoux.

CHURCH TAKES ADVANTAGE OF DECLINING RETAIL

Devon Live

Growing congregation numbers at an Exeter church have resulted in permission being sought to convert two big empty retail units into a temporary place of worship. Rediscover Church – originally known as the Elim Church, and which has been based at its current home in the city centre for 94 years – want to move into the former The Range and Matalan at Haven Banks Retail Park.

The site is part of a wider area which is the subject of a planning application for a huge development to deliver a new 'dynamic' neighbourhood. The latest plans would turn the retail park into more than 400 homes, retail units and a café/restaurant.

The premises would be used as a place of worship and to provide parent and toddler groups, a small café, food distribution to families in need, a youth centre and basic indoor sporting activities.



The church would retain its existing premises in the city centre but, with the exception of the offices and a 24/7 prayer centre, the majority of the services would decant into the proposed new temporary premises.

As the congregation has grown to over 400, the church has been looking to expand its capacity to provide a larger space for worship as well as a wider range of facilities and activities. The church currently hires venues when it is hosting large events but has been actively looking for an additional permanent home for the last eight years.



And down the A38 in Plymouth, Redeemer Church have had to move their Sunday service to a venue at the ground of Plymouth Albion RFC. Before the move they had to have three services to fit everyone in.

Did someone say the church is dying?

NOV/DEC CRYPTIC QUIZ ANSWERS – NAMES OF MUSICAL SHOWS

1. They (the French) are not very happy: Les Miserables
2. Red and white cells are related: Blood Brothers
3. An evil production: Wicked
4. Jesus' mum calls round to see you?: Mary Poppins
5. A fixture for the coiffure: Hairspray
6. A tiny retail establishment of nightmare proportions: Little Shop of Horrors
7. An exclamation of the organ that secretes bile: Oliver!
8. Blonde female belongs to me: My Fair Lady
9. An accident-prone partner of Tarzan: Calamity Jane
10. An unmarried maiden exhales then disappears: Miss Saigon
11. We don't care what you do: Anything Goes
12. This medical man doesn't do a lot: Doctor Doolittle
13. Not savoury, she donates everything: Sweet Charity
14. November 5th's men and their little playthings: Guys and Dolls
15. Two signed vouchers and two explosions: Chitty Chitty Bang Bang
16. I hear this is a very tuneful show: The Sound of Music
17. Yo Adrian! a frightful cinema trip to the theatre: The Rocky Horror Picture Show
18. A taxi to get a Frenchman's hat: Cabaret
19. Filthy Fandango: Dirty Dancing
20. The OK State: Oklahoma
21. The kid and ET's mate: Billy Elliot
22. Plural 'I', an inheritance document, Blackpool's finest and a female sheep: We Will Rock You
23. Lubricant: Grease
24. Mr Stalin's surprising multi-shaded vision garment: Joseph's Amazing Technicolour Dreamcoat
25. A peck from Miss Moss: Kiss Me Kate
26. An insect's vision, and mother lends cash: Bugsy Malone

DEVON QUIZ – WHAT DO YOU KNOW ABOUT OUR COUNTY?



1. The oldest preserved working steam engine in the world can be found in which South Devon town?
 - a) Totnes
 - b) Dartmouth
 - c) Kingsbridge
2. Agatha Christie was born in which South Devon town?
 - a) Dartmouth
 - b) Torquay
 - c) Ivybridge
3. Ness Cove Beach in Shaldon can be reached by what unusual method?
 - a) Smugglers Tunnel
 - b) Cliff Railway
 - c) Water Taxi
4. Which of the following towns possesses UNESCO World Heritage Site Status?
 - a) Tiverton
 - b) Honiton
 - c) Tavistock
5. Which restored Devon train line reopened in 2021?
 - a) The Dartmoor Line
 - b) The Tarka Line
 - c) The Dart Valley Line
6. A blue plaque in Paignton commemorates what structure built by sewing machine magnate Isaac Merrit Singer in 1874?
 - a) Southfield Methodist Church
 - b) Hookhill's Viaduct
 - c) Oldway Mansion
7. What is considered the correct way to eat a cream tea in Devon?
 - a) Jam first
 - b) Cream first
 - c) Plain with butter

8. What river estuary lies at one end of Budleigh Salterton?
- a) Otter Estuary
 - b) Dart Estuary
 - c) Exe Estuary
9. What East Devon town was documented as one of the most rebellious towns in Devon in 1685?
- a) Colyton
 - b) Sidmouth
 - c) Exmouth
10. Which of the following TV shows did NOT have scenes filmed in South Devon?
- a) Suspicion
 - b) The Coroner
 - c) Fawlty Towers
11. Which of the following is an iconic Devon legend?
- a) The White Hands of Teignmouth
 - b) The Hairy Hands of Dartmoor
 - c) The Ghostly Hands of Honiton

ANOTHER REASON TO USE OUR CARS LESS

Here is a sobering thought: it is not just your car's exhaust fumes that damage the environment. It is also your car's tyres.

As rubber tyres wear down, they shed tiny particles that together with other car tyres, form vast clouds of toxic particles along the roads. These pollutants may be invisible, but they are washed into gutters and soil and rivers, and they are getting into everything.

And, unlike exhaust fumes, tyre particles are produced by all types of vehicles - petrol, diesel, electric, hybrid or hydrogen. Some scientists even warn that electric cars, because they are heavier, will produce even more of this hazardous stuff, because of the extra wear on the tyres.

These microplastics are now present in all eco-systems throughout the world. They have been found in the sea, in the placenta of unborn babies, and even in our lungs.

