

# VINTAGE ADVENTURE (4) HOME

**CELEBRATING OUR AUTUMN YEARS** 





#### Greetings dear Vintage Adventure @ Home friends,

This month we have a bumper edition for you, focusing on the season of harvest as well as celebrating older age and the vital contributions many seniors make to their families, local communities and even further afield. Since 1990, 1<sup>st</sup> October has been the International Day of Older People, so we have included the personal stories of various readers of this booklet, all postretirement, who have been involved in a variety of activities, from being creative like Ann, Carole and David, walking from Land's End to John O'Groats like David and Carol, founding a charity for orphans in Uganda like Gill and Andy, or learning a new language like Gillian, - in fact so many of you are doing amazing things, including praying regularly, that we have had to hold some of your stories over to our November issue!

This is also the time of year when fruits ripen, apples are falling from the trees, blackberries can be picked, and the farmers are bringing in the harvest. Many of us remember celebrations with churches filled with garden produce, pumpkins, marrows, and harvest loaves in the shape of an ear of wheat. It's the season when we celebrate God's bountiful provision for us, and as we are thankful, we remember those who are worried about the increasing cost of living and struggling to put food on their tables, and food banks such as Basics Bank, need additional donations.

One of the reasons for the setting up of Caraway is the belief that every older

person has unique value, and the encouragement in the Bible that we can all bear good fruit right into our later years.

As you look through these pages, remember this promise from the book of Ruth 4:15, where we read

#### God will renew your life and sustain you in your old age

However old we are, Jesus invites us to trust Him to lead us safely through the autumn months of our lives until, as the farmer gathers in the grain, God gathers us into the shelter of His eternal home. May God richly bless each one of us, whatever our circumstances.

Cynthia and your Caraway friends



## **WORSHIP** Harvest Thanksgiving





## **Opening Bible Verse**

2 Corinthians 9:10

Now He Who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.

The apostle Paul is urging the Corinthians to be generous in their giving to suffering Christians in Jerusalem. He said they should give willingly and cheerfully a portion of what God has given to them.

The biblical meaning of harvest thanksgiving in scripture is God's provision for us, and God's blessing on others. Harvest is celebrated to give thanks for crops which have been safely harvested.

#### Harvest Hymn

We plough the fields and scatter the good seed on the land, but it is fed and watered by God's almighty hand; He sends the snow in winter, the warmth to swell the grain, the breezes and the sunshine and soft refreshing rain.

All good gifts around us are sent from heaven above, then thank the Lord, O thank the Lord for all His love. He only is the maker of all things near and far; He paints the wayside flower, He lights the evening star; the wind and waves obey Him, by Him the birds are fed much more to us, Your children, You give our daily bread.

All good gifts around us are from heaven above; we thank You, Lord, we thank You, Lord for all Your love.

> We thank You, our provider, for all things bright and good, The seedtime and the harvest, our life, our health, our food. No gifts have we to offer For all Your love imparts, but that which You most welcome; our humble, thankful hearts.

All good gifts around us are sent from heaven above; we thank You, Lord, we thank You, Lord for all Your love.



We Sow Today For a Harvest Tomorrow Galatians 6:7-10

As the season changes from summer to autumn, we have a beautiful metaphor for the necessary changes that we experience in life.

Just like there is a time for the farmer to sow and a time to reap a harvest, there are seasons where we will sow diligently, and may not see the fruit of our labour, but soon the seasons will change and harvest will come. Jesus sent out people to bring in the harvest. The harvest Jesus was talking about was not cotton, fruit or vegetables. He was sending out workers to bring people into the kingdom of God. He said that there were many souls who were ready to be harvested, but there were not enough workers.

## **Celebration of Abundance**

The harvest season is a time to celebrate the abundance of God's provision in our lives. From the food we eat to the shelter we have, from the clothes we wear, to the family and friends we cherish, harvest season is a reminder to us that God is our ultimate provider.

Harvest season is a time of reaping what we have sown, a season of abundance. It's a time when farmers gather the fruits of their labour, after months of their hard work, patience and sacrifice.



We can use this time of year, as we can any time of the year, to bless others from the abundance we have. As we enjoy the fruits of our labour, let's look for ways to bless others.

By doing so, we can help spread **joy**, shine a **light** for Jesus in the darkness, bring **hope** where there is no hope, **courage** and **strength** where there is fear.

Will you tell people about Jesus' love and that He died on the cross so that those who choose Him as their saviour can be forgiven for their sins and can have an everlasting life? Jesus is still looking for people who will work for Him and bring those who are lost into His kingdom! In Luke 10, Jesus, turns to the disciples and says, *"The harvest is plentiful, but the workers are few."* Ask the Lord of the harvest, therefore to send out workers into His harvest field. **Go**!

## Thanksgiving prayer



Lord, thank You for walking with us through the seasons of our lives. For the winter, when we are held safe in Your arms through the darkness. For the hope of spring, as we are filled with new promise and life. For summer time, full of warmth and colour. And for autumn days as leaves fall to seed new growth. You are always with us. Amen.



## Autumn Reflection

Autumn days when the grass is jewelled; And the silk inside a chestnut shell you may recognise the lines of a Harvest Song which has a wonderful chorus: So, I mustn't forget. No, I mustn't forget to say a great big thank You, I mustn't forget!

Autumn days come around again as the glory of summer changes in preparation for winter.

Signs of plants and trees ageing are evident everywhere: leaves turning red, brown and orange fall to the ground, along with acorns, chestnuts and conkers. Shorter days, when the sun hangs lower in the sky warming us by day, whilst we look out our vests and thicker



jumpers against the wind's increasing chill.

So, I mustn't forget. No, I mustn't forget.

Of course there are challenges to growing old, one of which is the fear of forgetting.

Autumn can be a positive time for sharing memories of the recent months, stories of the summer that has just passed, and also of exploring much further back especially when smells and sounds stimulate thoughts of foods, places and people.

Whipped-up spray that is rainbow-scattered, and a swallow curving in the sky. Shoes so comfy though they're worn out and they're battered, and the taste of apple pie. Getting older is known as entering the 'autumn days' of our earthly life, a time when our bodies and minds change; yet these months of our later years can still be as colourful as the wonder of nature with its seasonal beauty. Time to reflect on our past and opportunities to find new ways to celebrate with a great big thank You to God for all that He has done and everything He provides.

> So, we mustn't forget. No, we mustn't forget to say a great big thank You, we mustn't forget!

## **Getting Older**

As I am now 91, my main goal is to reach 100, so I am planning to keep busy for the next few years. As an ex-Samaritan, I am not at all in favour of assisted dying, unlike my mother and my daughter. I am limited in mobility, so I do not get out much and prefer to have people come to see me at home.



They come for French lessons to refresh what they learned at school. Strangely enough, although I have a short memory for everyday English words, I have never forgotten the French I learned with my husband who came to the UK unable to speak a word of English. I became bilingual and have remained so after he died, many years ago.

I belong to the University of the Third Age, (U3A) - an organisation for retired people, which provides home groups for almost any interest one could want. I help with the French group and I also lead a writers' group for people wanting to write fiction.

What do I do with my own knowledge? I learned German at school and have a good German friend, so I try to keep up my German through her, and also with Duolingo, an online programme which gives lessons in every imaginable language. Through this course, I have also started to learn Spanish, which is sufficiently different from French to provide a real challenge.

So you see, providing I remain healthy, I have plenty to keep me busy over the next nine years. I hope you do too. *Gillian Gain* 

Just because the world may consider you're old don't let that stop you doing anything. Here are a few stories from our community. Read on.....

## Kwizera

Let us introduce ourselves: we're Gill and Andy Mulley – both retired sixth form college Maths teachers. In the early 1970s we spent two years in Uganda as volunteer teachers (during the time of Idi Amin!) and while there, we got to know a Dutch couple, Ronald and Marijke (both doctors). After our volunteering we all came back to Europe but stayed in touch. As Ronald (now

a surgeon) was nearing retirement, he started working in a rotation of three months in Holland and then three months as a volunteer surgeon at St Francis Hospital, Mutolere (near the town of Kisoro in the far south west corner of Uganda). We retired in 2007 and Ronald



asked if we would join them in Uganda on their next trip. Andy has always been very practical and good at fixing things and Ronald wanted him to try to repair broken hospital equipment. So in 2008 we made our first trip to Uganda in over 30 years and we've been going ever since. Kisoro is a very beautiful place, 6000 feet above sea level lying below the first of a line of magnificent volcanoes which form the end of the African Rift Valley. The landscape is very hilly with stunning lakes, the climate mild, fertile but rocky soil, and the rainfall plentiful in the two rainy seasons.



Compared to a hospital in Europe, St Francis Hospital is very basic, but over the years we have seen steady improvements in its facilities. There is always plenty to keep Andy occupied: he has worked on a range of equipment with varying degrees of success. The X-ray machine was above his pay grade, but he has fixed theatre lights, oxygen concentrators, incubators, air conditioners and autoclaves.

During our stays at the hospital we became involved in the Orphans Programme, run by the Sister in charge of the Public Health Department. Every Saturday more than 100 vulnerable children come to the hospital for fun, some Public Health teaching, craft work and a hot meal. Many are orphans, some have one parent, all are from very poor families. Most people in the area are subsistence farmers but many don't have enough land to feed their families, so their only way to survive is to work as day labourers (on a wage of about 75p a day). If they don't get work, then there's no food for the family that day, so the hot Saturday meals are very popular!

Taking inspiration from a large German charity in the area finding sponsors to pay school fees for some of the poorest children, we started a charity in the UK called 'Kwizera' (which means 'Hope' in the local language). We pledge to pay the fees for each child we sponsor until they finish their education. Some finish primary school and go on to a vocational course (carpentry, bricklaying, sewing etc); some get to O level and then go into vocational courses; others finish their A levels and go on to university. On completing vocational courses, every young person receives appropriate tools or machine so that they can make a living. Others receive a cash payment – enough to start a business.

Some of the young people we have sponsored:

 This photo of Alex and his widowed, illiterate mother, in their house, built by Kwizera, shows the extreme poverty and struggles these young people face. She works as a labourer on other people's land. Alex is taking O levels this year and hopes to take Science A levels. To help



him study, the charity has now donated a table and chair.

- Javilla who was looked after as a child by an aunt is now studying for a Masters Degree in Human Rights and Community Development.
- Edith's family had managed to scrape together school fees for most of her secondary education but her A level results were withheld by the school owing to outstanding school fees. We paid her debt, got her results and are paying her university fees for a pharmacy degree.

The needs are huge, but Kwizera has made a difference to the lives of a few of the most vulnerable children. And every year we look forward to going to Uganda again (next trip April 2025). We never know what we will find.

## A backward glance at a walk from Land's End to John o' Groats

There is something bonkers about walking between two unremarkable places simply because they happen to be a great distance from each other. So, when friends learnt of our plan to attempt the End to End walk, nobody was surprised, just sceptical we'd make it.



From Land's End's iconic sign, in pouring rain and together with their favourite little people and owners, they charged Northwards for almost a whole mile before the reality of cold soggy underwear got the better of most. The two ancients in their water armour left all behind, bar one, an eight year old, who had something that torrential rain could not dampen: his stubborn spirit. The following day nature added gale force winds making walking impossible on exposed coastal paths, eventually blowing all three over and sending them crawling for cover. The adventure had begun.

Too soon, after fifty miles, Otto was abducted by his parents and returned to normality, whilst the old codgers plodded on, not knowing the challenges of mud, hills, irritated farmers, stampeding cows, flooded fields and unfordable streams waiting to greet them. But with eyes to see, were wonders to behold: bejewelled meadows on

Monarchs Way, through an arboretum maze - a Stag's statue'd silent gaze, the Golden Eagle over Muir of Ord, a lazy Pine Marten on their path to Dornoch's board. Even being followed by a friendly Boar, and more. But so much more. Smelly vests, pants, socks and shoes, the company of tiny flighty blighters they did not choose, and all those wild wees and number twos! Joy and misery in equal measure, made into memories of hoarded treasure.

Those booted spirits that shared their path, who made them think who made them laugh, turning their internal compass to magnetic worth, a secret place of sacred mirth. The company of angels could not compete with that of mortals with sore feet. Then sadly along the way they'd part, having stolen each other's heart.

The walk from Land's End to John o' Groats made us feel small and weak, yes, but the smaller and weaker we felt, the wider Heaven's gates opened. Would we do it again? *Carol and David (walkingwithgrampy.blog)* 



## **Enjoying being creative**

# Carole Childs gets creative with her knitting needles and crochet hooks......

From an early age I haven't been far away from my knitting needles, crochet hooks and balls and balls of yarn. In my 80s now and still not put them away yet!! Here's some of my recent work.



Double bed blanket log cabin design, knitted in the Covid lock down.

Small cushion





Baby's jacket and bobble hat

### You've enjoyed Ann Todd's work in past Vintage Adventure @ Home, she enjoys writing and drawing and says.....

Both my parents were creative. My father was a brilliant draughtsman, producing detailed sketches of City churches and sketching was his greatest joy in his holidays. He and my mother made imaginative items for charity events and ran a CAMEO group at church. My mother played the piano and my father belonged to several choirs, and prepared programmes of recorded music for local care homes. When my father returned from 18 months as a POW in Europe, he created an outstanding pictorial map of his travels, - a family treasure. My parents feature in two books, one about my father's travels from 1942-44 and another about my mother's war in south London, with comparison to the struggles of the recent lock-down.

I was invited to illustrate a calendar for 2012, and in 2018. In 2015 there was a calendar of 12 verses from the Psalms, leading in 2019 to a book of Illustrated Psalms, many of which have featured in Caraway's Vintage Adventure @ Home booklets. As a former children's librarian I enjoyed illustrating poems and rhymes doing my own versions of verses by Edward Lear, A. A. Milne, Walter De La Mare, T. S. Eliot and one about the animals of Lindisfarne by W. H. Herbert as well as a jokey book of cartoons for ex librarians.

I made knitted farm animals, which inspired a picture story about an animal choir, the first Woolley Farm book, followed by a farm dance class, and a farm recipe book.



How the Woolley Fam CHOIR Began

by Ann B. Todd



In 2021 I wrote a story about a missing lion cub and the cooperation of all the neighbours, illustrated with coloured paper animals. My books are written by hand, though recently I have used the computer for the text, coloured with water colour paints. While I love illustration, I do not claim to be a calligrapher, but have found different ways to illustrate the intention of the texts with a variety of styles, so that there is always one which appeals to someone. The ideas still come to me and although I am having to come to terms with reduced dexterity, I hope that inspiration will continue.

# blessest it. Thou crownest theyear

Psalm 65

You tend the earth and water it: You make it rich and fertile. The river of God is full of water: and so, providing for the earth you provide grain for men. You drench its furrows, you level the ridges between, you soften it with showers. and bless its early growth. You crown the year with your goodness and the tracks where you have passed drip with fatness. The pastures of the wilderness runover and the hills are girded with joy. The meadows are clothed with sheep, and the valleys stand so thick with corn

Thou visitest the earth and

they shout for joy and sing.

Rev David Corfe continues to write poetry in his 80s, here's one from his book, 'More from my Knapsack'...

## Rowans

With thanks to A E Housman

Ripened by autumn, rowans now are hung with berries on the bough, illuminating leaves of green with clustered fruit of orange sheen.

Now of my three score years and ten none will ever come again; the days have passed with gathering speed, The numbers left are few indeed.

But while I can still walk and see, and beauty is God's gift and free, about the forest I will go delighting in the rowan's show.

Corfe David 2018 More From my Knapsack Selected Poems 1980-2017 p.21 FeedARead.com Publishing





## **Sue Coleman** is also a keen painter and crafter she introduces herself here.....

Back in June my husband Rich and I arrived here in Southampton, just prior to ordination to take up my post as Curate at Highfield Church. During those first

few weeks, as well as unpacking, our joy was found in knowing that God had called us to this place. During the sorting that needed doing more joy was found meeting with individuals, heading out to explore the local green spaces, putting together our 'creative room' and creating what we hope is a welcoming and restful home. This will give you just some idea of who we are as individuals. There is much I could tell you about my journey to this point but in this month that celebrates the 'International Day of the Older Person' I want to share how I came to work with the older generations for many of the intervening years.

In 2003 Rich and I returned from living in Canada for three years and moved to Bournemouth, where we quickly settled into St Paul's Church. Before long I was actively involved in pastoral care and had the pleasure of visiting a couple of ladies on a regular basis. I was delighted several years later to celebrate one of these ladies' 100<sup>th</sup> birthday with her. She taught me much over the years and was steadfast in her love of God and knew His peace through the hardest of times.

In 2004 I began working for MHA (Methodist Homes) in Poole, firstly as an Activity Coordinator where my heart for the older generations continued to grow and in 2010 I also became a Licensed Lay Minister in my church. I always saw my work as part of my wider ministry and the lines blurred even more in 2014 when I took on a Chaplaincy role too, providing spiritual support to residents, relatives and staff. It was a privilege to be able to serve each of these groups in so many ways: through services and bible studies, friendship and support, through bereavement and conducting funerals, through advocacy and being



alongside those living with dementia. And perhaps one of the other great blessings was to see so many of them serving one another too, praying for one another, coming alongside one another and seeking to understand those different from themselves.

I also later went on to be Regional Chaplaincy Advisor for MHA from 2018, supporting the Chaplaincy provision across the south but following my redundancy from that role in 2020 I had to trust God for the path ahead.

Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him and He will direct your paths. Proverbs 3:5-6

I felt God was saying to me 'stop at the crossroads and see the way I am leading you'...to

listen to His voice which seemed to be leading me away from specifically working with the older generations. It was from there my official discernment for ordained ministry began and led me to ordination training at Trinity College, Bristol and in my home church in Bournemouth.



I can clearly see that my years working with older people has equipped me for my ministry ahead and my experiences in that work has most definitely informed my ministry today

and I am sure it will continue to do so. It has most certainly given me an appreciation for organisations like Caraway which bring you resources like this. But let's also remember, that as I have seen in my life and work, God can use each one of us to support and encourage one another too. Why not ask Him to show you how you can do that for another older person this month...?

## **October in History**



**2 October 1902** Beatrix Potter's '*The Tale of Peter Rabbit*' was published.

4 October 1883 The Orient

Express departed on its first official journey from Paris to Istanbul.





**9 October 1855** American inventor, Isaac Singer patented the sewing machine.

**12 October 1823** Charles Macintosh of Scotland started selling the raincoat he had invented.





**13 October 1958** Paddington Bear made his debut in 'A Bear called Paddington'.

**14 October 1926** A.A. Milne's book '*Winnie the Pooh'* was released.





**18 October 1867** Alaska became part of the USA. America purchased the land from Russia for 7.2 million dollars.

**21 October 1879** Thomas Edison holds the first commercially available electric light bulb.





**27 October 1935** *Du Pont* announced the new synthetic polyamide fibre will be called '*nylon*'.

**28 October 1886** The Statue of Liberty was dedicated in New York Harbour.





**30 October 1973** The *Bosphorus Bridge* in Istanbul, Turkey was completed. It connected Asia and Europe for the first time.

## How much do you know about Autumn?

#### Questions

- 1. What do you call trees that shed their leaves annually?
- 2. When does Autumn start in the Northern Hemisphere?
- 3. Countries close to the \_\_\_\_\_ experience little seasonal variation.
- 4. Which famous poet wrote 'Ode to Autumn'?(a) Robert Frost (b) Lord Byron (c) John Keats
- 5. Can you name 3 animals that go into hibernation as winter approaches?
- 6. Americans and Canadians both celebrate this holiday in the fall, but not on the same day.
- 7. What is a Harvest Moon?
- 8. In what month does Autumn start in the Southern Hemisphere?
- 9. Can you name 3 Autumn flowers?
- 10. Which fruits are abundant in Autumn?
- 11. In poetry, what emotion is Autumn often associated with?
- 12. What is another name for Autumn?
- 13. What does the term 'Equinox' mean?
- 14. Many birds migrate in Autumn; in which direction do they travel?
- 15. What kind of weather is said to be a friend of Autumn?
- 16. How do you say Autumn in Italian?

## **Alphabetical Autumn Words Game**

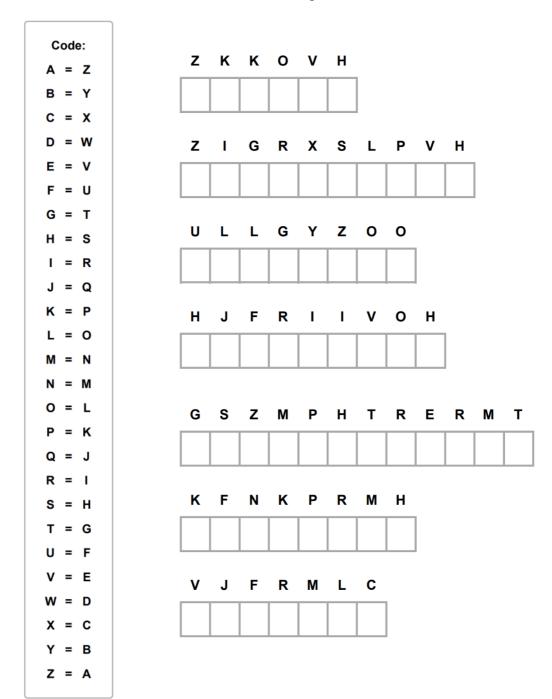
Put the Autumn words in alphabetical order!

Equinox	Sweater	Acorn
Umbrella	Chilly X-mas	Leaves
Yams	Mincemeat	Baked apples
Maize	Harvest	Rake
Kale	Squirrel	Orchard
Football	Deciduous	
Pumpkin	Windy	



#### Secret word Game - Autumn

Find the hidden words using the secret code





## WORDSEARCH

Autumnal words

С	Η	I	L	L	Y	J	R	С	S	0	Η	L	V	Α
Ρ	Y	Α	W	Μ	S	Е	Α	S	0	Ν	Α	К	X	Ρ
В	R	Α	К	Е	I	V	Ζ	Q	Ρ	K	R	Н	F	Ρ
0	Т	Y	С	F	R	Α	С	S	U	Т	V	0	Μ	L
С	Н	Q	I	В	0	Ν	F	Ι	R	Ε	Ε	S	Y	Ε
Τ	V	0	R	U	I	Μ	L	G	Ε	K	S	Ν	L	S
0	Ρ	V	R	Κ	Ρ	U	F	D	Ν	U	Т	S	Q	Ζ
В	0	Н	Ρ	С	Κ	Т	F	R	U	I	Т	Μ	Ν	J
Ε	Х	Μ	Y	R	Ρ	U	W	0	V	Y	F	S	E	Κ
R	U	J	W	U	Κ	Α	Ν	Ρ	L	V	F	S	D	Y
Ρ	Y	Μ	G	Ν	R	S	Α	С	I	D	Ε	R	L	Ρ
Q	0	0	R	С	Н	Α	R	D	Ν	V	I	S	0	S
L	Y	U	S	Н	Κ	С	W	Ι	Α	R	V	Т	G	I
С	В	Т	R	Е	Ε	S	Ι	Ε	Κ	Η	F	С	В	R
S	Q	U	I	R	R	Ε	L	W	В	Η	S	Е		С

APPLES AUTUMN BONFIRE CHILLY CIDER CRISP CRUNCH FRUIT GOLDEN HARVEST LEAVES NUTS OCTOBER ORCHARD

PUMPKIN RAKE SCARF SEASON SQUIRREL TREES

#### Answers to Autumn Quiz

- 1. Deciduous
- On the September equinox which occurs every year between September 21 to 23
- 3. Equator
- 4. (c) John Keats
- 5. Bears, turtles, hedgehogs, snakes, bees badgers and others
- 6. Thanksgiving
- 7. The full moon closest to the Autumn Equinox

- Camellia, Chrysanthemum, Echinacea, Dahlia, Hibiscus and others
- 10. Apples, quinces, pomegranate, pears grapes and others
- 11. Sadness & melancholy
- 12. Fall
- 13. Day and night are of equal length
- 14. South
- 15. Rainy weather
- 16. Autunno

8. March

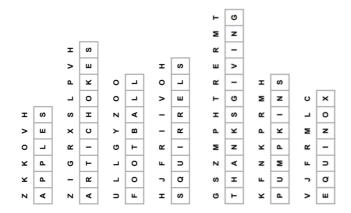
## Alphabetical Autumn Words Game Alphabetical Autumn Words Game

#### Answers

- 1. Acorn
- 2. Baked apples
- 3. Chilly
- 4. Deciduous
- 5. Equinox
- 6. Football
- 7. Harvest

- 8. Kale
- 9. Leaves
- 10. Maize
- 11. Mincemeat
- 12. Orchard
- 13. Pumpkin
- 14. Rake

- 15. Squirrel
- 16. Sweater
- 17. Umbrella
- 18. Windy
- 19. X-mas



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from The Bible Reading Fellowship