

HARVEST

The Harnhill Centre Magazine

Winter/Spring 2022



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'For a day in your courts is better than a thousand elsewhere.'

What a blessing the last few months at Harnhill have been, with many things to celebrate and give thanks for, but primarily the knowledge that our Lord has enabled this ministry to continue, during such a turbulent time. The change in the residential retreat programme has been fruitful, with more flexibility and opportunities for guests to stay on-site, and the feedback about this has been very positive. We have witnessed God at work, with guests healed and released from the various challenges they have faced in life, as well as healing and comfort in the aftermath of the last 18 months.

Our desire is for people to draw close and to experience the loving, healing presence of Jesus. As well as developing the residential retreat programme, we have felt called to open the site as much as possible, at new times throughout the week for day visitors. A few years ago, we made changes to the Wednesday evening service, which adopted the title the 'Dwelling Place', with the focus to enable guests to receive prayer ministry and spend time with God. As we bring our hearts and worship to God, we believe it is important to step out of the way and allow space for God to be at work. Within the programme, you will see we have carved out new times and opportunities to be a dwelling place and hope you might come and join us, bringing others with you as we seek God together. This vision continues to evolve as we allow Psalm 84 to inspire us.

How lovely is your dwelling place,
O Lord of hosts!
My soul longs, indeed it faints
for the courts of the Lord;
my heart and my flesh sing for joy
to the living God.

(Psalm 84:1-2)

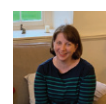
However, each one of us, whether able to spend time at Harnhill or not, need to

find ways to 'come away' and rest in God's presence. The lockdowns have enabled the team at Harnhill to sense how God is leading us in new ways. You may have had a similar experience, with a desire to draw closer to God and to go deeper. Several guests and team have shared that the lockdowns enabled them to do this, because of the enforced quieter season it created. I want to encourage you to think about how you can continue in this, especially now that life is getting back to some busier routines. Is there a new way of prayer and spending time with God, which is intentional and set apart from the distractions, stresses, and strains of life? Perhaps you can create your own 'dwelling place', in a particular area of your home, which is set apart for you to go and spend time in God's presence.

For the team at Harnhill, the Chapel within the house has become very important. It is a quiet space and set apart for anyone staying, to use day or night, as well as for our regular times for worship. If you are like me, you may notice moments where you sense God is asking you to stop, to draw close and it is as though the Holy Spirit is beckoning. Or like the Psalmist, you feel your soul yearns and even 'faints' for the courts of the Lord, which the Passion Translation describes as –

'... lovesick longings, desires and daydreams of living in union with you. When I'm near you, my heart and my soul will sing and worship with my joyful songs of you, my true source and spring of life.'

The Lord knows what we need and all of us need the life-giving presence of God, and to deepen our relationship with the One who created and calls us – 'for a day in your courts is better than a thousand elsewhere'.



Rev'd Kate Picot
Director

Changing lives

Twenty years ago I was persuaded to do an Alpha course and it changed my life. I gave my heart to the Lord and was subsequently involved in leading Alpha courses for other people. I now work for the Salvation Army, supporting men in recovery from addiction. Several months ago I felt the Lord nudge me about starting an Alpha course for the men I support. When I spoke with the Chaplain, I discovered the same idea had been on his heart – and so we made a start.

We led the course earlier this year with five men who happened to have no church background. If you haven't had opportunity to watch the Alpha course, the updated version is superb. The men appreciated the talks and we had some great discussions.

There were many interesting moments when I sensed God was with us. I was praying for this group on one occasion and had a really strong image in my mind of a red crimson carpet running from the office through to the meeting room where we held the Alpha course. It was a reminder of the blood of Jesus, of the hope that we have, and the hope that I desired these men to discover.

When I had initially raised the idea of the Alpha course with the men, I was chatting to them as they sat around smoking – at which point a little robin appeared and caught our attention. I was surprised the robin came so close and landed on the shoulders of one of the men. That was amazing and I didn't think any more about it. Later, I was sitting in the office having just run the course, and a robin flew in and landed on the desk!



Robin in the office

One of the men said to me "isn't there a link between Christianity and robins?". As we went along, this robin kept putting in an appearance, which this group member found encouraging. It was as though God was trying to catch his attention!



During the course many things happened, and I knew God was at work. One of the men commented that every time we sat together doing Alpha, he experienced a peace he had never known anywhere else. One of the men had experienced pain from a neck injury for 5 years, since being in prison, and when he was prayed for on the day when we discussed the Holy Spirit, his neck was healed! The amazing thing was this man didn't even do the whole course, and this was the only session he came to!

One of the sessions was entitled 'How do you pray?' We, as a group, prayed for the Chaplain's back injury. He also experienced healing. All the men received the Holy Spirit and had a sense of God's peace. There was an amazing moment when we were all sitting together and I felt the presence of the Holy Spirit - it was as though we were all rooted to the spot.

Halfway through the course, I noticed a picture of a robin on the wall and it felt like an affirmation of what God was doing.

Since the Alpha course, most of the men are doing well and getting on with their lives. Several staff members have noticed a very positive change in them, and a couple of non-Christian staff expressed an interest in attending the next Alpha course, which began in September. Please pray that God will continue to anoint this new group.

We have introduced the men to Harnhill by hosting an archery session in one of the fields and hope to hold the next 'Holy Spirit' day at Harnhill, and to provide opportunities for the men to volunteer at the Harnhill Centre in the future.

Kevin Derham

Goodbye ...

Martine Smith-Huvers in conversation with Harnhill's former Chef, Dan Wyatt

M - When did you start working at Harnhill?

D - I started in January 2015. I remember this very clearly because it was a very important time in my personal life. I had been longing to get out of a professional kitchen with its long hours, I was engaged to be married to my dear Rosie and buying a new house. So I had a new job, a new house and newly married. They say that these are among the most stressful things to happen in life, and I had them happening all at once!

M - How has your work changed over the years?

D - It has changed a lot. Within a few months of coming to work at Harnhill, the new kitchen was put in and it was wonderful because I had a part in designing it, deciding on the type of equipment needed etc. At that time the house kitchen had been 'condemned' because of the gas supply. It was quite a lot of fun working between two sites i.e. in two kitchens at the time.

I very much enjoyed developing menus and having the autonomy to cook what I wanted to cook. Another blessing was only cooking one meal each mealtime. It is hopefully a 'nice' surprise for the guests who don't know what they will be getting to enjoy. I love to be creative with ingredients and enjoyed cooking what I like to eat myself whilst experimenting. It could sometimes be like a 'Ready, Steady, Cook' meal. Meals had to be crowd pleasers without being just spag bol or lasagne.

M - What is your favourite dish and why?

D - I have so many favourite dishes so that is a difficult question. It is easy to tell you what I really dislike and that is broad beans cooked in their pods. Out of their skins they are delicious, and I do use them. They are fantastic in salads!

M - Do you have an easy recipe that you can share with us?

D - I love making bread and this is one of my favourite recipes which is easy! The bread rolls are very versatile – from being used as communion bread to burger buns!

Bread recipe

Ingredients

500g strong white flour
14g salt
28g caster sugar
42g fresh yeast
240 ml tepid water
125g unsalted butter, room temperature

Method

In a mixer with a dough hook attachment put all dry ingredients except the salt, add the butter.

Mix for two minutes then add the salt, mix for 30 seconds then add the water.

Mix on a low speed for 15 minutes.

Remove the dough hook and cover the bowl with a tea towel leave until dough has doubled in size. This takes roughly an hour.

Divide dough into 80g balls and place on a baking tray. On a standard baking tray you should comfortably fit 3 across and 4 down.

Prove until doubled in size.

Bake at 190C for 18 minutes.

M - What has been your best experience at Harnhill?

D - It is being part of a community which is like being part of a family. All the most significant events of my life so far have happened whilst I was working at Harnhill. I have felt so loved and supported. From Janie ironing my wedding attire on the morning of my wedding; to everyone praying for Rosie and me as we embarked on our marriage; to buying our house; and the birth of my two lovely daughters, Clemmy and Paloma and to have them both dedicated at Harnhill was incredibly special.

One other event that sticks in my mind was the 'Harnhill Tug of War' at the Harnhill village fête. We enjoyed hot dogs and beer. The Harnhill Centre team was up against the farmers, and we were pulling up hill! Unsurprisingly we lost, nevertheless it was great fun.

M - What has been challenging and how has working here changed your life?

D - I was born again here at Harnhill. I was baptised at the age of 13 and at the time said a prayer but my life didn't really change. Just before our wedding, I had a time of repentance and asked the Lord to fill me with his Holy Spirit - at that point my life changed completely, at that point I believe I was born again.

I believe the Lord brought me to Harnhill. At Harnhill there were mature Christians around and mature elders. David Wells was my mentor; journeying with David felt very safe and secure. There is a lot of nurturing at Harnhill. I have been discipled for 6 and a half years here. I am super thankful for my time here and everyone whom I have met and had the privilege of working with. Hand on my heart I can say, I love you all.

M - Where are you going to work now and why have you chosen to work there?

D - I am going to work at the Somerford Arms which is an amazing gastropub. When I was furloughed during the recent pandemic, I worked in a local hotel and realised that I was missing that type of environment. It is going to be challenging being a Christian in a non-Christian environment. There will be pressures in a secular kitchen. I hope to be true to the Lord and to myself. I have a heart for young people. I will oversee 3 or 4 young people and will enjoy training them up to be young chefs. I love young people because they ask lots of questions and they have a genuine hunger for the answers. I am looking forward to creating a kitchen where it will be calm and peaceful, an encouraging and non-swearing environment. We will be serving around 1000 meals a week and I am looking forward to having some input into the menus. Please come and visit, I would love to cook for you.

*Martine Smith-Huvers
Member of the Ministry Team*



Rosie, Clemmy, Dan & Paloma

Book Reviews

Deeper Still by Linda Allcock

I wonder if you struggle with Quiet Times? Days seem so busy, don't they? There seems no time to switch off.

In a sense, this is the essence of Linda Allcock's book *Deeper Still*. She opens with an empathic connection with the busy world in which we sometimes struggle. She suggests that Biblical meditation is not to switch off and empty our minds. Instead, it is to switch on, to become aware with our whole being, that meeting with God in his Word is the most important thing in our days.

It is to our minds that she addresses an important issue. Many of us have adopted negative beliefs and thoughts, often from childhood and these take away our sense of peace. Linda asserts that secular meditation encourages self-help with these negative thoughts whereas Biblical meditation gets to the root of the problem. It's about changing us by helping us focus on God who can and does heal us. We learn to start seeing ourselves as God does.

Biblical meditation starts with God and in this we are encouraged to focus on who God is and who we are in relation to him. Essentially it is about remembering what God has done for us. I was very caught up by the approach in this book. We probably have looked at many books about meditation, struggled and given up. In this book we are helped with this by five steps that will fill our hearts rather than empty our minds. These are labelled Ask, Look, Turn, Learn, and Live.

The author suggests that we lower our expectations of ourselves, which may seem a strange concept, and, instead be more realistic. We can call out to God and ask him for help when we need it. In Biblical meditation, as we get to know God better, we will trust him more and allow ourselves to be vulnerable with him.

The second idea, *look*, gives us more insight. The Bible is about God. As we read, we can ask what it says about him; what it says about Christ and what did it mean to those for whom it was first written. Is there one word or phrase that leaps out at us?

Having looked at these questions, we allow the answers turn us more and more to God. We can also look at more personal questions. What do we learn about ourselves as we read this? Does it touch on any area of our lives? How are we feeling as we read it? As we continue with this, we will find it helps to learn God's word, especially phrases that have helped us in our lives.

Finally, it is in the living that we find Biblical mediation so special. Just as we long for and dwell on something we love, so we will find delight in the presence of God in our lives. The more time we spend with him, the more we will want to spend with him, delighting in his love for us. I do encourage you to try this, to spend time with him and, by doing so, growing in confidence of his love for you.

Review by Margaret Hughes

The Inner Voice of Love by Henri J.M. Nouwen

At a recent Prayer Team meeting, we discussed the subject of Prayer and specifically how do we "Pray in the Spirit". We were asked if we could recommend any books and without hesitation I picked up Henri Nouwen's book *The Inner Voice of Love*. Over the years this book has given me new courage, new hope and the knowledge of how deep the Father's love is for us.

I first came across Henri Nouwen when I received a copy of *The Return of the Prodigal Son* from a dear friend at my confirmation. Soon I was to discover what a great spiritual writer he was.

The Inner Voice of Love is his secret journal, written during the most difficult period of his life when following the breakdown of a close relationship, he suddenly lost his self-esteem, his energy to live and work, his sense of being loved, even in his hope of God. With the support of friends, he was encouraged to publish this book.

The 50 short reflections are in many ways both uplifting and encouraging to read. He speaks with complete honesty about the difficulties he experienced. In one chapter he says "Stay with your pain and allow it to be there. You have to own your loneliness and trust it will not always be there. The pain you suffer now is meant to put you in touch with the place where you most need healing, your heart. Dare to stay with your pain, and trust in God's promise to you."

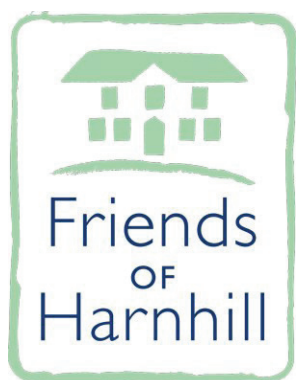
It is suggested that it is better not to read too many chapters at once. My experience has been to read it slowly and let the words soak in, with adequate time for reflection.

The spiritual imperatives enable you to trust the inner voice, the God in you. To be aware of God's presence and attuned to his voice. "Only by attending constantly to the inner voice can you be converted to a new life of freedom and joy."

This book is a gem of spiritual insight, written from the heart. Full of heavenly wisdom and a beautiful account of a journey from grief to wholeness.

Review by Els Hunt

Copies of the reviewed books are available to purchase in the Harnhill Bookshop.



I became a Friend of Harnhill while serving as a House-for-Duty Vicar in Oxfordshire three years ago. Now my wife, Hope, and I live in Fairford. When I retired, it would have been easy to sit back and simply enjoy our Christian heritage, and become a passive observer of God's kingdom.

It is Elizabeth Barrett Browning, the Christian writer and poet, who was given real insight into living a full life. In one of her books she wrote:

"Crowded with heaven and every common bush alive with God,
but only he who sees, takes off his shoes;
the rest sit around and pick blackberries."

Taking off our shoes of pride, and acknowledging that this life is vital, and not sitting around, however delightful it is to pick blackberries, will not bring fulfilment in life.

There is work to do at Harnhill. Something very worthwhile is to be engaged in prayer; Christian friendship, introducing others to Harnhill and being alert to supporting the vision of healing and wholeness in Christ.

Pleasure, leisure and treasure are the primary goals of many today; but God can give us so much more when we offer ourselves to serve Him in whatever ways He calls us to assist at Harnhill.

In His Grip

Geoff Price

Member of the Friends' Working Group

A Prayer Walk

One very warm Saturday afternoon this summer, Dan and I took a prayer walk around the grounds here, something that we all do from time to time. We took several small bottles of anointing oil with us, so that we could anoint the entrances and gate posts to Harnhill. It was a still afternoon. The sheep were bleating and most of them were lying down in the shade of the large trees in the front field.

As Dan and I walked along the drive towards the entrance to Harnhill, Dan spotted a lamb with its head stuck through a wire fence. This happens quite often when the lambs are young, but these lambs were about 4 months old now. Many of them were now as big as their mothers. They have a lot more fur now they are older, making their necks much bigger.

The lamb was, of course, terrified. In fact, many of the lambs around were also bleating loudly, in support of the stuck lamb. Dan approached it and started by gently stroking the lamb's head, and speaking quietly to it so as to calm it down. The poor lamb was jumping around at first. Dan initially felt that we would need wire cutters as the lamb's head was stuck fast. Remembering that he was carrying a bottle of olive oil, Dan proceeded to cover the lamb's head and neck totally with oil ...



He then ever so gently eased the lamb backwards and the lamb was free, totally free. It ran off to find its mother and siblings.

We had both witnessed something very special indeed. We felt that this is just what Jesus our shepherd does for us: 'The sheep listen to His voice. He calls his own sheep by name and leads them out.' Jesus wants the best for us, he doesn't want us to be in a tight spot, even when it's our own doing. He wants us to be free.

We stood watching the sheep for several minutes and felt that Jesus had just shown each of us in a very simple way how much we are loved by our Father.

In Luke 15:4, Jesus, our shepherd will risk his life to save the one straying sheep - that's how much He loves us. Sometimes we can just understand this glorious truth in our head but not our heart, we can believe it for everyone else, but not for ourselves. Here are some wonderful verses...

"He made us, and we belong to him; we are his people, the sheep He tends." (Psalm 100:3)

"He has pity on people because they are like sheep without a shepherd." (Matthew 9:36)

"We all have wandered away like sheep; each of us has gone his own way." (Isaiah 53:6)

*Janie Cameron
Member of the Ministry Team*



The Dwelling Place Café

Space to just be you!

10.30am - 12.30pm on alternate Mondays
Bring your Craft or Art project, or just yourself to enjoy good company, good coffee, good cake and the space just to be!

Call 01285 850283 for more info.

Harnhill Centre of Christian Healing, Harnhill, Cirencester,
Gloucestershire, GL7 5PX



Programme January to June 2022

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and fortress, my God, in whom I trust." Psalm 91:1-2

We are pleased to be able to offer you a range of residential and non-residential retreats to enable you to enter into the presence of God.

January

4th - 9th Personal Retreat
11th - 16th Personal Retreat
18th - 21st Walking into your Healing Retreat
21st - 23rd Personal Retreat Weekend
25th - 30th Personal Retreat

February

1st - 4th Personal Retreat
9th - 13th Personal Retreat
15th - 18th Walking into your Healing Retreat
18th - 20th Personal Retreat Weekend
22nd - 27th Personal Retreat

March

1st - 6th Personal Retreat
8th - 13th Personal Retreat
15th - 18th Walking into your Healing Retreat
18th - 20th Personal Retreat Weekend
22nd - 27th Personal Retreat
29th Lenten Quiet Day
29th - 3rd April Personal Retreat

April

4th - 8th Walking into your Healing Retreat
8th - 10th Personal Retreat Weekend
12th - 17th Personal Retreat
19th - 24th Personal Retreat
23rd Personal Retreat Day
26th - 29th Walking into your Healing Retreat
29th - 1st May Personal Retreat Weekend

May

3rd - 6th Personal Retreat
7th Men's Day
10th - 15th Personal Retreat*
*Training Day on-site during this Retreat
14th Training Day
17th - 22nd Personal Retreat
24th - 27th Walking into your Healing Retreat
27th - 29th Personal Retreat Weekend
31st - 5th June Personal Retreat

June/July

4th Quiet Day
7th to 12th Personal Retreat*
*Friends' Day on-site during this Retreat
11th Friends' Day
14th - 19th Personal Retreat
21st - 24th Walking into your Healing Retreat
24th - 26th Personal Retreat Weekend
28th - 3rd July Personal Retreat
2nd July Personal Retreat Day

Residential Retreats

Please refer to the Calendar overleaf for the Retreat dates

Walking Into Your Healing Retreat £310

These Retreats are aimed at those who are beginning their healing journey or feel that they need a fresh start. The teaching focuses on how we journey with Christ as we seek His healing.

These Retreats are for 3 nights and you will receive two Prayer Ministry appointments, teaching and times of reflection and worship during your stay.

All stays are from 3pm on the Tuesday until 11am on the Friday and includes full board.

Special Offer! If you would like to extend your stay following your Walking into your Healing Retreat, there is an opportunity to book for 1 or 2 nights at £85 per night. To ensure availability, it is advised that you request this with your initial booking. (Please note, we are unable to offer further prayer ministry during this weekend.)

Personal Retreats

Come and step away from everyday life to spend time in the presence of God.
Enjoy a spacious place to be renewed and restored.

These Retreats are aimed at those who want to take time away from everyday life or those who have attended a Walking into your Healing Retreat and wish to continue their journey of healing. We are pleased to offer one Prayer Ministry or one Spiritual Accompaniment appointment during your stay - please request at time of booking. (For further information about Prayer Ministry and Spiritual Accompaniment, please see our website.)

Everyone is welcome to join in the rhythm of worship and prayer.

Personal Retreats offer flexibility depending on your needs.
Choose 2 to 5 nights to suit your time, availability and budget.

Prices: 2 nights - £195, 3 nights - £292.50, 4 nights - £390, 5 nights - £487.50

*All stays are from 3pm on the day of arrival
until 2pm on the day of departure and includes full board.*

Prayer Ministry Training Course

The Ministry of Healing in the Local Church

This day is ideal for groups and individuals with an interest in the healing ministry. The course will include theology of healing, the 'health' of the prayer minister, practical advice for prayer ministry and an opportunity for prayer ministry practice.

**Saturday 14th May
10am - 4pm**

The cost is £30 per delegate.
Tea and coffee provided,
please bring a packed lunch.

Men's Day

An adventure into the heart of men in a changing world

The day will include outdoor activities (weather permitting) and a seminar exploring men's issues, aiming at building relationships and expanding a community of men who love God and also for those who are on a journey of exploration.

**Saturday 7th May
9.30am - 5pm**

Starting at 9.30am with bacon rolls and coffee.
Lunch and refreshments provided.

Price: £40

Want to stay a little longer? There will be an opportunity to stay on for a BBQ in the evening, and there is an option to stay overnight if you would prefer (all prices available on request).

The Dwelling Place

'How lovely is your dwelling place O Lord Almighty.' Psalm 84:1

There are different opportunities each week to step away from the busy-ness of life and enjoy the peaceful surroundings of Harnhill, including time to receive prayer ministry on Wednesday evening and Friday morning.

The Dwelling Place on Monday mornings 10.30am to 12.30 pm

On alternate Monday mornings (10.30am-12.30 pm), come and join this group for a gentle and supportive time with chat, coffee and cake in the peaceful surroundings of Harnhill. Space is provided for you to work on your own craft projects, if you would like to. For further details and dates, please contact the Bookings Office. *(Please note, we are unable to offer personal prayer ministry during this time.)*



The Dwelling Place on Wednesday evenings 7pm to 9pm

On Wednesday evenings we offer a quiet space for personal reflection. The Barn will be open from 7pm (with tea and coffee available). Members of the Harnhill Team will be available to pray with you from 7.30pm until 8.30pm when we will move into the night-time service of Compline (8.30-9pm).

The Dwelling Place on Fridays 11am to 6pm

On Fridays, the Barn will be open from 11am for personal prayer (tea and coffee is available). There will be a Healing Service at 11.30am, after which there is an opportunity to receive prayer with members of our Team.

(Please note, this is not a Communion Service.)

Places are limited, so please book in via the website or by phone.)

Pre-booked lunches will be available in the Harnhill Café at 1pm. After lunch, please feel free to enjoy the garden or local footpaths or simply sit quietly in the Barn. We will close this time with evening prayer at 5.30pm.



Morning Worship on Sundays 10am

At 10am each Sunday, join the Harnhill Team for a traditional Morning Prayer service in Harnhill Church. Refreshments will be available in the Henly Room after the service. *(Please note that we are unable to offer personal prayer ministry during this time.)*

Quiet Days

The following days have been planned for the coming few months ...

Lenten Quiet Day
**‘Bread of Heaven,
reflections for the hungry’**

led by Rev'd Sarah Haslam

Reflections for the hungry:
to comfort, nourish and sustain for the journey

Tuesday 29th March
10am - 4pm

£35 to include lunch and refreshments
£25 bring your own lunch, refreshments provided.
(Registration from 9.30 am)
(Please indicate which option at time of booking)

‘The Father’s Heart’

led by Alison Goddard

Reflections on the Parable of the Prodigal Son
(Luke 15:11-32)

We will spend time and space in the presence
of our loving and generous Heavenly Father.

Saturday 4th June
10am - 4pm

£35 to include lunch and refreshments
£25 bring your own lunch, refreshments provided.
(Registration from 9.30 am)
(Please indicate which option at time of booking)

New for 2022!

Retreat Days

**Saturday 23rd April &
Saturday 2nd July**
10am - 4pm

Come aside for the day and enter into our
rhythm of prayer. Enjoy the quiet space of our
Barn Complex and gardens. We suggest that this
day is spent in quiet, but feel free to chat over
lunch. If you would like to bring your own craft
activity, you would be very welcome.

£25 bring your own lunch,
refreshments provided.
(Registration from 9.30am)
(Please indicate which option at time of booking)

From our Guests . . .

I felt heard and cared for in an honest
and open space. - CO

I was impressed by the food - healthy,
balanced, different, delicious. - KA

I have had a wonderful experience
at Harnhill. With love, helpfulness,
kindness, prayer, food and
accommodation. God's love. - JM



Friends’ Day

Saturday 11th June
(timings to be confirmed)

This day is open to everyone who has signed up
as a Friend of Harnhill. It is an opportunity to
meet up with Fellow Friends, to reflect on the
contribution of the Friends to the life and work of
the Centre, to worship and pray together.

We do hope you can come and join us.

If you would like to become a Friend of Harnhill,
please email friends@harnhillcentre.org.uk or sign
up via the website www.harnhillcentre.org.uk

Testimony

Lockdown 2020 began with an emergency spinal disc operation and I recovered very well. On 9 June 2020, my back started hurting again. More trips to A & E, appointments at the hospital, and more MRI scans ensued. The results confirmed that I have severe inflammation of the facet joints, severe arthritis, much scar tissue. This causes spasms and pain in the back, buttocks and legs. As a result, this places limitations on my normal, daily life. 'Sorry I can't do anything more for you!' was the news a spinal consultant gave me.

I was struggling both mentally and spiritually. I didn't know how to pray. I shed lots of tears of pain and frustration. The team at Harnhill, despite the big challenges they have faced during lockdown, were a great support through telephone calls, emails and prayers. Knowing that the Harnhill team were praying for me every day was a great comfort.

During this time, I had many words of encouragement. Denise (now retired from Harnhill) felt that "wait and see" were words for me. Waiting has been the hardest thing. I was referred to a consultant at Bristol for a second opinion. He confirmed the scan results and indicated that my muscles were weak and wasting, so encouraged me to walk round my back garden regularly to strengthen the muscles, and I have stretching exercises to do. It was also decided that I should have a CT scan and to inject the facet joints. So 'waiting' was in front of me again.

Through all this time, I felt a retreat at Harnhill would be beneficial, so I booked in for early June. It was a huge challenge because of the pain in my back. I could easily have come home, but I felt God say, 'see it through'. The tears were just flowing. During a prayer ministry session, the Holy Spirit was very present. I felt a hot heat going through my back as hands were laid on me and I was anointed with oil. It was a time of tears and sobbing. 'But tears are healing' I was being told all week!

On Friday I received prayer asking for the inflammation to die down and for the fear of living with this back condition to disappear. Afterwards, I went and sat alone in the lounge and wrote in my journal and prayed for 'peace'. Suddenly, my tears subsided, and a great sense of peace came over me, and my back felt a bit easier that afternoon.

Psalm 84 was given to me before I left for Harnhill. I did dwell in God's presence. During the Thursday evening prayer and worship time, the song "God will make a way, where there seems to be no way, He works in ways we cannot see". Tears just flowed as that message was for me. I believe 'God will make a way'. I continue to sing this song as a daily prayer.

On the last morning, whilst having breakfast in my room, I read the heading on the UCB notes - 'Seek God's peace concerning it'. What a confirmation for me. The song *What a friend we have in Jesus* came to my mind and the lines: 'Oh what peace we often forfeit, oh what needless pains we bear'. So, I now pray daily for 'peace'! I hold onto a saying on my calendar which says that God will always deliver on his promises, we don't know how or when, but we can 'believe'.

Mentally and spiritually I feel so much better since my retreat. I'm so grateful for the Harnhill Centre and the ministry it provides. I feel at peace each day, despite my back still hurting. I have been encouraged to not let my back control me, but for me to control it. I feel much lighter in spirit and have much to thank God for!

During the 2020/21 winter, I spent my time embroidering cross-stitch kits. I found a portrait of Jesus, and felt I should do one for Harnhill. Kate and the team love it and it's in the Chapel! It was a pleasure to do for Harnhill, and now I'm stitching one for myself.

Lynn Tocknell



Lynn Tocknell with her tapestry

Welcome ...

I was born in beautiful Swindon, Wiltshire and grew up in a small market town called Highworth. I went to Swindon College to study Art Foundation and enrolled at Cirencester College to take a range of creative courses. I later settled on a Textiles Degree at Cardiff University which enabled me to express my creativity. I studied with a wonderful mix of people from Wales and California(!) who made up Calvary Chapel where I worshipped.

When I look back at Calvary Chapel Cardiff, I realise that it was a treasured time and I was privileged to be a part of that community. The people there were all an amazing example to me of Jesus' unconditional love to me and we met on my campus which was handy! The worship is what drew me, to be honest, as I am a keen music fan. The music was refreshing and led by a Native American who was, and still is, an incredibly gifted song writer and musician. After being around such an alive and loving group of people who ate together, worshipped together and studied the Bible in depth, I was drawn to Jesus more and more. After two years I was baptised. My lovely pastor John invited others to be baptised as well. It was an awesome time seeing a friend of mine, my mum, Julia, and younger sister Rachel also decided to take the plunge!

During my teen years, I enjoyed helping out at youth events. After several years out of education, I decided to combine my love of youth work with teaching which was quite a gamble at the time. I got accepted at Brighton University and completed a PGCE in Art and Design teaching secondary school-aged students. I can truly say that only by HIS strength was I able to complete this highly challenging course as it was one that I really wasn't cut out for in numerous ways! At that time I worshipped in the Church of Christ the King in Brighton - now called Emmanuel. There I volunteered for eight years on a weekly basis working with a huge youth team. Some Friday evenings we had up to 80 students attending. The team ran different events - circus, cooking, gladiator and treasure hunt-type events. This was a wonderful time as God was drawing many young people to Himself. The teens later took the ownership of the group themselves and the team members kept in the background. It was incredible to see how young people were so transformed by

being in this lively, loving community where Jesus was celebrated - very loudly I may add! They met each week to share food, drinks and numerous crazy activities to celebrate being alive and the end of a week of study or school!

I taught in secondary schools for over ten years in Sussex and then found I was being drawn to working with students who were showing behavioural issues. It was clear that they gained more from art for its therapeutic benefits rather than any academic achievement. These students taught me a lot and I loved how unique each of their art works were. It was a blessing to be able to walk alongside them for a while at pupil-referral units as well as in state schools. I have worked with challenging students with additional needs for several years and God has taught me a lot through the students and wonderful staff teams I have been able to be part of.

My mum and I attended some Wednesday evening services at Harnhill. We were going through a family crisis at the time and we were blessed to receive prayer at that time. During 2021, I came to stay at Harnhill during the second lockdown as I needed to shield from my mother during the pandemic. As a key worker, I had heard that Harnhill was able to take keyworkers for a small fee and I am very thankful that I was able to stay here.



I very quickly felt at home and enjoyed the many fields for discovering new walks, as well as being spoilt with the most delicious meals.

Through a series of events, it became clear I have been placed here within the beautiful setting of Harnhill for a season, and I am looking forward to seeing exactly what that looks like and how God will work through me, being me here! I love people and it's a blessing to meet the wonderful guests who come to stay here. It is awesome to think that God has got us all on our individual journeys and we are able to walk alongside and grow here, I am so excited how God has blessed us with such a fabulous group of volunteers and I hope we continue to grow the way God wants us to. I am passionate about God building up a community that is outward-looking and connected to the world in relevant and tangible ways like the Salvation Army, for instance. At the same time not being a reflection of the world but being led by Jesus to connect with whoever He wants to reach out to!

*Jenny Fry
Member of the Ministry Team*

Never too old to be used by God!

At lockdown in March 2020, I was nearly 86 years old, living alone and walking with two sticks. I had an active social life so isolating was going to be difficult. My family are all involved with the NHS so I settled on going it alone.

I decided on a daily routine which after breakfast took me on a walk of about 100 yards to the Downs nearby. Amazingly, I was meeting neighbours who stopped and chatted. Over the weeks I got to know most of the people in my locality.

I would sit on one of the benches and other people stopped to chat - at a distance of course. Chatting seemed to meet a need in people as there was very little else to do!

Among those who stopped was a young person who attended Alcoholics Anonymous; a high court judge who dealt with child abusers; a young woman who cleaned in the nearby expensive houses; and several people on furlough at a loss to cope with their spare time. We did *The Times* crossword on the mobile phone. It was a safe place to meet in the fresh air.

Some offered to do shopping for me. Later when some of the shops reopened we shared fish and chips, and coffee and cake.

I have continued this routine through the winter and into the summer of 2021. It has been a life saver for me and, I hope, for other people.

Ruth Marson

The Flame

by Jan Sayer

*I lift my face to the sun
and feel its warmth.*

*I lift my face to you
and see the love in your eyes,
and the warmth of your embrace.*

*No disappointment.
no recriminations,
Just acceptance.*

*And somewhere
deep inside,
the desire -
to grow closer*

*deeper
wiser
holy;
set apart for you.*

*To proclaim your word
and your name,
and to see your kingdom come.*

*For your light to spread
from heart to heart,
and set the world on fire.*

*The blaze of Holy Spirit
spreading far and wide;
all from one little flame -
lit in me.*

*Born out of pain
in a broken vessel
but nonetheless valued, loved,
and desired.*



Thoughts from the Finance Office

Well, here I am again. I know that some of you will read this with interest to know how we are doing, and some may have glazed eyes and move swiftly on because perhaps the Finance Office isn't where your heart is, but the harsh reality is that without you Harnhill would not be here, and it is a constant work to enable us to flourish, and that is part of the function.

Sadly, a lot of what happens in the Finance Office is really rather dull and there are few opportunities to be creative (at least while remaining within the law)! But it is at the core of any Charity's work, beavering away in the background with routine - a perpetual cycle of bills, payments, receipts, management accounts, budgets and cashflow. But the work of the Finance Office is more extensive than just accounts and payroll. Among other things, it extends to looking after insurance, regulatory compliance, supporting Kate and the Trustees with the drafting of appropriate policies, risk management, IT, supporting David in looking after the property and projects.

Some of the things currently in process have been the insurance review which this year has seen premiums increase by 75%, partly because we need to reassess our levels of cover but also because of the insurance landscape post-Covid; the IT review so we are have effective and secure systems for the next 5 years, which we have been working on in recent weeks; and looking at new card payments solutions particularly for contactless donations.

But back to finance, I am glad to be able to report that the last few months has seen some much-needed stability return to the Centre with the pattern of guests arriving and being blessed, settling down with consequent benefit to the finances of the Centre. I thought I would share with you the pattern of revenue from bookings across 2020 and 2021 to date, which highlights the impact for us from Covid and the closures we have sustained (illustrated by the months in which there is only one colour). In the chart below, the blue bars show income for each month of this year from residential bookings, and the green for each month of last year. The negative figure in January 2021 arose from having to refund deposits received for bookings in the early part of this year.

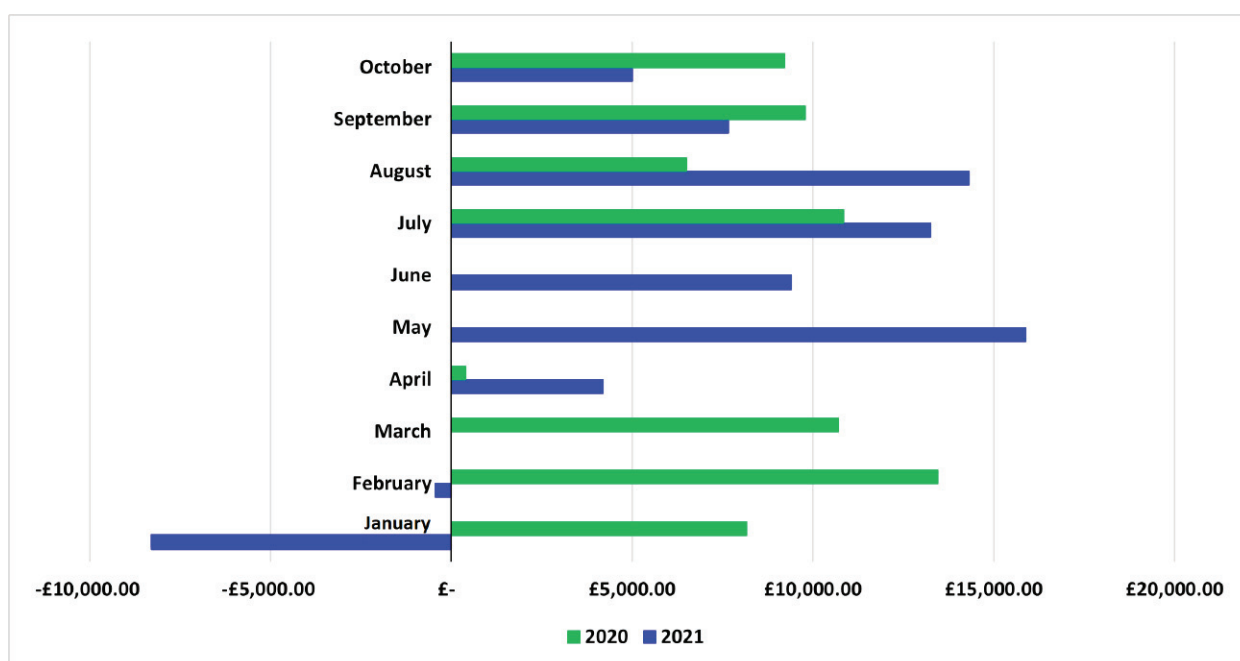
I want to focus this Harvest article on "giving" – not a sermon, I'll leave that to Kate.

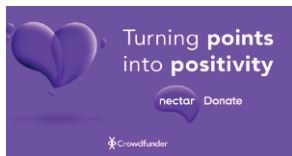
We continually look for new opportunities to raise funds for the Centre to ensure its transforming work continues, not this year or next, but long into the future. I'd like to share two ways which can help us.

Help us as you shop

Do you shop at Sainsburys? Do you shop at Amazon? Well, if you do, you can nominate Harnhill, as your chosen Charity, to benefit from your shopping.

Crowdfunding have teamed up with Nectar to establish a scheme called "Nectar





Donate" which launched in October, allowing 18 million Nectar members to donate any of their

Nectar points to UK charities. Harnhill has been invited to become a launch partner by Crowdfunder and will be registering for the scheme, so please look out for more details about how you can participate.



Harnhill is registered with Amazon Smile. This is a simple and automatic way

for you to support Harnhill every time you shop from Amazon. It is available on your web browser at smile.amazon.co.uk and can be activated in the Amazon Shopping App for iOS and Android phones. When you shop with Amazon Smile, which offers the same prices and selection of products, Amazon Smile will donate a portion of the purchase price to Harnhill. So far Harnhill has received £45.48, mostly from Kate, my and the Centre's purchasing. Could you help to boost that?

On your first visit to Amazon Smile, you will be prompted to select a charitable organisation to receive donations from your future eligible Amazon Smile purchases. Just search for "Harnhill" and select us.

Legacies

Many of us find from time to time something comes into focus which makes us think about our stuff, our future, and our affairs. It is 15 years since I last wrote my will and I need to redo it. For me, I realise that as my parents age, now in their 80's and 90's, being honest, there is little benefit to them in leaving a legacy should something happen to me. That was not the case 15 years ago.

Recently in my Parish we welcomed our new Rector. He is a strong believer in how legacies can sustain our Church, providing much needed reserves for building upkeep where a Church does not benefit from an endowment for such purposes. Similarly, Harnhill can be sustained by benefitting from legacy giving. I wonder if leaving ½ or 1% percent (or whatever) of your estate to Harnhill would have a significantly detrimental impact on other beneficiaries? I think my family could live with that. I am reminded that without the unexpected legacies in the last 12 months, our story right now would be a very different one.

<https://www.harnhillcentre.org.uk/21/Support-Christian-Healing-with-Legacies>

Thanks for reading.

Rachel L Severn
Bursar



Lockdown?

Recently someone asked me how I was feeling after the Lockdowns and restrictions. My answer was "Perky", which really surprised them and then I immediately felt guilty. But it seemed strange to feel guilty for being perky. I really struggled with it. Why did I feel guilty? Well, because so many people had had a dreadful time, of course.

I'm very aware that many people have had heartbreaking times when family members have been very ill and they were unable to be with them, especially when they were dying. So many parents have been struggling with children working at home while they try to keep their own jobs going. Single parents stuck with young children living in high rise flats or bedsitters. Many have worried about elderly relatives or children living away or abroad. Doctors and nurses working long hours under enormous pressure in dangerous situations, yet trying to be compassionate to their patients who were not allowed visitors. Many people feeling lonely and frightened. Yes, my heart has gone out to them. I have done my bit of phoning and praying for friends and members of my Home Group, to make sure they are all right and encourage them. But I can't put the whole world right. Of course I know that. But I can ask the Lord to do that, and I do.

So, do I need to feel guilty? I don't think so. I don't think the Lord wants me to feel guilty. He wants me to be real. The reality is that I no longer have any close family or children. Now some people would find that very sad but in this situation it is a blessing. I don't have to worry about them. However, I have been in a "bubble" with a very kind Godson and his wife who have had me round for a meal at a weekend, and then I have had the joy of inviting them to a meal another time. What a blessing that has been. I praise the Lord.

Thinking back to the early days of lockdown I have very happy memories. Do you remember when the streets were empty and we could hear the birds singing their hearts out? It was a lovely spring and the blossoms in the roads where I took my daily exercise were amazing. I loved watching families taking their walks together, talking and laughing, and then suddenly they were all on cycles whizzing about the place.

Even little ones could cycle with the family because there were so few cars. There was much to delight in and be thankful.

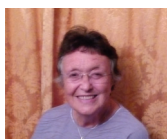
But what about God? What was he doing? I believe that the Lord can always transform a disaster into an opportunity. He doesn't provide the disaster, but he uses it. So what have we learned during this difficult period? It has certainly been an opportunity to look at our lives and reassess them. What does the Lord consider to be our priorities? Does he really want us to go on doing the things we have always done? Or should we do them in a different way? Have we lost our focus a bit?

I have decided to give up some responsibilities and am happy to give younger people an opportunity to take them on. The time seemed to be right. I also decided that the time was right to give up driving my car, which of course, has changed my life a lot. But it was the right decision and I am happy about it. Getting older doesn't have to be miserable, just different.

Thankfully many churches, having moved to streaming or online services, are reconsidering how they do things and adjusting to new situations. It is so encouraging to see them being sensitive to the different needs of their congregations by encouraging people back to church but also keeping the online streaming for those who are having to be cautious. As for Zoom meetings, two years ago I don't think I had heard of them, then I was very wary and a bit daunted, but now I really appreciate zoom prayer meetings and home groups. How wonderful it is to be on a mission prayer meeting with folk from all around the world praying together. I can't imagine I would ever have done this before. So I praise the Lord for this fantastic opportunity.

We have been having the emails from Kate about Harnhill and the thinking they have done and the rhythm of prayer they have established. I praise the Lord for the way he has been leading the team and preparing them for the way ahead.

So I say again: away with guilt. Instead, let us praise the Lord for all the ways he is leading us and prompting us to do new things as we seek to honour him and spread the Good News.



*Rev'd Audrey Martin-Doyle
Member of the Friends' Working Group*

Thinking of an Away Day or a Residential Retreat for your Church?

Could you help the Harnhill Centre kickstart bookings for 2022 by coming to the Centre and using the facilities here?

Home from Home

The Manor House can be hired for weeks and weekends by churches or groups on a full board basis. The residential complex of seven twin-bedded rooms and six single rooms, all of which are en-suite gives the Centre a 20-bed capacity.

The Barn, a fully-equipped conference facility, is the perfect location for small or large church groups looking for a completely self-contained venue.

The Barn is available to hire with the Manor House or separately. The Barn can hold up to 150 people (COVID-19 restrictions permitting) and is equipped with multimedia facilities. Both the Barn and the Manor House have fully-equipped kitchens.

Teaching and training

If you don't plan to bring your own speaker/s with you, the Team at Harnhill can provide input for your group in terms of talks, worship and prayer, on the healing ministry and its associated subjects.

For more detailed information and rates, please contact the bookings team on 01285 850283 or email bookings@harnhillcentre.org.uk.

From our Guests . . .

**Breakfasts in the bedroom
are such a treat! - R**

**Harnhill is a wonderful place to take
'time-out' to reflect and meet with God.
The environment and the people help to
make this happen - PS**

**Praise God for all He has done
and for all He will continue to do. - LB**

**I feel less stressed, more optimistic,
closer to God and with a renewed
resolve to keep close to God. - MC**

Welcome ...

Martine Smith-Huvers in conversation with Harnhill's new Chef, Mahlon Lightbourne

M - What has brought you to Harnhill?

ML - Kate was chatting to a friend of hers who is the pastor of the church I attended in Evesham. Kate shared that the Harnhill Centre was in desperate need of a chef. My name apparently came up in conversation and here I am! At the time, I had various other work opportunities, but I believe that God led me to be here.

M - Where were you working before?

ML - I have been working in and around the Cotswolds area for the last 20 years or so. My first job was in Stow-on-the-Wold, and I haven't moved very far! I worked in various hotels, pubs, care homes, and restaurants. Before coming to the UK, I gained experience working on cruise ships. On board cruise ships we would cater for up to 2000 guests each mealtime and cook for the on-board staff as well. I specialized in the sea food department once I had completed my apprenticeship.

M - Tell us about yourself and your family

ML - Well, I hate being interviewed! I was born in Trinidad and my family still lives there. I have three brothers and a sister. My mother taught us all to cook. We were definitely encouraged to produce meals for the whole family as soon as we were old enough. I was not a big fan of the heat and humidity in Trinidad, so after completing my schooling, I was set on travelling. My father wanted me to be an accountant, but I had other ideas. So, what better way to travel and see the world, but on cruise ships. I joined as an apprentice in the kitchen and my first destination was Alaska which was such an eye-opener. I fell in love with this US state, probably because it was my first cruise and I enjoyed the cooler weather! I worked for the same cruise company for five years and served on different cruise ships for what could be up to 14 months at a time. I travelled the world. I particularly love Scandinavian and Latin American countries. Whenever we were given shore leave, I went sight-seeing. At the end of my tenure with the cruise line, I came to the UK. I have three lovely children who keep me occupied when I am not working.

M - What do you enjoy about cooking and what is your favourite dish?

ML - I love the creativity. Every day is different. I see what seasonal ingredients are available and create a dish accordingly. At school, I loved 'art' and in a way cooking is an 'art' too. I love to bring this out in my cooking. I enjoy using herbs and spices in innovative ways. I try not to use too much butter and cream to flavour dishes but to let the ingredients speak for themselves. My passion is to produce healthy food which benefits the body and is not just fuel. I don't really have a favourite dish as such.

M - What do you like to eat when you're not cooking for guests?

ML - Beans on toast - with cheese in the winter or without cheese in the summer! I do appreciate a good curry too. My favourite is a Pathia curry. Pathia is unlike other curries. It originated in Persia. It's spicy (medium hot), sweet and sour. The tamarind adds a nice zing to the dish.

M - Please tell me about your Christian journey

ML - I was brought up in church. Mum, my brother and I went to church every Sunday. Dad dropped us off! I have always known who the Lord is and have never denied his presence in my life. He takes centre stage - although I have made silly mistakes in my life, but He is faithful and just and has forgiven me. My prayer is that my children will come to know Jesus as their personal Lord and Saviour.

My church in Trinidad was very lively, loud, and active. Together with others I ran the youth group. I sang in the choir and generally participated in most church activities. All my friends (out of school) were part of the church. The village I grew up in was very small and everyone knew everyone.

I am passionate about prayer and my prayer life is very important to me. It forms a foundation for intimacy with the Lord.

Being at Harnhill and living in community is a new experience for me. I am looking forward to seeing what God is going to do in my life in this new season.



Mahlon
Lightbourne

Come and rest awhile ...



The Trustees of the Harnhill Centre of Christian Healing are:
Rev'd Tim Hastie-Smith, Richard Hawes, Jill Kingston,
Rev'd Lindiwe Maseko, Binnie Rank, Colin Rank, Rev'd Scott Watts

Bringing healing and wholeness through Jesus Christ

Please contact the office for reservations and bookings or visit our website for more information.

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