

# Prospect

**The Parish Magazine  
of the Shingay group of Parishes**



**Abington Pigotts + Guilden Morden  
Litlington + Steeple Morden  
Tadlow + Wendy**

**October 2023**

# Prospect

The Parish Magazine of the Shingay group of parishes  
[www.shingaychurches.co.uk](http://www.shingaychurches.co.uk)

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Vacant

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**Deadline for November edition - 15 October**  
**Please send all material for inclusion direct to Ann Lynn please.**

# Letter from our village churches

**It's that time of year again when the harvest has been brought in and we begin to think about the festival that follows. Next to Christmas and Easter, the Harvest Festival is the most popular festival in the year. It's a custom that goes back millennia – celebrating that the abundance of summer's produce has been successfully gathered and stored away in preparation for the scarcity of food in the cold months ahead.**

Celebrating a successful harvest is a theme that repeatedly appears in the Bible. Having escaped from slavery, God's chosen people were led by Moses to the Promised Land, where they could finally settle down, bring-up their children, and grow their own food. Gathering in the crops at harvest time reminded them of their good fortune and God's blessings, so there was much to celebrate and be thankful for.

Jesus often used images of farming and harvesting in his stories and teachings – it was something that all his listeners could relate to – after-all we all need to eat, and in those days the distance between the harvest and the table was very small. In one story Jesus compared us with the crops, speaking of how the farmer must separate the “fake crop” (the weeds) from the true crops, and how the farmer (God) can read our hearts and, despite appearances, he knows which of us are true to him and which aren't.....it's not a bad thing to be reminded of this, on an annual basis!

Living in these villages, we are little closer to the land than those who live in towns, however the distance from harvest to table is about the same for both. We buy most of our food in supermarkets and give little thought to how it got there and at what cost. When the harvest is poor, the prices may go up but we are still able to put food on our table. But for about ¾ of the world's population, a poor harvest has a direct impact on whether there is food to eat or not. Bringing in a successful harvest is indeed worthy of thanks and celebration.

The popular harvest hymn reminds us:

*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.*

The Harvest Festival is therefore a time to be thankful to God for the food that is available for us. But these are difficult times and sadly there are some amongst us who struggle to feed their families. This therefore is also a time to be especially mindful and especially generous, donating what we can into food boxes, to food banks and to homeless shelters.

# Letter from our villages *cont*

*We thank you, then, O Father, for all things bright and good, the seed-time, and the harvest, our life, our health, our food. Accept the gifts we offer for all your love imparts, and what you most desirest: our humble, thankful hearts.*

All good gifts around us are sent from heaven above. We thank you Lord, for all your love.

*Revd Ann Bol, Shingay Group of Churches*

## **Annual Group Service of Thanksgiving and Remembering of the Departed**



**There will always be anniversaries and special times when you miss a person who has died.**

This peaceful and reflective service will be an opportunity to give thanks for their lives and to remember them. There will also be an opportunity to say some prayers and light a candle, and the name(s) of those who have died will be said if that is what you would like. Simply tell us before the service starts.

The service will be held on Sunday October 29th at the Church of St. Peter and St. Paul in Steeple Morden, starting at 6pm.

Before the service, we will be serving cups of tea and cake between 5:00 and 5:30pm for anyone who would like the opportunity to relax in a friendly atmosphere.

This is a time for you.

It doesn't matter whether the funeral took place in one of our churches, another church, the crematorium, or somewhere else. And you don't need to be a regular church-goer. This service is for anyone who has suffered a loss of someone dear to them.

We do hope that you will be able to join us and please bring any members of your family or friends who would like to be there with you.

## **Book Café Donation**

**The profit of £225 from the September Book Café has been donated to the Royal Papworth Hospital in tribute to Kumar Balani RIP. It will be added to the monies already donated in Kumar's memory.**

Kumar, together with his wife Jay, ran Litlington PO Stores for thirty years until they retired. They kindly donated the milk each month for the teas and coffees served at Book Café. Kumar was a regular customer and introduced others to this monthly social event in St Catherine's.

We shall miss him. *PS*

# "Hatches & Matches"



**Welcome to our page highlighting the special occasions in our churches – the Christenings and Weddings.**

The wedding between Joanne South and Richard (aka Bill) Maple on August 12 at St Mary's Church in Guilden Morden was a truly joyous service, ending with Jo and Bill dancing down the aisle and out of the church.

## **Licensed Lay Minister – Mike Birrell**



**The Church of England  
Diocese of Ely**

**Congratulations to Mike Birrell, who was admitted and licensed as a Lay Minister (LLM), previously known as Readers, at Ely Cathedral on Sept 30.**

Mike has served for many years in our Group of Churches, leading services of communion by extension. Having now completed additional studies he will continue to serve as an LLM in the Shingay Group of Churches.

Licensed Lay Ministers are called to serve the Church of God and to work together with clergy and other ministers. They are to lead public worship, to preach and teach the word of God, to assist at the eucharist and to share in pastoral and evangelistic work. They are to encourage the ministries of God's people, as the Spirit distributes gifts among us all. They are called to help the whole Church to participate in God's mission to the world.

We give thanks that Mike has decided to continue to serve in this way.

*Rev. Ann Bol*

## GROUP HARVEST SERVICE SUNDAY 8<sup>TH</sup> OCTOBER

10am

at St. Peter & St. Paul, Steeple Morden

followed by

## HARVEST LUNCH

12 noon

St. Mary's Church, Guilden Morden

If you would like to come to lunch (£5 adult/£3 child)  
please email

[shingaychurches@gmail.com](mailto:shingaychurches@gmail.com)

or phone 01763 852380 (D & G McKee)

payment in cash or cheque

(Shingay Group of Parishes) to 24 Cheyney Street.



1<sup>st</sup> Steeple Morden Guides need another adult leader. We meet every Wednesday evening during term time. This is a fantastic volunteering opportunity, giving you the chance to get creative, have fun and be an inspiring role model to girls and young women. Please contact Lis [steeplemordenguides@gmail.com](mailto:steeplemordenguides@gmail.com) or 01767631695 for more information.

 **Girlguiding**



## Fishy Tales at the Summer Club

**During the final week of August, 17 children (aged 5 to 9) signed up for a Summer Club that took place at two venues in Guilden Morden: St Mary's Church, and the Congregational Chapel.**

The theme of the club was "Fishy (and Watery) Tales", and children heard some of the most amazing stories about Jesus, including the time that he turned water into wine; made five loaves and two fishes into enough food to feed 5000 people; calmed a storm at sea and even walked on water! Children took part in drama activities, scavenger hunts and a variety of very active games and crafts; they built and decorated their own cardboard boat, and learned a little about baptism and communion.

One of their favourite parts of the day was the Tuck Shop time, when they were each given a brown paper bag and four counters to 'spend', and could choose from a variety of healthy (and gluten-free!) snacks with which to fill their bags. They quickly learned how to get the best deals out of their four counters!

We hope to be able to continue a similar club as an after-school activity - watch this space for more information in due course.

### **Fiona Davis, Licensed Lay Minister**

*P.S. For those children who came along in August, I promise that Mittens the cat and Paws the mouse will both be present at any future club!*

## **10<sup>TH</sup> CHRISTMAS TREE FESTIVAL**

**Friday 24<sup>th</sup> to Sunday 26<sup>th</sup> November**

**St Peter & St Paul, Steeple Morden**

**Have you started planning your tree?**

**If so get together with friends, family, clubs or organisations.**

**We just bet you are 'pinning' to show your talents**

**Help us to beat last year's 30 trees and make this year**

**TREE-mendous.**



Registration forms and festival details can be obtained from Anne Hassall, 853490 – so what are you waiting for – give her a call now.

We'd love to hear from you if you have a little free time and would like to help over the weekend please contact Annie Bowen on 852905



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# St Catherine's Church Litlington Book Cafe

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7 October, 4 November,  
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## Café Church

### In Steeple Morden

Café Church will be open from 9am  
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**6th, 13th & 21st October**

**There is no Café Church in half term.**

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**The tradition since 1990 is that 21<sup>st</sup> October is Apple day, but events to celebrate this wonderful fruit are held throughout the month.**

These are great opportunities to see, taste and buy many different varieties of apples as well as cider and juice made from them. It's also a really good way of finding an apple variety that you could have in your own garden. And you really don't need much space to grow an apple tree; a large container will do, so long as the top part of the tree is grafted on to dwarfing rootstock. Grafting means joining one variety of the plant onto the stem and root of another, so that they continue to grow as a single plant.

So, let me explain why this is done for apples and other fruit trees. Apple trees cultivated from a pip will take many years before they produce fruit, and might become very large, whereas a grafted tree will produce apples in two to three years and its size can be controlled by the type of rootstock it is grafted onto. It is also thought that the tree will be more resilient to disease when produced in this way.

It's important to choose the right rootstock depending on the amount of space available for it to grow in. Each type of rootstocks is given a number with an M in front. So a dwarfing rootstock, M26, is used for a tree which is going to spend its life in a container or in a small garden. The RHS guide states that it will reach a height of 2.5 – 3 metres when mature, though I would imagine that in a container it would be less because of the restricted root space. I often recommend an apple tree when designing a small garden because it has beautiful blush pink blossom in spring, it can be pruned into a nice shape which makes a great winter silhouette and, of course, there are the apples one can eat or cook with, in the autumn.

If you have more space or want to have an orchard use trees grown on M106 rootstock. The trees will be 3-4 metres high and about 4 metres in diameter and so picking apples will not be too difficult. For a really large tree go for one grown on the vigorous M111.

All the above rootstocks will produce trees that will flourish on average soil and with grass around them. There are two other rootstocks, M27 and M9, but both of them require very good soil and a lot of attention in terms of weeding, watering and general maintenance to grow well.

Some apple trees are self-fertile, which means that they do not need another different variety to pollinate with to produce fruit. These include Braeburn, Granny Smith's and Ellison's Orange. Others will need a pollinator, so you'll need to have two different varieties that flower at the same time. This can get

## In The Garden *cont.*

a bit complicated, but if you look online at a large apple nursery's website they will state which varieties will be compatible.

There is a large range of apples to choose from, divided roughly into cookers, eaters and those for making cider, though there is a lot of overlap. The early season ones ripen in August. 'Discovery' is one; bright red, sweet and juicy but does not keep and is best eaten straight off the tree. Children love them. Others like D'Arcy Spice ripen late in the autumn. It has a complex flavour and will keep for many weeks after picking if stored well. My husband's favourite is Egremont Russet, which you used to see in the green grocers, a brownish green apple, ripening in September. I don't have a favourite; I grow Pitmaston Pineapple, Park Farm Pippin and Ellison's Orange and I hope to squeeze in a Court Pendu Plat somewhere in the garden one day.

This year, Apple Day is being celebrated at the Cambridge Botanic Garden on Sunday 22<sup>nd</sup> October. It's a hugely popular event, with over 25 varieties of apples to taste and buy. You can bring along an apple from your garden if you don't know the variety and the experts will be on hand to identify it. There will be children's activities too. Maybe I'll see you there!



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## PUMPKIN BREAD ROLLS

This autumnal recipe is the perfect way to celebrate the spooky season. These Pumpkin Rolls are an easy way to use up leftover pumpkins after Halloween by making a delicious savoury snack that could be served with butter, jam, used as the basis for a cheese toastie or in any way you'd like!

For this recipe you will need about 12 pieces of string about 70 cm long. This recipe requires the pumpkin to be pureed which is so easy to do. Simply use the flesh that you have scooped out from your pumpkin lantern, peel and deseed the pumpkin flesh and cut it into chunks. Steam your pumpkin chunks until tender and once it has cooled blend it until smooth.

### Ingredients:

500g strong white bread flour

7g dried yeast

2 tsp caster sugar

1 tsp salt

250ml whole milk (plus a little more to glaze the dough)

150g pumpkin puree

2 tbsp olive oil

(For this recipe you will also need about 12 pieces of string, each about 70 cm long. This is so you can wrap it around the dough before it bakes, this will make your bread look like little pumpkins)

### METHOD:

First, tip your flour into a mixer fitted with a dough hook and add in the sugar, salt and yeast and mix it gently to combine all the dry ingredients. (If you do not have a mixer then all the mixing can be done by hand). Warm your milk until lukewarm and add it to the bowl of dry ingredients with the pumpkin puree and oil. Mix it all together on a low speed until combined then increase the speed and knead the dough for a further 5 minutes. Hopefully at this stage the dough is looking smooth and coming cleanly away from the sides of the bowl.

Shape the dough into a ball and place it into a lightly oiled mixing bowl. Cover the bowl and leave it in a warm room for about an hour, or until the dough has doubled in size. Once the dough has doubled in size turn it out onto a lightly floured work surface and knead lightly for about 30 seconds. Next divide the dough into roughly 12 similar sized portions and shape each portion into a tight, smooth ball. (*continued overleaf*)



## In the Kitchen *cont.*

Lay a piece of your previously cut string onto a work surface (dampen each piece of string with water before you wrap it around the dough, so that it doesn't burn in the oven). Place one of the balls of dough in the middle of the string and bring both ends up and cross them over the dough ball, just like wrapping a parcel. Carefully turn the dough ball over without tightening the string (you don't want the string to cut into the dough) and cross each end over the dough ball again. Repeat this process until you have clearly marked out 8 sections of the dough ball. Tie the end of the string in a knot to secure it and place it on a lined baking tray with the knot underneath.

Repeat this process with the remaining dough balls. Then cover them loosely and leave them to prove at room temperature until they have doubled in size which should take around 50 minutes.

Heat the oven to 180°C / 160° fan and carefully brush the dough with a little milk. Bake them in the oven for about 25 minutes, until they have turned golden brown and risen. Leave them to cool for a few minutes before snipping off the string. Then serve them however you want, they taste amazing with butter, chutney, melted cheese.

## Guilden Morden Congregational Church Sharing Table



Did you know about our sharing table? This table has been running for quite a while now and has proved very successful.

The slogan is: 'Bring What You Can... Take What You Need.'

We would be very grateful if you are able to donate food to the table. Equally if you need to use the table, please do so. You can enter with discretion by the side gate, so no one needs to know you've been there.

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# Calendar of Services

## 1st October (Trinity 17)

8:30am	Wendy	Holy Communion * -Joint with Steeple Morden
10:00am	Abington Pigotts	Family Service for Harvest
10:00am	Litlington	Holy Communion *
10:00am	Guilden Morden	Holy Communion *

## 8th October (Trinity 18)

10:00am	Steeple Morden	Harvest Group Communion followed by Harvest Lunch at Guilden (12:00)
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## 15th October (Trinity 19)

10:00am	Abington Pigotts	Family Service -Joint with Litlington
10:00am	Steeple Morden	Holy Communion with Wendy
10:30am	Guilden Morden	United Service <i>at GM Chapel</i>

## 22nd October (Trinity 20)

10:00am	Abington Pigotts	Group Communion
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## 29th October (Last after Trinity)

10:00am	Guilden Morden	Group Songs of Praise
6:00pm	Steeple Morden	Service of Remembering the Departed, with Thanksgiving (with tea/coffee from 5pm)

## 5<sup>th</sup> November (All Saints Day)

8:30am	Steeple Morden	Prayerbook Communion
10:00am	Litlington	Holy Communion with Abington Pigotts
10:00am	Guilden Morden	Holy Communion

Please see church noticeboards in case of changes to this list.

\* = Communion by extension

# And Tuesdays ...

## Morning Prayer at Litlington Church

10am

3rd, 10th, 17th, 24th & 31st October



followed by tea, coffee, and biscuits.  
Come, join and have a chat.

## Floodlight Diary

### St Mary's, Guilden Morden

*If you would like the lights switched on please contact Cynthia Worboys 853217.*

### St Catherine's, Litlington

October 9<sup>th</sup> In memory of Brian James Carter RIP 2002. Jim farmed Sheen Farm land and lived with his wife and family at Sheen Farm which is the site of the new development on Royston Road . It is to be called Sheen Farm Close.

When two people request the church is floodlit on the same date, the lights are switched on for two days.

*The price is only £5 to have the lights switched on for an occasion or a person.*

*Please contact Pam Sharp 852425 or John Jenner 242127*

### S Peter & S Paul, Steeple Morden

*If you would like the lights switched on (£5 per evening) please contact David or Gilly McKee 852380*

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**Harvest festival is on 4th October. This is the nearest Sunday to the Harvest moon, which is the full moon closest to the Autumn Equinox (which was on 23<sup>rd</sup> September). The old English word “haerfest” actually means autumn.**

Parson Hawker was the writer of "*The Song of the Western Men*" with its chorus line of "*And shall Trelawny die? / Here's twenty thousand Cornish men / will know the reason why!*", which he published anonymously in 1825. The Harvest Festival that we know today was introduced in the parish of Morwenstow in 1843 by Hawker to divert the country folk from the unmentionable goings on in the barns after the last field had been cut. He invited his parishioners to a Harvest service as he wanted to give thanks to God for providing such plenty. This service took place on 1 October and bread made from the first cut of corn was taken at communion.

"Parson Hawker", as he was known to his parishioners, was something of an eccentric. He built a small hut, that became known as Hawker's Hut, from driftwood on the cliffs overlooking the Atlantic Ocean, and spent many hours there writing his poems and letters. This driftwood hut is now the smallest property in the National Trust portfolio. Other eccentricities attributed to him include dressing up as a mermaid and excommunicating his cat for mousing on Sundays.

When the winds switch to a more north-westerly direction. This could see Whooper Swan, Pink-footed Geese, and Redwing arriving along the western coasts of Scotland. In autumn, Redwings (*Turdus iliacus*) gather along the Scandinavian coast at dusk before launching off on their single 800 km (500 mile) night flight across the North Sea to the UK. If you are out at night and you hear this mysterious “seep seep seep seep” call above your head, it will be a loose flock passing over. Flocks of Redwing arrive earlier than the larger Fieldfares later in the month. And Skylarks (*Alauda arvensis*) from northern Europe will flock alongside Meadow pipits (*Anthus pratensis*) arriving from their palearctic breeding grounds of Southeastern Greenland and Iceland and from Russia.

There is often a warmth, a lightness to many days in October - last year on 20<sup>th</sup> October, a couple of weeks of sunny days of 15 degrees ended with 80 mm of rain, followed by a further 35 mm three days later. In Yorkshire, we would say it is *siling* down, from the Norse word *Sil* or sieve, thus water pouring from your shower head. Someone told me a quaint description for such a precipitation. She said that the rain was “joined up”!



## In the Countryside *continued*

Rains will bring out a brilliant display of Waxcaps, fungi with grey, brown, crimson and honey caps, and mixed amongst them often are golden spindle fungi with sinuous, yellow club shaped fruiting bodies.

Hedges are decorated with the seed heads of Wild clematis (*Clematis vitalba*), old man's beard. It is also known as Traveller's Joy and, in a nod to its use as a tobacco substitute, Boy's Bacca or Smoke Wood. Its woody stems contain large vessels through which air or smoke can pass when you suck one end. Also climbing up and through our hedgerow plants and trees is Ivy (*Hedera helix*) the flowers of which, at this time of year, are an important source of pollen for late brood bees. However, the nectar Ivy produces sets easily and honey bees can struggle to use it as winter store. In order to make set honey digestible, bees need water to hydrate the honey. And if the weather is too cold for too long, the bees can't fly out to fetch the water to digest the Ivy honey, and they can starve.

Whitefly are numerous with these mild autumn days. 2mm long moth like insects, covered in a fine waxy dust. Their immobile nymphs, called scales, attach to plants and feed on phloem and in autumn females will fly in search of new pastures.

"*Pareidolia*" is the tendency to perceive a specific, often meaningful, image in a random or ambiguous visual pattern, thus two knots and a gash on a side of a tree become a face. In the 1950s, the Bank of Canada had to withdraw a series of banknotes because a grinning devil leapt from the random curls of the Queen's hair. Are you prone to Pareidolia? Certainly, I can not resist seeing shapes in the sinuous bark of our Walnut tree, the nuts of which will all fall this month, along with our apples. Orchard means "fruit garden" and in Norse mythology, apples are the fruit that keeps the gods young ("an apple a day, keeps the doctor away"?) There is something very wholesome about holding a fresh apple in the palm of your hand. The weight, the scent, the plumpness, just invites you to take a bite.

The Orionid meteor shower will peak around 21 – 22<sup>nd</sup> October coming up above the eastern horizon from 11 pm. Look to the left of Betelgeuse. This is our most reliable and spectacular of showers and formed of particles being shed by Halley's comet.

The full moon, the Hunter's Moon will be on 28<sup>th</sup> October when there will be partial eclipse. Right at the end of the month is Halloween: The annual celebration is the first day of Allhallowtide, before All Saints' Day (1 Nov.) and All Soul's Day on 2nd November.



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# Guilden Morden Congregational Church Diary

[www.guilden-morden-congregational-church.weebly.com](http://www.guilden-morden-congregational-church.weebly.com)

## October 2023

If you would like to have a chat with Tony, he will be in the Chapel every Monday morning between 9.30am and 11.30am. The "Sharing Table" in the front porch of the Chapel is still very much in use, so please place any spare foods that you have on the table so that others may make use of them. Packets and tins are especially welcome.

Sun 1 <sup>st</sup>	10.30am	Café style Service. Come and join us for croissants and coffee in our relaxed style of worship. All welcome
Mon 2 <sup>nd</sup>	10.30am	Men's Guild
Tue 3 <sup>rd</sup>	14.00pm	COGS
Wed 4 <sup>th</sup>	9.00am-11.00am	Fun4Tots
Sun 8 <sup>th</sup>	10.30am	Joint service with Litlington at The Chapel
Wed 11 <sup>th</sup>	9.00am-11.00am	Fun4Tots
Sun 15 <sup>th</sup>	10.30am	Joint service with St Mary's at The Chapel
Wed 18 <sup>th</sup>	9.00am-11.00am	Fun4Tots
Sun 22 <sup>nd</sup>	10.30am	Joint service at URC Ashwell
Wed 25 <sup>th</sup>	9.00am-11.00am	Fun4Tots
Sun 29 <sup>th</sup>	10.30am	Communion Service joint with Litlington

### Other group meetings:

Bridge Club                      Mondays at 19.30pm  
 Knit and Natter                Alternate Tuesdays at 10.00am  
 GG Film Club                  Friday 20<sup>th</sup> Oct at 19.00pm  
[Local History Group](#) [Wednesday 4<sup>th</sup> Oct at 15.00pm](#)

Home group Zoom meetings Wednesdays 20.00pm.  
 Contact Emily for details, [emilymwilkinson@doctors.org.uk](mailto:emilymwilkinson@doctors.org.uk)

Anyone wishing to book the rooms for social activities contact Gerry Watkins  
 01763 852869

# ***PLEASE SAVE THE DATE***

***ST PETER & ST PAUL CHURCH STEEPLE MORDEN***

***SATURDAY DECEMBER 9<sup>TH</sup> AT 7.00PM***

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***Organised by The Friends of S. Peter & Paul charity no: 292004***



We would like to thank everyone who has supported the Morden's branch of Save the Children over many years.

In that time, we have raised over £105,000 for a charity that works throughout the world to save, feed, provide health support, educate and generally improve the lives of vulnerable children.

It is with much sadness that several members of the committee are no longer able to continue. Consequently, the branch is no longer viable.

However, there will be occasional events with all the proceeds donated to Save the Children at which your continued support will be much appreciated.

Should anyone feel in a position to re-establish the committee, please contact or text 07764 677 100.

With much gratitude,

*Iverna, Robert, Jill, Sue, Margaret, Marion, Debbie, Pam.*

# LITLINGTON CONGREGATIONAL CHURCH DIARY

## OCTOBER

1st October	11.00 am	Mr David Freeman
8th October	11.00 am	Mr Tony Frost CHURCH ANNIVERSARY ( joined by Guilden Morden Congregational Church)
15th October	11.00 am	Mrs Fiona Davis, Communion Service
22nd October	11.00 am	Mr David Jordan
29th October	10.30 am	Mr Tony Frost At Guilden Morden Congregational Church

***All are very welcome at our services***

Our hall is available for your meeting or event for a voluntary donation. The 7.4 x 5.7 metre room has an independent entrance and a separate kitchen, toilet, large lobby area, car park and garden. Chairs and tables available. It will accommodate up to 30 people for meals and up to 45 for meetings and buffets.

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Hilary Sharp 01763 852272  
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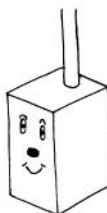
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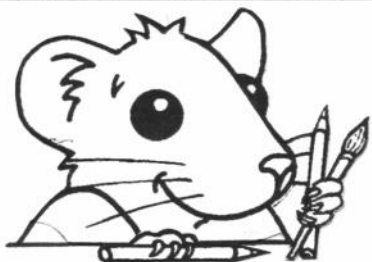
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*He gives us autumn and spring rains at the right time.*

*He makes sure that we have the harvest at just the right time.'*

*Jeremiah 5:24*



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**May all the peoples praise you.**

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*Psalms 67:5-6*



**'Honour the Lord with your wealth and the first part of your harvest'.**

*Proverbs 3:9*



**'God...gives you rain from heaven and good harvests at the right times. He gives you plenty of food and fills your hearts with joy'**

*Acts 14:16-17*

