

HOPE IN JAPAN

Aid in quake aftermath

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6 August 2011

salvationarmy.org.uk/warcry

20p/25c



Paramount Picti

SALVATION ARMY HELPS IN DROUGHT

Water for Kenyan villagers

THOUSANDS of people in drought-hit Kenya are to receive clean water as the result of a project being launched by The Salvation Army.

Assessments carried out by Salvation Army and government sources have revealed that the nomadic people of the Turkana region face widespread starvation. Three rainfall seasons have failed, livestock has died, milk production has dropped and food stocks are depleted.

Water is scarce. Many people have to travel more than one and a half miles to access it. Schools are closing because they lack funds to pay food and water bills.

The Salvation Army is to use portable water tanks pulled by tractors to collect water from boreholes and large water tanks on its premises and take it to communities and schools in Turkana.

The project will provide about 5,000 villagers and 2,000 schoolchildren with clean, safe water. By reducing the distances which women need to travel in order to find water, the project will also lessen the risk of their being abused in isolated locations.

YOUR prayers are requested for Johnny, who is concerned about his difficult relationships with his close family; and for Christina, who is worried about her daughter.



The War Cry invites readers to send in requests for prayer, including the names of individuals and details of their circumstances. Send your requests to PRAYERLINK, The War Cry, 101 Newington Causeway, London SE1 6BN. Mark your envelope 'Confidential'.

Aussies take legal action

THE Salvation Army in Australia has launched an innovative law firm whose commercial operations will fund a legal service for people in need. Profits made by the property and transactional

services of Salvos Legal will fund the employment of specialist lawyers who will offer free representation to disadvantaged people in criminal, family, welfare, debt, housing and immigration law.

The Salvation Army says that Salvos Legal's business model makes it the only law company of its kind in the country.

EDUCATION COMMITTEE SAYS RE EXCLUSION IS 'HOTLY CONTESTED'

PA photo of examination room

RUI VIEIRA/PA Wire



MPs ask for EBac rethink

THE Government should think again about the English Baccalaureate, the Education Select Committee said last

In a report, the cross-party group of MPs criticised the way the award was introduced and, while not recommending which subjects should be included, urged the Government to reconsider its composition.

The report says that the exclusion of RE from the humanities category of the EBac 'has been perhaps the most hotly contested aspect of the award's introduction'.

Campaigners have argued that the exclusion of RE will encourage schools to treat it less seriously.

Nola Leach of Christian charity Care says: 'The Government must understand that the concern about the exclusion of RE from the EBac has nothing to do with the provision of statutory RE, which has never been threatened by these proposals. Rather the concern is that unless RE is included, its future as a serious academic exam subject will be placed in jeopardy and the subject will inevitably be marginalised.'

Teen texters mobilised

YOUTH movement Hope Revolution is urging teenagers to text their friends about God during a three-week period in September. It wants young people to spend a week praying for three friends and then to text them each a question or thought about God. The Textify initiative is scheduled to run from 12–30 September.

Upset by kids' poverty

THANK you for the *War Cry* coverage of *Poor Kids* (16 July), the BBC documentary on British children living in poverty. When I saw the programme I was really upset. My first reaction was to ask: 'What can I do?'

I have continued to think about those lovely young people so robbed of their potential because of poverty. Thanks for highlighting the issue.

Evangeline Skinner Bristol

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RECIPES p15



pressure. He believes that the

they witness an horrific train crash.

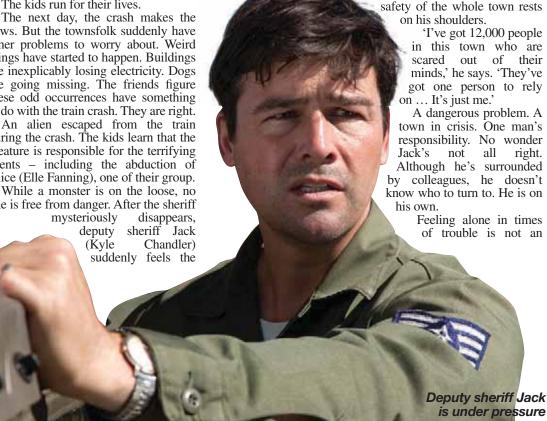
As a high-speed train passes through a station, a man in a pick-up truck drives onto the railway tracks. The head-on collision sends the train carriages flying through the air. They explode into flames. Engine parts are strewn everywhere. The station resembles a bombsite.

The kids run for their lives.

The next day, the crash makes the news. But the townsfolk suddenly have other problems to worry about. Weird things have started to happen. Buildings are inexplicably losing electricity. Dogs are going missing. The friends figure these odd occurrences have something to do with the train crash. They are right.

during the crash. The kids learn that the creature is responsible for the terrifying events - including the abduction of Alice (Elle Fanning), one of their group.

While a monster is on the loose, no one is free from danger. After the sheriff mysteriously disappears,



no one is free from danger

alien problem. It happens to many of us.

We have difficult times when it feels as though no one understands what we are going through. When a friend's words of comfort aren't comforting enough. When relatives listen but can't quite hear the truth of what we are say-

When our world feels as though it is crashing around us, life can feel very lonely. But people need never feel that they are without a friend when they know Jesus. He understands that life can be painful – and he wants to help us through it.

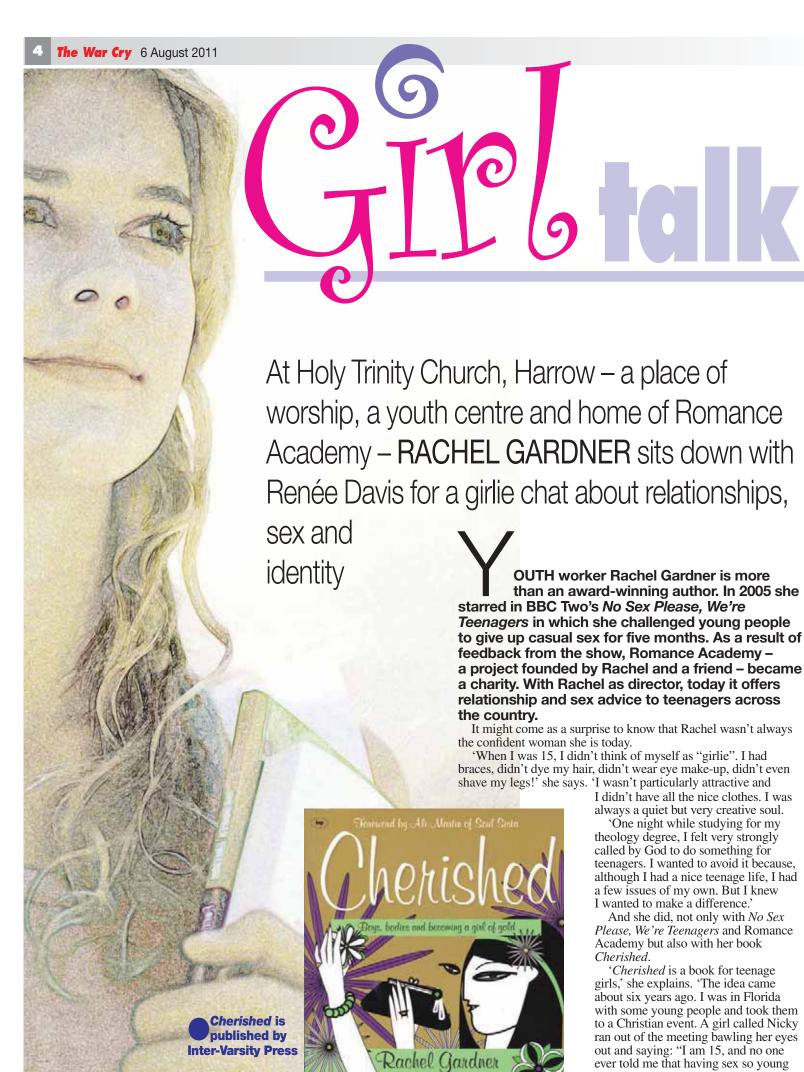
Jesus knew the devastation of losing a loved one. He understood the hurt of betrayal by a friend. He experienced physical pain as he died on a cross.

Jesus also promised his followers that – no matter what they went through – he cared about them.

He said: 'Surely I am with you always, to the very end of the age' (Matthew 28:20 New International

Whatever problems come along in life, Jesus offers to help us through them. When we tell him how we feel, we can know that he is listening. When we face monster-sized problems, we can receive his strength.

Jesus' love for us is out of this world.



Library pictures posed by models



quite apprehensive about doing it. A week before the baby was born, the girl and her mother asked me to pray for them. As they prepared to pray I felt God say to me: "I didn't need you to carry them through this, Rachel, I just needed you to see that what I do best is heal people and put families back together." God brings a lot of healing through these situations.'

Rachel grew up in a Christian family, but really embraced the faith for herself in her mid-teens. She says that she often did the right thing for the wrong reasons.

'I didn't get involved in drugs or partying and I didn't have sex,' she says. 'I didn't, because I thought God would be angry with me. As I grew older, I realised that God wants us to live differently, not out of fear, but because we love him and are convinced that he knows what's best for us.'

achel has discovered that many young girls think all that matters in life is getting the interest of guys. She encourages them that there is more to life than sex and being sexually attractive: 'Don't get me wrong, I think sex is great. But I want to see the next generation of young women grow up to be a bit more resilient, a bit stronger and savvier. In such a sexualised culture I want them to be able to say: "You know what, I am into fashion and I love to do my hair and make-up. But that's not the first and last thing about me.""

Seeing the good in young girls and encouraging them to aim high is something that Rachel does daily. Many of the girls who attend the youth centre where she works face negativity and are told that they will amount to nothing. Rachel and her co-workers ensure that they bring out the girls' qualities.

'Many of the young women have learnt to put up their defences because they have been so hurt. We acknowledge the beautiful stuff that God has placed inside them and beckon it out of them. It is already there; we have just got to encourage them to dig deep,' explains Rachel.

'I hope that the next generation of teenage girls are able to go further than my generation. I hope the women of my generation can put some good stuff in the hearts of teenage girls. We need continually to remind them how precious they are and encourage them to live as fiercely and compassionately as they can.'

RENÉE DAVIS

Comment

News

A GOOD day to 'bury' bad news was how a Labour spin-doctor foolishly described 9/11. Looking at how the media, before and since, deal with death can be a mystifying experience.

In recent days, for instance, much airtime and many column inches reportage, homage and comment - have been given to the passing of musician Amy Winehouse. Newspapers and TV news programmes have been full of reports and analysis of the tragic killings in Norway.

Less attention, though, has been given to the plight of millions of people in southern Somalia, where in the worst famine in 60 years, mothers in search of food are leaving their sick children in the

So why does the death of one 27-yearold singer in England trigger a greater media response than the deaths of thousands in Africa?

Maybe it's the scale. We can connect with the one but thousands are too mind-boggling for us to take in.

Maybe our lifestyles are too different from those in poverty. In our society of overflowing plenty we have no concept of going without to such an extent that it kills us. It is easier to identify with someone who has overindulged.

Immune

Perhaps we have become immune inured - to death on the cataclysmic scale. No longer shocked by teatime images of fly-gathering, pot-bellied children, we flick to a cookery programme without a second thought, shrugging it off as 'yet another African famine'.

Death is inevitable. The circumstances of death are not. Those who eat or drink themselves into an early grave have a measure of choice. Those who can't remember when they last had even a half-full stomach have no control over their circumstances or fate.

One death in Somalia is as tragic as one death in England. If we ever lose sight of that, something inside us will have died. And that will not be a good day.

O MEDIA

PAphoto of Daniella

Westbrook

Danniella is 'now a Christian'

FORMER EastEnders star and ex-drug addict Danniella Westbrook has become a Christian, reported the Sunday Mirror.

According to the paper, Danniella and her husband Kevin have turned to God moving California and attending a church. The

actress - whose nose was damaged by snorting cocaine – plans to dedicate her life to God and the Church.

'Gucci and Prada used to be my god. Now I have given my life to the Lord,' she said. 'I used to tell people: "I'm way past saving." After a few visits [to church] I found myself walking up to the altar to ask the Lord for forgiveness for my sins. It was an incredible experience.'

Danniella says she has been clean from drugs for ten years. The paper reported that she and Kevin plan to be baptised in the Pacific Ocean, then to help their pastor set up a church in the UK.

Church girls 'more tolerant of people of other faiths'

CHRISTIAN girls who attend church regularly are more tolerant of other faiths than are those who are not religious, according to a study reported in *The Daily Telegraph*.

The study of almost 1,500 teenage girls, carried out by the

University of Warwick, shows that almost 75 per cent of Christian girls 'found learning about different religions interesting', while only half of those with no faith said the same.

IN THE PRESS

work of Irish writer and philosopher John O'Donohue is the focus of Radio 2's Sunday Half Hour tomorrow (7 August 8.30 pm). Presenter Brian D'Arcy explores the life of the man behind the titles Eternal Echoes and Divine Beauty.

THE life and

God particle getting closer

SCIENTISTS have hinted that they are closer to confirming the existence of the so-called God particle.

The Daily

Telegraph was among the papers that reported on physicists' claims that they now know where the God particle - named the Higgs boson particle – is not to

It has been given the nickname 'the God particle because physicists say that if it exists, it will provide a key element in explanations of the make-up of the





Many people will have something in their garden that can be dried. The list of suitable plants is endless. It includes Alchillea, Alchemilla mollis,bamboo, cornflower, Chinese lanterns, Delphinium, grasses, Gypsophila, Helichrysum, honesty, lavender, Mahonia, poppies, roses, rosemary, sage, sea holly, Sedum, statice and teasel. Many of these are easy to grow, and removing

simply hang the stems upside down in a warm place – such as an airing cupboard – for two weeks to dry.

Some flowers, such as roses (picked while tight in bud), are a bit trickier, requiring silica gel to dry out the atmosphere around them.

It is fun to develop an eye for flower arranging. You will certainly add colour to your home.

caterpillars and hand pick them off where necessary. Keep your brassicas netted to prevent pigeon attack.

Keep sowing turnip, radish, lettuce and spring onion seeds. Look out in garden centres and nurseries for winter onion sets and garlic cloves to plant out in the autumn.

Bedding

Continue to deadhead all your summer bedding to maintain the colours of the plants. Lavender plants need a good trim after flowering. This will prevent them becoming straggly and woody. Don't cut into old wood or dieback may



Borage (above) and nasturtium flowers add taste to a meal



FOR something different on your salad plate, try adding a few flowers. Many are edible. The prolific herb borage adds a refreshing sweetness, with a hint of cucumber, to your plate.

Avoid eating any green parts of the flower. Nasturtium flowers are ideal when added to fruit dishes.

Perhaps less well known is the use of peony flowers. They can be used to add flavour to a variety of drinks or the petals eaten in a salad.

It is better not to pick any flowers from a roadside or any that have been sprayed with chemicals. Remember that not all flowers are edible. Some are highly toxic.

Courgettes

Pick courgettes regularly unless you want them to turn into marrows. They grow very quickly in warm and moist conditions.

Strawberries

Peg new strawberry runners into small pots of compost while they are still attached to the parent. Once roots form, the runners can be detached.

HE words of the Neil Diamond song 'Pretty Amazing Grace' struck home for me as I worked in Japan after the earthquake and tsunami that occurred on 11 March. It was April, and I was making my second visit, having spent two weeks

ate aftermath of the disaster. The song's image of 'calm in the heat of war' is one that was reflected by the Japanese Government when it declared that, just as the country recovered after the Second World War, so it will recover after this

The destruction caused by the tsunami reminded me of photos I'd seen of Hiroshima and Nagasaki after the atomic bombing of those cities in 1945. The tsunami left behind so much debris that the Japanese Government and Army had to use heavy equipment to clear paths so that they could continue their search for missing people.

The Salvation Army began its response on day one with food distributions. Tokyo Central Corps (Salvation Army church) opened its doors to people who were caught up in transportation problems on the first night. In the days since, more than 10,000 hot meals and household items have been handed out to people in need.

Many people were so grateful for help given by the skilled and determined local Salvationists. Members of the public seemed content to line up for hours for fresh water – the only alternative available to some of them was to scoop water from a swimming pool.

people showed The Japanese resilience, something I have seen in others after disasters; but there was also a calm, ordered way of life to these people and their society that I had not seen elsewhere. As I moved around the devastated areas I gained a strong impression of a nation in

recovery, not struggling with the question of 'Will we recover?' but, rather, asking, 'When will we recover?'

Remarkable processes were put in place right from the start. Transport many people was quickly taken care of. Roads were repaired missing within days of being completely impassa-

ble, damaged train lines were soon running again.

What I saw in Japan was a recovery process that came closer to reaching people's needs than anything I had witnessed before. So many people were helped quickly by the government systems.

The people I saw were very civil to

in the country in the immediate of the dispater.

DREW RUTHVEN reports from Japan on the way The Salvation Army is helping in the aftermath of earthquake,

> tsunami and nuclear reactor damage

Pretty amazing grace is how you And with amazing grace, saved me reclaimed my heart Love in the midst of chaos Calm in the heat of war Showed with amazing grace What love was for.

From 'Pretty Amazing Grace' -Neil Diamond

each other. This was in spite of the unspoken feeling of panic when there was an aftershock or when there were explosions at the Fukushima nuclear power plant. I could see the looks of worry on people's faces as they watched TV screens in shop windows, catching the latest updates.

The disaster in Japan was threefold.

The earthquake, which measured 9 on the Richter scale, was the fifthstrongest earthquake on record. Many buildings were damaged.

Next the earthquake was followed by a tsunami that in some places hit the shore only ten minutes

after the quake. This is what caused a large number of deaths and so much destruction. There are still many people missing.

There are still

Tsunami damage means complete destruction - not many structures can stand up to that sort of force. Very few buildings remained upright after

Turn to page 10



in the midst of Chaos





Above: a team

From page 8 is ready to the wave came in. distribute food

The third aspect to the disaster was the damage to the nuclear damage to the nuclear facility at Fukushima. The reactors at the plant will take many years to repair - if they can be repaired at all. The feeling of insecurity will probably last for a generation or two. To some extent I felt the media focused on the nuclear crisis to the detriment of coverage of the destruction wrought by the tsunami.

Along a large stretch of the northeastern coast, there is devastation on a massive scale. I saw four-storey buildings that had fallen over on their sides and 40-tonne train carriages that had been moved 100 metres from their tracks. As I moved round Sendai and the surrounding area I was aware that what I saw was only a small part of the damage.

wo months after the earthquake there were still posters on poles with pictures of missing loved ones. I saw people looking through what remained of their homes, picking up the occasional photo or trinket.

I had no way of understanding what they felt. I wanted to talk with these people and listen to their stories, but I didn't want to cause more pain. The difficulty of needing to have conversations translated and the risk of upsetting people as they tried to get their lives together stopped me from approaching many of them. I know they will keep looking for lost ones and possessions for a long time yet. Any sort of resolution will take many months, if not years.

I had a meal in a café where the owner told me she had wanted to reopen as soon as she possibly could. The café was busy; people were waiting outside to come in and have a meal. It was one of the few places that could reopen.

It struck me that the café was fulfilling a dual role in being a place where people could eat, but also a place where they could meet with each other and reassure themselves

Apologising for the water mark on the wall – a sign of how high the floods had reached - the owner said she had tried to get everything back to normal but the walls had not been painted yet. For me, it was a good place to be. To feel the sense of community as people talked with each other was very comforting. The food was good as well.

that things would return to normal.

The response of The Salvation Army around the world has been great, but the efficiency of the government response meant that in the early days after the disaster, many offers of goods and money were not immediately taken up.

Offers of help are still coming in and The Salvation Army will find ways to help people with the resources that are being donated.

The area around Sendai was badly affected by the earthquake and tsunami. Salvationists in the city immediately responded with practical assistance.

The Salvation Army in Japan is finding the gaps that exist in the overall

I was amazed to see how normal life continues throughout Japan



Above and right: residents receive soup in Sendai

response around Sendai. It has distributed hot food to people in places where either heating food was a problem or where smaller numbers of people meant that the Government had not yet taken

The Salvation Army is helping the fishing industry to recover. Many fishermen lost boats and equipment in the tsunami. It is also supplying basic bedding for people moving into temporary housing – 30,000 people will be moving into accommodation that is designed to last for three years.



one at a time to receive the food and other help offered. Some packed it in their bags and headed to what they call home. Others found a place nearby and sat down to enjoy a warm meal. A number of people passing by thanked The Salvation Army for what it does for

I am reminded that on the day the earthquake struck, the meals that had been prepared as usual for the homeless ended up being used to feed people stuck in Tokyo because the transport

I can't help but reflect that in my work this is what I see time and time again. So often The Salvation Army is thanked and feels good about what it does but, really, this is not the point. In the name of God we do what we do to help, when and where we can, to lift the dignity of the lives of people in urgent

Neil Diamond finishes his song with the words 'love, truth, hope and grace were all I needed'. I witnessed The Salvation Army offering love, truth, hope and grace to the people of Japan, and doing it all in God's name.

Based in London, Major Drew **Ruthven is Emergency Personnel** Officer of The Salvation Army's International Emergency Services. This article first appeared in All the World magazine

Army team carry out its regular feeding

programme for people who are home-

many that the team arranged pedestrian

'traffic controls'. The people filed past

Many people lined up for food – so

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			9		5	1		
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	1		4	5				
	5	2				6		

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9

Solution on page 15

WORDSEARCH

Look up, down, forwards, backwards and diagonally on the grid to find words associated with friendship

AFFABLE AFFECTION AFFINITY ALLY ASSOCIATE BEFRIEND

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BOYFRIEND BUDDY **CHINA CHUM COMPANION** COMRADE

CONFIDANT FELLOW FAMILIAR FRIENDLINESS FRIENDLY FRIENDS

GIRLFRIEND MATE **OPPO PAL PARTNER SIDEKICK**

QUICK CROSSWORD

ACROSS

- 1. Restrain (5)
- 5. Stark horror (5)
- 8. Live coal (5)
- 9. Plenty (5)
- 10. Group of
- eight (5)
- 11. Angry (5) 12. Muddle (4)
- 15. Water boiler (6)
- 17. Cut off (5)
- 18. Run quickly (6)
- 20. Presume (4)
- 25. Student (5)
- 26. Clutch (5)
- 27. Happen (5)
- 28. Live (5)
- 29. Apportion (5)
- 30. Detested (5)

1			2	3		4		5		6		7
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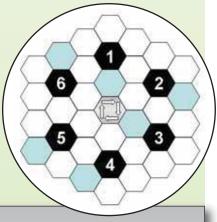
DOWN

- 1. Misgivings (6)
- **Dominions (6)** 2.
- 3. Bloodsucker (5)
- 4. Loathe (5)
- Thrive (7) 5.
- Numbskull (6)
- Oxen (6) 7.
- 13. Zenith (3)
- 14. Spray (3)
- 15. Opener (3)
- 16. Falsehood (3)
- 17. Cutting (7)
- 18. Mark of shame (6)
- 19. Sell (6)
- 21. Draw out (6)
- 22. Impaired (6)
- 23. Ruin (5)
- 24. Textile (5)

HONEYCOMB

Each solution starts on the coloured cell and reads clockwise round the number

- 1. Monetary unit of America
- 2. Use something with the intention of returning it
- 3. Sausage in a bread roll (3, 3)
- 4. Book of financial accounts
- 5. Small notebook
- 6. Suffering from decay



ANSWERS

6 Rotten.

1 Dollar. 2 Borrow. 3 Hot dog. 4 Ledger. 5 Jotter.

HONEXCOMB

Moor of Venice. 5 Bones. 6 The Lagan. 1 Tinkerbell. 2 A horn. 3 Australia. 4 Othello, The

GNICK GNIZ

5 Prosper, 6 Mitwit, 7 Cattle, 13 Top, 14 Jet, 15 Key. 16 Lie, 17 Snippet, 18 Stigma, 19 Retail, 21 Elicit. 22 Marred, 23 Spoil, 24 Cloth. DOWN: 1 Qualms. 2 Empire. 3 Leech. 4 Abhor.

18 Sprint. 20 Deem. 25 Pupil. 26 Grasp. 27 Occur. 28 Exist. 29 Allot. 30 Hated. 10 Octet. 11 Cross. 12 Stew. 15 Kettle. 17 Sever. ACROSS: 1 Quell. 5 Panic. 8 Ember. 9 Ample.

GNICK CHOSSWORD

QUICK QUIZ

- 1. What role did Julia Roberts play in the 1991 film Hook?
- 2. In the nursery rhyme, what instrument was Little Boy Blue asked to play?
- 3. From which country do macadamia nuts originate?
- 4. What is the full title of Shakespeare's play Othello?
- 5. Osteology is the study of what?
- 6. Belfast is situated at the mouth of which river?

The bind To comment anniversary PHILIPPA'S everyday expopularised the translation of the bind the translation of the bind the bin

To commemorate this year's 400th anniversary of the King James Bible,

PHILIPPA SMALE looks at some

everyday expressions popularised by the translation



ANNA, who has been blind since birth, likes to tell this story about something that happened some 35 years ago. It took place in the age before mobile phones, when she was at college in Cardiff.

She was studying late one evening and there was a power cut. On her way out she passed a queue of about ten students waiting to use the phone. The first in the queue was complaining about the darkness and the fact that he couldn't see to dial the number.

Anna offered to help. She spent the next 45 minutes dialling for the students. She also helped anvone who needed to find the exit.

That was a case of the blind leading the blind in a very positive way, and it really tickled Anna that so many people relied on her that

In everyday use the biblical phrase 'the blind leading the blind' has negative connotations - of someone being unqualified to help and of the outcome being a disaster.

Jesus, too, used the phrase as a warning. Jesus wasn't referring to people who were physically blind. He was talking about the Pharisees one group of religious 'experts' of the day - and how some of them, who had criticised his disciples for ignoring a tradition, were failing to see what faith was really about.

They insisted, said Jesus, that people should obey the letter of the law (that is, not only the biblical law but also the traditions which they had formulated). They emphasised the need to appear holy, while forgetting the possibility of God being able to renew a person's thoughts and attitudes.

Doing the right thing is important, as Jesus acknowledged. But some



people make the mistake of thinking that obeying rules is the way to gaining acceptance from God.

We can forget – or not realise in the first place - that we do not and

They

holy

emphasised the

need to appear

cannot earn God's love. Rather, he offers it to us out of his generosity.

Anyone who tries to earn their way into Heaven is going to fall short of their destination.

Just complete this coupon and send it to The War Cry, 101 Newington Causeway, London SE1 6BN

- **Basic reading about Christianity** Information about The Salvation Army
- Contact details of a Salvationist minister

Name Address

Library picture posed by models



DO you belong to any clubs? Perhaps you attend a gardening or slimming club. If you are energetic, you may be a member of a walking or running group. Some people enjoy the social side of a golf club. Whatever interests us, it is good to get together with other people who share our passion.

Many clubs welcome people of all ages and abilities. But there are also clubs that are exclusive. Sometimes members need to be invited before they can join. Maybe an applicant has to prove their worth by passing an audition or test.

It's not unusual for newcomers to the Church to see it as a club to which they don't quite yet belong. Everyone else knows each other. They all seem to understand what happens in the services. There may even be certain jargon which is familiar only to those who attend

regularly. But church is not meant to be an exclusive club. Jesus wanted everyone - no matter who they were or what they had done - to find acceptance in the house of his

Father, God.

A former archbishop of Canterbury once made the point that the Jesus club - or church - has room for every

type of person. William Temple is believed to have said that



the Church is the one organisation in the world that exists purely for the benefit of non-members.

Temple desired to see more people - from all kinds of backgrounds come to church and find that they belonged. He wanted them to

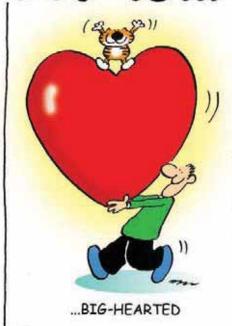
Church has room for words for WELCOME every type of person

discover the truth of Jesus' themselves. Jesus said to his followers:

'I will never turn away anyone who comes to me' (John 6:37 Good News Bible).

Everyone should be able to receive a warm welcome in the house of God. The door is always open for us to meet with him.





Roy Mitchell

The War Cry

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Pork patties with spicy Bramley apple sauce

Ingredients:

450g lean pork (or turkey) mince

2tbsp fresh sage, chopped 1tsp dried oregano

1tsp dried thyme

Zest of ½ lemon

1 egg, beaten

4tbsp olive oil

½ tsp allspice (or cinnamon)

100ml cold water

2 large Bramley apples, peeled, cored and chopped Salt and freshly ground black pepper

Method:

Mix the mince with the sage, oregano, thyme and lemon zest and season well. If necessary, add a little of the beaten egg to bind the ingredients together.

Mould the mixture into 8 patties, each piece

SUDOKU SOLUTION

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

measuring about 7cm in diameter.

Pour 2tbsp of the olive oil into a non-stick frying pan and cook the patties for 8-10 minutes, turning occasionally. Be careful not to let the outsides of the patties overcook before the middles are cooked.

Place the other 2tbsp of the oil into a saucepan and heat gently. Add the allspice, water and the chopped apples, then cook for 15 minutes until the apples are soft and pulpy, forming a thick stew. Season with a little salt and pepper. Serve the patties with the spicy apple stew as a dipping sauce.

Serves 4-6

Bramley apple and yoghurt fool

Ingredients:

2 medium Bramley apples, peeled, cored and chopped into 1cm pieces

4tbsp soft brown sugar Finely grated zest and juice of 1 lemon 55g bitter chocolate, finely grated

10 sponge fingers 1 pint ready-made, low-fat custard

450g thick yoghurt



Place the apples, brown sugar, juice and zest of lemon into a saucepan. Bring to the boil, stirring occasionally, then turn down the heat and cook for about 15 minutes. The mixture should become soft and pulpy. (You may need to add a little more water to the pan if the mixture becomes too thick.) Allow to cool.

Grate the chocolate on a cheese grater, then chill well or pop into the freezer.

Place a large bowl on a work surface, then spoon half of the apple mixture into the bottom. Break up the sponge fingers and sprinkle the pieces over the top. Next take half of the custard and spoon over the top. Conclude the layering by spooning over half of the yoghurt.

Then repeat the layers in the following order: apple mixture, custard and yoghurt. Finally sprinkle over the chocolate.

Serves 6-8



F the CHALKS and the CHEESES 3





