

Beach

SPECIAL

The Beach Team



FREE

www.thebeachteam.org



1953-2023

70 years of missions



FREE DAYS OUT
Throughout the UK



BEYOND THE BIG C

Hope in the Face of Death

PUZZLES

TOP PICNIC TIPS

MONEY SAVING KITCHEN ADVICE

SHARING THE GOOD NEWS OF JESUS

Welcome

Hi everyone, 2023 is a special year for United Beach Missions (known as The Beach Team) as it marks our 70th Anniversary of teams working on beaches around Great Britain. The work has grown and changed a lot since those first weeks we ran in Llandudno in the 1950s, but sharing the good news of Jesus still lies at the heart of everything we do.

We have worked in many different places over those 70 years and have run thousands of family activity weeks. At some of our longest running centres, Benllech, Llandudno, New Quay (Wales) and St Ives our teams are almost considered to be part of the beach furniture. The familiar site of young people (and not so young!) in red t-shirts playing games, singing songs or calling for people to come and get involved in a tug-of-war are firmly part of some holidaymakers' memories from over the years.

It might be that you have seen The Beach Team before and are part of that 70-year history. If that is that case, why not come and say hello, tell us your memories and where you have seen us in the past. We aren't just being polite when we say we would love to hear your stories. It really is encouraging to hear what things people remember from interacting with our teams over the years. Maybe this is your first encounter with the team. Do come and say hello - we would love to know who you are and where you are from.

We hope you enjoy reading our Beach Special as you relax. There are hints and tips for days out as well as ideas for picnics and refreshing drinks. All of this sits alongside stories of those who have trusted in Jesus and the difference it has made in their lives.

The Beach Team



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Free Bracelet Have you got your free Beach Team bracelet yet? Not only does it match the Olympic colours, but each colour tells the amazing story about Jesus! Ask a team member for yours today.



Yellow (Gold): The colour of a king tells us that Jesus is boss, he is God.

Black: But we have all disobeyed God and done wrong things. That makes us 'unclean'.

Red: Jesus, who did no wrong, died on the cross because he loves us so much.

White: If we are sorry for the wrong we have done he can forgive us and cleanse us.

Green: By reading the Bible, praying and going to a good church we grow as Christians.

Blue: The wonderful thing is that heaven is waiting for every Christian!

Top Tips For Saving Energy In The Kitchen

Kitchen Investments



Slow Cooker

Average running cost:
5p per hour*

What can you cook in them? There's a wide range of options, but most people rely on slow cookers for stews and soups, and for tougher, cheaper cuts of meat which take longer to cook. They're also a great choice for people who are out of the house for the day. If you have a slow cooker, use it. They're one of the most efficient methods of cooking.



Airfryer

Average running cost:
34p per hour*

What can you cook in them? Any food you would put in your oven can be cooked in an airfryer, but the size of the airfryer may restrict some choices, like pizza.

Do They Live Up To The Hype?

The popularity of airfryers soared during late 2022 and early 2023 due to the energy crisis in the UK. For those wondering what all the hype is about, an airfryer is able to cook foods quicker and at lower temperatures than a conventional oven, due to its compact nature and high-speed fans. Airfryers don't actually "fry" food, instead hot air is forced onto the food, much like in a convection oven, by high-speed fans. The faster the fan, the crisper the food.

A rough guide suggests standard oven/fan oven temperatures can be reduced by 40/20 degrees respectively, and the cooking time reduced by 20%, when using an airfryer. All of these things combined can add up to big cost savings.

Easy Energy Savers

- Choose the right-sized pan for the hob size
- Heat up water with a kettle before pouring it into the pan
- Use a lid on the pan when heating food
- Lower heat to a simmer once food in the pan is bubbling
- Resist unnecessarily opening the oven door
- Batch cook as this saves time and requires only a fraction of the energy to reheat when needed
- Defrost food overnight in the fridge rather than in a microwave
- Use your microwave to reheat food

Air Fryer Conversion Chart

TEMPERATURES

Oven	Fan	Air Fryer
180°	160°	140°
190°	170°	150°
200°	180°	160°
210°	190°	170°
220°	200°	180°
230°	210°	190°

TIMES

Oven	Air Fryer
10 mins	8 mins
15 mins	12 mins
20 mins	16 mins
25 mins	20 mins
30 mins	24 mins
40 mins	32 mins
50 mins	40 mins
1 hour	48 mins

*Based on energy costs of 34p per kW and slow cooker of 150 Watts, airfryer 1kW

christians
against
poverty

CAP

For more money saving advice head to the Christians Against Poverty (CAP) blog. CAP is a UK charity with over 600 services across the country delivering debt counselling, money management courses, job clubs, life skills groups and support for people with life-controlling habits, and is endorsed by Money Saving Expert, Martin Lewis. Visit www.capuk.org to find out more.

THE FINAL COUNTDOWN

Sam and Florence Cappleman-Lynes, both 28 and from Rochdale, are one of a select few married couples to face each other on the hit TV gameshow Countdown, and their showdown came in a Champion of Champions battle no less. We chatted with them about words, numbers and finding faith.

Sam appeared in Countdown back in 2020 and won eight consecutive shows before retiring with the revered title Octochamp. His wife Florence then appeared on the show in 2021 and was also crowned an Octochamp. After both were runners up in their respective series finales, they were invited back for the Champion of Champions tournament in January 2023, where they faced each other.

The couple first met on a United Kingdom Mathematics Trust (UKMT) camp in Hungary back in 2011 when they were in college, and hit it off straight away. They found they were going to study on the same maths course at university the following September.

Florence and Sam continued to date at university, until they hit a fork in the

road. Florence had grown up going to church, but had stopped after her parents separated when she was 11. At university she decided to join the Christian Union and started attending church again.

"Before university I would have called myself a Christian, but I now know in my heart I wasn't," says Florence. "Slowly over the first six months I understood what Jesus had done for me. As a child I knew Bible stories about Jesus, but I remember being completely floored by the fact that Jesus offered to forgive me for my sins.

There's a song, 'The Lord is Gracious and Compassionate', which includes the Bible verse 'as far as the east is from the west, so far does he remove our transgressions from us.' and it really amazed me. I*



think I just spent a whole week repeating those words and being completely overwhelmed by the fact that I could be forgiven." Having asked Jesus to forgive her, Florence was confident in her relationship with God.

Sam hadn't grown up in a church at all, but as a dutiful boyfriend had begun attending with Florence. One day as he was in a church study group the leader asked, "I can see you understand this, but do you believe it?" to which Sam thought, "Yeah, my answer is yes, I do." He describes himself as the sort of person who would have expected to have every question answered before he even thought about saying



he was a Christian. However, once Sam realised he believed what he'd read in the Bible – that God and Jesus were who they said they were and that Jesus had died to forgive him – and asked God for forgiveness – he says, *“That’s when I realised, yes, I’m a Christian now.”*

The first year of university had been far more life changing than either of them had expected, and they had to decide if staying in the relationship was what they now both wanted to do. They did, and this flourished, leading to marriage just after they graduated. Their work in computer software engineering then brought them to the North of England where they settled down shortly after having their first child.

Sam got into playing Countdown during the pandemic, playing at apterous.org, a site where you can play alone, or against others online. Once he realised he was pretty good at it he applied to go on the show. A complaint from Florence that there were hardly any women on the show led to Sam applying on her behalf the following year. In the Champion of Champions they faced each other in the second round, and although some people might have felt awkward about this, they were excited to be able to play against each other.

When Florence was first on the show she never imagined she would win a Countdown game, saying, *“I have always struggled with self-esteem and imposter syndrome, feeling like I didn’t really belong. Even going into the Champion of Champions, knowing I was the only woman there, I remember thinking I must be the worst there, and that I was just going to completely crumble and not come up with any words.”* She credits her faith as being a big help when she is tempted to think this way. ***“Ultimately, I know that my identity and my worth comes from how God sees me, rather than how other people see me. That does give me a lot of confidence.*** *I think in the Countdown games everyone kept commenting that I was the calmest person in the room. It’s partly because I trust that God’s got a plan for me, and that however it goes I may as well just enjoy the moment.”*

Sam’s competition experience is not limited to Countdown. Crowned UK Sudoku Champion in 2018, he went

on to rank 40th in the World Sudoku Championships in 2019. Not content with competing, he has also branched out into writing Sudoku, and now writes for the UK Sudoku Championships, the World Puzzle Championships and even Cracking the Cryptic, a popular Sudoku app. Sam got into making his own puzzles through a book called *Puzzle Craft*, a guide on how to write pretty much every puzzle you can think of, and has now branched out in to a variety of Sudoku puzzles, including classic, killer, thermo, diagonal and many more. Sam actually got in touch with us at Life Magazine in 2021 after noticing that one of our puzzles had multiple ways of being solved, and has been designing our Sudoku ever since. (Check out some of his Sudoku on the back page!)

Sam’s transition into writing for the Sudoku championships was also linked to a period of ill health. He had been suffering with ME for around 18 months, and travelling overseas for competitions seemed out of the question. Sam went on to make an incredible, he would say miraculous, recovery from his ME.

“I prayed that I would get better and felt assured that the prayer had been answered,” said Sam, *“I woke up the next day and felt quite well, but I didn’t want to say anything in case it didn’t last.”* Thankfully it did last, and Florence quickly realised a difference in Sam. The couple do not take for granted the improvement in Sam’s health. They had prayed for months before he became

well, and also have other friends who faithfully pray for loved ones who have not got better, but they believed God had a purpose for both the illness and the recovery.

The Bible doesn’t promise that Christians will have easy lives free from illness or suffering, but it does say that, *“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”*

Sam and Florence know that whatever the situation with Sam’s health, they can rest assured that God is working in it, and that they have the hope of eternity in heaven with God – not because they deserve it, but because God has done everything that needs to be done, and they have accepted that free gift.

So what’s next for this puzzling couple? Florence is focusing on caring for and home-schooling their three young children, and Sam will continue to design and enjoy doing Sudoku alongside his job. No doubt they’ll be having the occasional game of Countdown together online too!

If you would like more information about how you can have the sure and certain hope of forgiveness and a repaired relationship with God, see the inside front cover.

You can catch up with Sam and Florence’s Countdown appearances on All 4 with Champion of Champions episodes aired between 2nd and 20th January 2023.

CLASSIC CONUNDRUMS

Can you rearrange these 9 letters which are jumbled to make a correct 9 letter word? These were real conundrums in episodes that Sam and Florence competed in.

1 **D E N T A L I S M** _____

Sam got this in 1.75 seconds!

2 **A C E A L L C U T** _____

Florence got this in 2.25 seconds!

3 **F I R M S H E E N** _____

4 **M R S M E D I U M** _____

5 **A C E O P E R A S** _____

6 **A R T D E C R E E** _____

Answers on page 19

Top Tips for Picnics

If you're organising a day out then it's always a dilemma: take a picnic or eat out? It's lovely to have a treat every now and again, but taking a picnic saves a lot of money, and ensures everyone has something they'll enjoy no matter where you end up. Check out our top tips.



1 Keep it simple

Many people get carried away when packing a picnic and take far more food than is necessary. Let's face it, it's just like a normal meal! Aim for one main item, one savoury snack, one sweet snack and a portion of fruit per person, plus don't forget drinks.



2

Pack light

Somebody will have to carry the picnic, so keep it light! A rucksack or bag is fine if you don't have a special hamper or cool bag. Before going out get everyone to choose what they're going to eat to avoid carrying extra weight, and you can even freeze a plastic bottle of water or squash to use as a cooling block – it doubles up as a drink once it's defrosted and is one less thing to carry home.



3

Prepare food at home

Preparing your food before you go out means you're far more likely to only take what you need, and will also save you money. Sandwiches and salads are a classic picnic choice, but pre-heated hotdogs in a thermos flask with boiling water is another brilliant option if you're looking for something a little warmer. Pre-cut some hotdog rolls and take some sauce packets with you and you won't regret it!

TOP TIP

When out and about, buy a box of ice lollies or ice creams from a supermarket rather than from an ice cream stall to save some pennies. Don't need a full box? Give those you don't need away as a random act of kindness.

BORED WITH SLICED BREAD SANDWICHES?

TRY: Wraps • Pitta bread
• Bagels • Sub rolls • French bread

4



Clean up

Hand sanitiser is a great idea for when out and about, plus a few wipes will be good for sorting sticky hands. It's also important that you properly dispose of any rubbish you may have with you, so keep aside a bag for that, or store rubbish in a sealed container to throw away at home.

TOP SAVOURY SNACKS

Crisps • Sausage Rolls • Pork pies • Veg and dips • Hard boiled eggs

TOP PICNIC FRUITS

Grapes • Apples • Bananas
• Watermelon • Oranges

TOP SWEET SNACKS

Biscuits • Slices of cake • Cookies
• Donuts • Yogurt

HONEY, HONEY

Honey and lemon are a classic combo, and here we share both a hot and cold version for you.

Lemonade Slush



COLD

INGREDIENTS:

125ml (1/2 cup) lemon juice,
roughly 2 fresh lemons
60-125ml (1/4 - 1/2 cup)
runny honey to taste
500g ice

METHOD

- 1 Place lemon juice and honey in the blender and combine.
- 2 Add ice and blend until smooth and slushy.
- 3 Serve immediately.

NO BLENDER? Add the lemon juice and honey in a pan and heat for 3-4 minutes on low to combine. Allow to cool, then add 400ml cold water and 100g crushed ice for a refreshing lemonade.

Honey and Lemon Tea

It's not just an old wives tale that hot honey and lemon are effective at soothing a sore throat. The honey has antioxidant and anti-inflammatory properties, and is clinically proven to reduce coughing. The lemon juice is packed with vitamin C which boosts the immune system, plus it breaks down mucus. So this recipe is a great one to keep on hand.



HOT

INGREDIENTS:

Just boiled water to fill your
cup/mug
1 tea bag or 1 tbsp tea leaves
1 tbsp lemon juice (1/2 fresh
lemon, juiced)
1 tbsp honey

METHOD

- 1 Boil kettle and brew tea to preferred strength.
- 2 Remove tea bag/leaves and stir in the honey and lemon. If using real lemon for juice you can add a quarter of the juiced lemon into your cup. Add more honey to taste if required.



LIZ LEWIN

A Cut Above

At the age of thirteen I worked as a Saturday girl shampooing and sweeping the floor in a local hairdressing salon near my home in Leeds. I planned to go to secretarial college after leaving school and become a shorthand typist, but having a taste of working in the salon caused me to reconsider my future as I loved every aspect of hairdressing and in particular meeting and interacting with people. I went to Thomas Danby College one day a week and I served an apprenticeship for three years then qualified as a hairdresser. After working for a number of years in salons, I decided to become self-employed as a mobile hairdresser.

Most women will acknowledge how important their hair is to them, as you can put your favourite outfit on, but if your hair is not right, you don't feel or look right! It's amazing what a good hairdo can do for your wellbeing. I remember on one occasion I was at a client's house who suffered with depression and her GP came to visit her and commented to me, "You can do far more for this lady than I can." I knew exactly what she meant, as having your hair looking nice can really boost your morale and has such a positive effect on your mood. On another occasion I visited a friend who was terminally ill in a hospice, and even though she was gravely ill and in her final days of her life, she still wanted me to cut her hair. Afterwards, she admired herself in the mirror. I distinctly remember thinking at the time how impactful a hairdo can be.

I work in one of the most affluent areas of Leeds and have been into some amazing houses and **I've found that people often open up and talk more**

in the comfort and privacy of their own home and often confide in me.

Many of my clients have become good friends, and for some of my elderly ladies in the past, I may have been the only person they'd seen for a while. They not only looked forward to getting their hair done, but the social aspect too.

Sadly, I've seen a number of my clients go through the trauma of a breast cancer diagnosis. Many ladies experience hair loss through chemotherapy treatment, and this is a devastating experience for a woman. Despite the fabulous wigs available today—which if people didn't know you were wearing one, they are hard to tell the difference—it's incredible when the treatment is over and your hair starts to grow back. Many ladies choose a completely different hair style once they have a full head of hair again. As a woman, your hair is a huge part of your identity and very much a part of your femininity, too; this is why it's so important.

I thought in my early twenties that happiness and fulfilment in life would come through a bigger and better house, car and so on. I soon realised this was not true,

as some of my clients lived in huge houses, drove expensive cars, and had exotic holidays, yet deep down many were unfulfilled, dissatisfied and unhappy. This caused me to think about my own life and the big questions that we all ask ourselves from time to time. I certainly witnessed that money doesn't bring happiness. At the age of twenty three, and through a series of incredible events which I now know looking back was God working in my life, I became a Christian. My life changed dramatically, so much so that I no longer

wanted to go and get drunk and go to nightclubs and experience the negative knock-on effects in my life. My desire now was to put Jesus first and live to please Him rather than live to please myself.

All my clients saw this incredible change in me and wanted to know what had happened. I was able to tell them that Jesus had forgiven me and had given me a peace inside that I'd not known before and a purpose in my life.

My newfound faith made a huge difference to me, one being how I would spend my time, which resulted in me taking a number of my elderly clients out on shopping trips and lunches over the years. I recall a dear old lady who I visited each week to give her a shampoo and set. I would take her some shopping and whilst she was under the dryer, I would put the kettle on and tie her rubbish up and take it out and throw it down the chute. On this particular day, I couldn't recall where I'd put her bag of shopping; I searched around her flat wondering where I'd put it until she suggested that I may have accidentally thrown the shopping down the chute instead of the rubbish. Indeed that is what I'd done, which proved to be an expensive visit for me!

I still do the hair of a few clients and friends each week, but I'm winding down my business now as hairdressing techniques have changed since I trained over forty years ago.

One of my favourite Bible verses is from Jeremiah chapter 29 verse 11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."

As I reflect upon my life and my career, I'm incredibly grateful to God for His sustaining power and goodness through the good times as well as the difficult times in my life.



Liz is a mobile hairdresser based in Wakefield. She is married to Steve and they have

one daughter and a cat. She has worked for over forty years, doing everything from perms, colours, cuts – and in her early twenties, even beehive hairdos!

Life Insurance



The Bible tells us "For God so loved the world, he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*

Have you ever considered that God might be real and might love you?

How could you be sure?

God gives us His Son – that's how we can be sure.

The gift of His Son is the ultimate life insurance. Not life insurance as we call it, which is incorrectly named. (Technically it's death insurance.) With normal life insurance, we die and a pay-out occurs, but sadly, as we're still dead, we don't benefit!

The policy God is underwriting is true life insurance.

Why? Because God's insurance policy moves you from death, to life beyond the grave. You are the one who gets all the benefit.

How? Simply through belief in Jesus.



Why do we need the life insurance God is offering?

We need to start by thinking about justice. We are all satisfied when justice is done, when a just punishment is handed down. We receive this trait from God who is a God of justice. God will justly judge what is right and wrong.

Jesus tells us God's standards:

"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, 'Love your neighbour as yourself.'"

Always meeting this standard is the only way to be declared right by God. Every day fully loving God. Every day fully loving others. This is something we simply cannot do. We reject God and we hurt others. The Bible teaches that God is just to punish us for this and the just punishment is death. This is why we need to accept the life insurance God offers.

The policy God is underwriting is true life insurance.

Maybe you have read this and you want to accept the forgiveness that Jesus offers or maybe you would like to look more into Jesus and His claims. If so, please do get in touch using the details on the opposite page.

*Bible References: John Chapter 3 verse 16, Luke Chapter 10 verse 27



What are the conditions for this insurance?

Like any insurer God sets conditions that need to be met in order for the claim to pay out. With God, there are not pages and pages of conditions and requirements which, if not met, prevent the claim from paying out. God only sets one condition. Believe in Jesus. Trust Jesus. The earlier quote said "Whoever believes in Jesus shall not perish but have eternal life." The only condition God requires from you is belief in Jesus. God is holding out the offer of eternal life simply through believing in His Son.

When we consider our rejection of God, this offer of life is amazing. Because of our inability to meet His standards, accepting God's insurance is the only way for us to obtain life beyond the grave. All of us need this insurance. We are perishing without it. So why is belief in Jesus the only way we can be insured?



Because Jesus lived a life of perfection.

God always knew we would fall short. He knew we would reject Him. He knew we would hurt others. But God loves us and does not want us to perish and spend eternity separated from Him. God always planned to give His only Son to die in the place of those who reject Him. This was the main mission of Jesus on earth – to die on a Roman cross so our rejection of God could be forgiven.

Jesus willingly went to His death at the end of a life where, in every moment, He perfectly loved God and placed all others before Him. His death demonstrates this perfect love of God and perfect love of others. Because of this Jesus did not deserve to die. Jesus is the only person in history who does not need the life insurance God is offering.



Because Jesus' death paid the premium.

For any insurance to pay out, a premium must be paid. This insurance is no exception and the premium is costly. It cost God the death of His only Son. This is the highest price God could pay, the most precious thing to Him.

Jesus gave His perfect life so we could be forgiven of our rejection of God.

Why? Because for God to remain just, our evil must be punished. This is why Jesus had to die in our place – to take our punishment. As we believe Jesus' death paid the price for us, an amazing swap takes place: God looks at Jesus on the cross and sees us and our rejection. He punishes Jesus in our place and satisfies His anger.

At the same time, God looks at us and sees Jesus, His life, His perfection. We are given Jesus' perfect record. We are insured. We have life beyond death. Jesus gets what we deserve and we get what Jesus deserves.



Because Jesus rose from the grave.

The most important thing about insurance is trusting the claim will ultimately pay out. So *why* should we trust God as the ultimate life insurer? Because He did not spare His Son.

How can we be sure the claim will pay? Because three days after Jesus' death, He rose from the dead. We can be certain God will raise us to life beyond death because God raised Jesus to life. God will make good on the claim because this insurance is far better than any other. When we claim on our own insurance we are only restored to where we were before. This insurance puts us in an immeasurably better position.

The pay-out is to no longer perish but to spend eternity with a loving Father who gave His only Son so those who rejected Him can have life now and beyond the grave. What an amazing God! What a glorious future! This really shows He loves us.

CARL PORTER Carl and his wife Sarah live in Wroughton, Swindon, with their two daughters. Both Carl and Sarah became Christian's around 8 years ago, and since then Carl has been seeking to tell others about Jesus, and even teaches Christians how to talk about Jesus in their everyday lives.

FREE
& FUN

ACTIVITIES

Everyone is feeling the crunch, so we've got some brilliant free activities for you to enjoy! You may need to pay for parking, and we suggest taking your own picnic to cut down on extra expenses, but these are our top picks.

ON YOUR HIKE

Okay, don't panic, you don't have to be Bear Grylls, but there are thousands of miles of public footpaths and trails around the UK. It could be a short walk where you live or a whole day out enjoying one of the National Trails, either way you'll get to see the sights and sounds of creation. A footpath is just that, for walking (and they're sometimes accessible for wheelchairs and mobility scooters too), but a bridleway can also be used for bikes and horses. Make sure you're kitted out for the terrain and the weather, and see if you can see some outdoor sculptures on your way.

footpathmaps.com
nationaltrail.co.uk/en_GB/trails



Left: **Sefton Park**,
Liverpool by Bob
Coyneon, Unsplash



Right: **Angel
of the North**,
Gateshead



Shell CampingwithStyle, Unsplash

FEELING BEACHY

What better way to blow off the cobwebs than a trip to the beach! A fantastic free day out, whether it's a long stroll down the promenade, clambering through the sand dunes, relaxing with a book in the sun, or digging a hole and making sandcastles. You'll have a thoroughly British day out.



GEOCACHING

You're invited to join the world's largest treasure hunt! Geocaches – hidden containers – come in different sizes and locations, and can be found with the help of a free app. Some are easy to find, others not so much. It makes walks and days out more exciting when you're looking for treasure!



FOR ALL AGES



Above: **Calton Hill**, Edinburgh



Right: **Parliament Square**, London by Paul Pastourmatzison, Unsplash

CITY SIGHTS

Even in a city you can do lots of free things, including walking tours. You can often download a free tour online or head to Tourist Information for more information on free guided tours. You could follow a blue plaque trail to find places of historical importance or walk in the footsteps of your favourite TV shows and films.

openplaques.org/places/gb

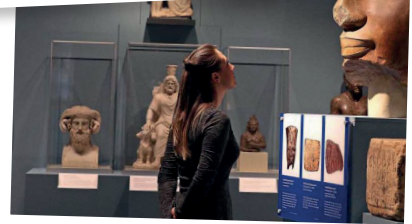
visitbritain.com/gb/en/things-to-do/film-and-tv



Above: **Natural History Museum**, London by Tobias Stonjeck, Unsplash

MUSING MUSEUMS

The UK boasts some of the best museums in the world, and free entrance is standard practice in all UK National Museums – although some special exhibitions do require an admission fee. So make a day of it, and you might just learn something along the way!



Right: **World Museum**, Liverpool

TOP MUSEUM PICKS

National Museum of Scotland,
Edinburgh

Kelvingrove Art Gallery and Museum, *Glasgow*

Monkwearmouth (Train) Station Museum, *Sunderland*

Royal Armouries Museum, *Leeds*

World Museum, *Liverpool*

Ulster Museum, *Belfast*

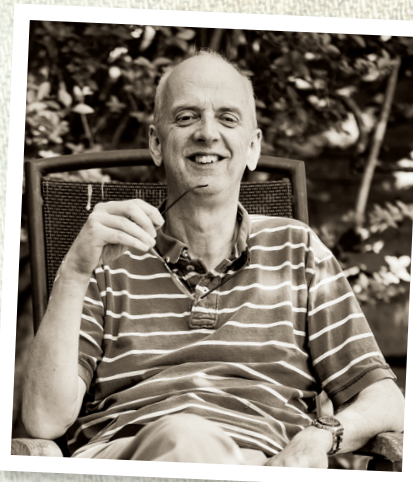
National Football Museum,
Manchester

Imperial War Museum North,
Manchester

St Fagans National Museum of History, *Cardiff*

Natural History Museum, *London*

Beyond the Big C



Jeremy Marshall

This is the story of my journey with cancer – but, as you’ll discover if you read on, it is not just about me. I am 59 years old and have had cancer for the last ten years. I want to share my experience in the hope that it helps you. Having incurable cancer seems like a dead end, but I believe there is hope beyond the Big C.

My journey began one day in early September 2012, in the shower. I felt a very small lump on my ribs. Being a typical man, I didn’t really do anything much about it for a couple of weeks until my wife Jeanette finally told me firmly, ‘Go and see the GP.’ The lump was removed and a biopsy done. When I eventually met a specialist at the Royal Marsden, he told me that I had a rare type of sarcoma which is a cancer of the muscle tissue.

That’s when I first felt real terror. I felt my knees go weak and a cold hand gripping my heart, however they had

“I felt my knees go weak and a cold hand gripping my heart”

caught it early and the prognosis was fairly good. I had an operation to clear the cancerous tissue and then a course of radiotherapy. Apart from a few weeks to recover from the operation, I carried on working and life gradually returned back to normal.

Then one hot Saturday at the end of May 2015 as I adjusted the collar on my shirt, I felt a really large lump on my left collar bone. I knew immediately what it was. The cancer was back. This time there were five large tumours in various places throughout my body and they couldn’t operate on them. It was not the same cancer as before but a completely different type. In fact, I was told my cancer was incurable and that I probably had 18 months to live.

“I was told my cancer was incurable and that I probably had 18 months to live”

I am not ashamed to say that I burst into tears. Life changed forever.

I have been through 43 sessions of chemotherapy, 15 surgeries and 2 courses of radiotherapy so far. This last year has been by far the toughest of the 10 years I have had with cancer. I’ve been through a lot of pain and

“I’ve been through a lot of pain and treatment, but I thank God I’m still alive”

treatment, but I thank God I’m still alive. I want to be very open that I am afraid, sometimes very afraid. This is despite having a strong Christian faith. In particular, I fear the process leading up to death.

What have I found to be the answer to my fear? Fear not just of cancer but, most of all, of death. I don’t see an answer to my fear if I look at the world around me. Nor do I find one if I look within. The answer to my fear is faith in Jesus.

What God has been trying to teach me, I believe, is to trust Him. In depths of despair with cancer, when I cried to God to help, I found that He answered me. Not to cure me – although He could do that if He wants – but to reassure me that He is there, that He is in control and that He is working His purposes out.

“In depths of despair with cancer, when I cried to God to help, I found that He answered me”

'Why me?' is a question that many of us ask and asking God questions is very much encouraged in the Bible. God meets us in our doubts and perplexities. He can cope with our

"God meets us in our doubts and perplexities"

emotions. That's why trusting God is the key quality that I need when faced with fear. A very good question which is very linked to 'Why me?' is 'Why does God allow such suffering?' This is a profound and very painful question and I don't know the answer.

But this I do know: that God doesn't leave us in the total mess we are in but cares enough about our suffering and brokenness to become human. God's answer to suffering and pain is not theological truths, useful though they can be, but the humanity, death and resurrection of Jesus Christ.

Not many of us will doubt the historical existence of Jesus Christ. No serious historian would – there is too much evidence. Not many of us will question that Jesus died the death of a common criminal on a basic, wooden cross in first-century Palestine and that His dead body was put into a sealed stone tomb. Most of us will be familiar with the claim that Jesus came back to life several days later – a claim not of revival from unconsciousness but of genuine resurrection. One day utterly dead; three days later, utterly alive. Could that possibly be true? If the resurrection is true, it shows us that life after death is possible.

"If the resurrection is true, it shows us that life after death is possible"

Jesus demonstrates that He is stronger than our greatest enemy: death. If that is true – and I believe it is utterly true – that is certainly wonderful news.

Because of Jesus' resurrection, those who trust Christ have nothing to fear for our bodies in death, for they will be changed: we will rise again, wonderfully remade in the image of the Lord. All of the pains and suffering of life will be gone.

When I think of my life before I had cancer (and I was a Christian then), I can now see that I was focusing much of my thoughts, energies and time on things that ultimately don't matter. Nobody on their deathbed says, 'I wish I had spent more time in the office.'

My prognosis of 18 months concentrated my mind wonderfully. But whether it's a fortnight, 18 months or 40 years, death is waiting for us all. But our biggest problem is not death – but the fact that our relationship with God is broken, damaged beyond human repair by all the things we have done wrong. We need to get back to God.

The message streaming from the cross is the offer from God of forgiveness for the evil that each one of us has within us – what the Bible calls our 'sin'.

Coming to faith in Jesus is not about being good, or being religious, or understanding theological systems. It's about realising that we need help, that we need to meet God face to face, know Him personally, and have a relationship with Him. Who may come to Jesus? Anyone. Anyone at all. It doesn't matter if you are the most moral person who ever lived – or the worst. It doesn't matter if you are 'very religious' or 'very unreligious'. The offer of treatment is exactly the same to all.

Perhaps the most famous chapter in the Bible is Psalm 23 and the line, 'Even though I walk through the valley of the

shadow of death, I will fear no evil, for you are with me.' God doesn't offer a bypass around that deathly valley. But He does say that when we go through it – and we all must go through it sooner or later – He will be with us.

I tell you then with great seriousness that there is hope in the face of cancer and death. You really can have a Saviour for your life and know a 'peace which passes all understanding' – now and forever.

Despite many fears along the way, my predominant emotion is one of amazing peace and this is where I leave you: resting in the arms of my loving Saviour. 'Come,' He says to you too, 'believe in Me.'

"Today, the voice of Jesus, which has power over death itself, invites us to come to Him"

Today, the voice of Jesus, which has power over death itself, invites us – indeed implores us – to come to Him. Now is the time to receive the free offer which the voice of Jesus lays before us – the offer of eternal life and a living friendship with God.

JEREMY MARSHALL

Jeremy and his wife Jeanette have three grown up children.



He loves spending time with his family and supporting his beloved Watford FC.

Download the free ebook, *Beyond the Big C* by Jeremy here:



Amazing Grace

William Wilberforce
(1759-1833)

is best remembered as the great nineteenth century social reformer. It was he who worked tirelessly to bring about the end of the slave trade, first in Britain, and then throughout the Empire. Yorkshireman Wilberforce was elected to the House of Commons at the age of 21. He went to parliament as a self-seeking politician, but everything was to change. He knew the Christian message, because for some of his childhood his aunt and uncle in London had brought him up, and they were committed Christians. They wanted to live their lives in the way God had taught in the Bible, but as he matured William Wilberforce had too many doubts to be a follower of Jesus. As an MP he found himself quite unexpectedly on holiday with a group of people, which included a brilliant Cambridge scholar, Isaac Milner, who was a committed Christian. Together they read a Christian book and the New Testament. Wilberforce said, "The deep guilt and deep ingratitude of my past life forced itself upon me in the strongest colours, and I condemned myself for having wasted my precious time, and opportunities and talents." He longed to find peace with God.

"THE DEEP GUILT AND DEEP INGRATITUDE OF MY PAST LIFE FORCED ITSELF UPON ME IN THE STRONGEST COLOURS"

He arranged to meet John Newton, the ex-slave trader who had dramatically



changed when he became a Christian. Wilberforce began to find peace and calm as he came to the point where he asked Jesus Christ, who had died taking on Himself the sin of the world, to forgive him.

Wilberforce put behind him the win-at-all-costs politics, and set about mending broken relationships.

"WILBERFORCE PUT BEHIND HIM THE WIN-AT-ALL-COSTS POLITICS, AND SET ABOUT MENDING BROKEN RELATIONSHIPS"

The course of his life and eternity were altered forever, he had come to know God, and wanted to serve Him. John Newton persuaded Wilberforce that something had to be done to bring an end to the horrors of the slave trade. He was involved in establishing schools for the deaf and blind, lending libraries, trade schools and colleges. Wilberforce worked to prevent food shortages, and was involved in over seventy charities, he himself lived very carefully so that he could give more money away. He helped in the founding of the National Gallery, the RSPCA, and funded scientific research, the distribution of Bibles and the preaching of the gospel of Jesus Christ. Slavery was abolished throughout the British Empire three weeks after his death.

John Newton
(1725-1807)

who wrote many well-known hymns, had found that the grace of God (i.e. God's undeserved favour towards us) changed his life. Born in London, his



mother died when he was seven. As a young teen he was press-ganged on board HMS Harwich. Eventually he became a slave trader, however, during a severe storm in the Atlantic, Newton found himself whispering a prayer for mercy. When the ordeal

"DURING A SEVERE STORM IN THE ATLANTIC, NEWTON FOUND HIMSELF WHISPERING A PRAYER FOR MERCY"

was over he began to read the Bible. It was some months later when he truly asked God to save him from sin, and help him follow Jesus. He not only left the slave trade and became a Church of England clergyman, but also bitterly regretted his involvement with slavery. He supported Wilberforce in the cause

"HE BITTERLY REGRETTED HIS INVOLVEMENT WITH SLAVERY"

for its abolition. Whilst a vicar, he took to writing hymns to accompany his sermons, many of which are still sung today. 'Amazing Grace' is his most well known, and celebrates its 250th anniversary in 2023.

Though from very different backgrounds, the lives of Wilberforce and Newton were to cross. They both came to the moment when they saw how sinful they were compared with God who is pure and holy. They knew they could never make themselves good enough for God. But they came to see that Jesus had died to rescue them. As Jesus said, "I came not to call the righteous, but sinners." Wilberforce and Newton both thoughtfully realised that Jesus had died as their substitute, a sacrifice for sin, paying the penalty of their wrong. They asked Jesus, who not only died but rose again, to forgive them and become their Lord, Saviour and Friend.



Amazing Grace
is estimated to be
performed 10 million
times a year and has
appeared on over
11,000 albums

This is what changed them. Their lives were different on earth, but Jesus has also promised:

"Whoever believes in me will not perish, but have everlasting life." They knew they were going to heaven, because the sin that would send them to hell had been forgiven. That's why Newton could write what he did in the last verse of his famous hymn. You and I also need to receive Jesus

into our lives as Lord and Saviour. Read the Bible, and let God introduce Himself to you. I encourage you to ask Jesus to forgive you, too. Let Him direct your life, and give you Himself as He promises.

ROGER CARSWELL

If you've read this and want to know more about the amazing grace offered by God, please do get in touch using the details on the inside front cover.

AMAZING GRACE

Amazing grace: how sweet the sound
that saved a wretch like me;
I once was lost, but now am found,
was blind but now I see.

'Twas grace that taught my heart to fear,
and grace my fears relieved;
How precious did that grace appear,
the hour I first believed.

Through many dangers, toils and snares
I have already come;
'tis grace that brought me safe thus far,
and grace will lead me home.

The Lord has promised good to me,
His Word my hope secures;
He will my shield and portion be
as long as life endures.

When we've been there a thousand years,
bright shining as the sun,
We've no less days to sing God's praise
than when we first begun!

JOHN NEWTON (1773)

TO BEE OR

Bees are viewed as one of the most important species on the planet. Considered critical pollinators, they are responsible for pollinating 70 out of the top 100 crop species, accounting for around $\frac{1}{3}$ of the food we eat. It's thought the crops they pollinate are worth an estimated £25 billion, but that may just be the tip of the iceberg.

Top crops

A world without bees wouldn't just mean a limited choice in the fruit and vegetable aisle, but would have a significant knock on effect up the food chain, as most of our livestock feed on crops which are pollinated by bees.

So let's think about what foods the bees help to pollinate:

Tea, coffee, cocoa (yes, think chocolate!), most berries and currants, and many vegetables like potatoes and tomatoes rely on bees to pollinate them and enable them to flourish. In China a lack of bees has led some farmers to hand pollinate their crops, taking a pot of pollen and a paintbrush from flower to flower! Not only is this time consuming, but it's also far less effective than bee pollination.

Research suggests that insect fertilisation increases the fruit yield (how many and how big the fruit is) of many crops significantly, so although some crops can self pollinate, or pollinate by wind, the bees are vital for a successful crop. The seed production of fodder crops (food for cattle and other livestock) and vegetables also benefit from bee pollination.



Threats to bees

The past 15 years have seen a significant drop in the numbers of bees. Experts believe a combination of factors are responsible; including the varroa parasite which feeds off the bees and causes disease, changes in the climate, pesticides, and changes to the landscape.

Pesticides can affect the bees nervous system, meaning they struggle to find their way back to their hive. As more farms choose to farm a single crop this reduces the variety of a bees diet, but also means that the window for collecting pollen is very short, leading to periods where the bees are struggling for food. In built up areas many people choose to dig up their gardens and replace them with artificial grass, meaning the bees have less access to nectar, and need to fly further from the hive to collect enough food for the hive to thrive.



NOT TO BEE

Bee friendly flowers to plant

Anyone can make their garden or balcony into a suitable feeding area for bees. Plant flowers that are particularly rich in nectar and pollen, such as cornflower, marigold, poppy, chamomile, cherryblossom, privet, hydrangea, hawthorn, clematis, snowdrops, forget-me-not, echinacea, lavender, thyme, chives, cosmos and aster. You can buy packets of wild flower seeds and just scatter liberally.

NO MOW MAY Lawns do not have to be mowed every week. Why not join a growing number of councils and individuals who commit to not mowing during May to help bees, butterflies, and wildlife?

NO GARDEN? Chamomile, lavender, lemon balm, sage, thyme, marjoram and bluebells, are perfect for balconies and terraces.



Photo by Stephan Eickschen on Unsplash



Photo by Wolfgang Hasselmann on Unsplash

Honeycomb

The honeycomb is built by the worker bees as a place to store honey, plant nectar, and bee bread (made from pollen) and also for the queen to lay her eggs. Incredibly all honeycombs in a hive, and in all hives around the

world, are built to the same precise engineering specifications. Mathematicians have calculated that it is the perfect geometric structure in terms of its design, as it creates the maximum storage with the minimum wax. Many people believe this is just one way in which bees point us to a creator God.



Above: Simon Ward, Beekeeper

“Kind words are like honey. They are sweet to the spirit and bring healing to the body”

Proverbs 16:24, The Bible

‘If you want an example of God’s Creation, take a look at a colony of honeybees. (Put on a bee suit and find a friendly beekeeper first of course!) There you will find order, structure and productivity.’

Simon Ward, North Yorkshire, took up beekeeping earlier this year.

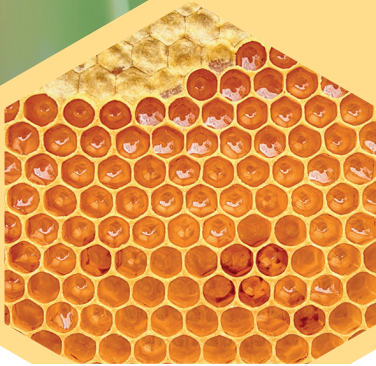
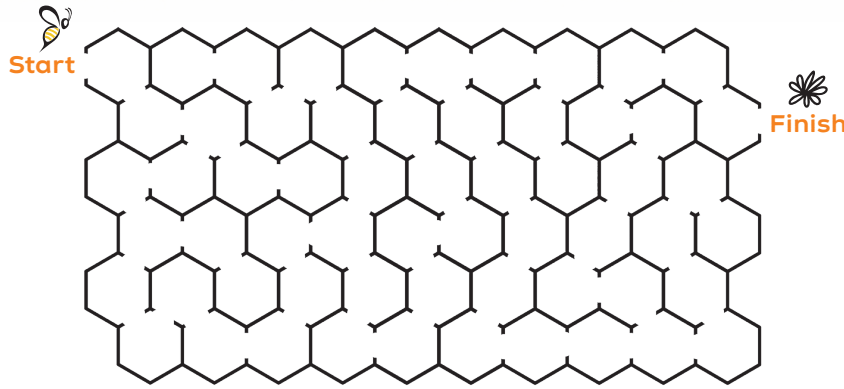


Photo by Aaron Burden on Unsplash

PUZZLE PAGE

Bee A-mazing

Can you help the bee make its way through the honeycomb and out to find a flower?



Bee Facts

- 🐝 One beehive can house 50,000 bees
- 🐝 A bee beats its wings 250 times a second
- 🐝 A thriving hive can produce between 18-25kg of honey a year
- 🐝 The official name of a beekeeper is an Apiarist
- 🐝 In a hive there is one queen bee, the other female bees are called worker bees, the male bees are called drones

Wordsearch

Complete the wordsearch by finding the words horizontally, vertically or diagonally.

- | | |
|-----------|----------|
| AIRFRYER | COUSCOUS |
| AMAZING | GRACE |
| APIARIST | HONEY |
| ARTIST | LEMON |
| BEEHIVE | MUSEUM |
| COUNTDOWN | OUTDOORS |

S	Y	N	A	Y	E	N	O	H	A	F	G	K	A	V
C	G	J	P	G	C	T	F	R	S	C	C	D	J	O
R	X	M	I	O	G	J	O	H	E	R	N	L	P	C
N	C	T	A	T	U	J	A	M	G	O	J	G	G	K
S	N	E	R	Y	L	T	U	Z	M	C	O	N	Y	O
L	N	C	I	A	U	U	D	E	A	R	T	I	S	T
V	U	A	S	I	A	H	L	O	E	R	C	Z	M	K
U	R	R	T	R	I	R	I	V	O	O	O	A	U	P
V	W	G	H	F	Y	L	I	G	U	R	U	M	S	U
S	P	Y	G	R	D	H	Z	N	K	S	S	A	E	I
R	Z	N	O	Y	E	C	T	Z	P	T	C	H	U	E
E	E	A	Q	E	K	D	O	F	C	P	O	A	M	K
I	K	R	B	R	O	D	O	B	U	V	U	A	O	N
V	Q	A	S	W	D	X	U	L	Z	O	S	K	B	V
L	A	V	N	W	C	P	Y	U	Q	X	I	Q	H	Q

Sudoku

Place the numbers 1-9 in each 3x3 box, each full row and each full column without duplicating.

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

EASY

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

HARD

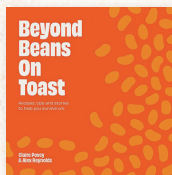
The Beach Team

So that's it for our 2023 Beach Special. Maybe you have taken part in one of the free activities or have some additional suggestions of what we should be taking on a picnic. Did you know the history of Amazing Grace? A hymn that you may have sung yourself over the years?

If you would like to know more or chat about anything you have read, please do come and introduce yourself. Everything we do on the beach is free and we would love for you to come and join us. You should see us most of the day with activities in the morning, over lunchtime and during the afternoon. Mornings are generally games, craft, face-painting and Bible stories. Depending on the tide, there might be a lunchtime sand-modelling competition. In the afternoons we usually start off with a good old tug-of-war which often ends with mums and dads and other family members jumping in to try and help one team win. Our 'Holiday Special' runs every afternoon at 2:30. Just ask the team for details! We also run additional family friendly events on Tuesdays and Thursdays, ask your team for details. Wherever you are we hope that you enjoy your time on the beach.

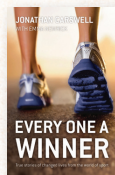


Free Offers - please ask the team



Beyond Beans on Toast

A book for university students that provides tips on how to survive, recipes that make the budget taste sweeter and real stories that reveal the abundant life that Jesus brings!



Every One a Winner

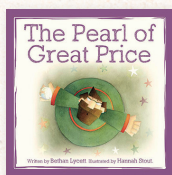
A collection of true stories about sportsmen and women past and present, including Dan Walker and Debbie Flood. Each one has found a meaning and a purpose to life that goes beyond sport.



Beyond the Big C

This book chronicles Jeremy's extraordinary relationship with cancer and, more than anything, his extraordinary relationship with the person who promises life beyond the prognosis.

FREE BOOKS



The Pearl of Great Price

A rhyming story for children aged 4-7, based on a parable of Jesus.



Discovering: Real Questions

Questions about the Christian faith answered by academics and Bible scholars.

FREE DVDS



Discovering: Has Science Killed Christianity?

A set of 3 DVDs of talks presented by Professor Stephen Taylor asking whether science and Christianity are enemies or friends.



Discovering: 'So who is this Jesus?'

A DVD split into 6 sections and specifically designed to help you have a better understanding of who Jesus is.

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

Page 20 Sudoku: Hard Star

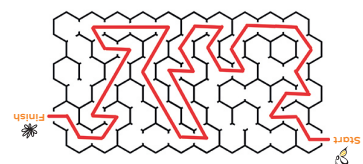
7	1	4	3	5	6	9	2	8
9	5	8	7	2	1	3	6	4
2	3	6	4	9	8	7	5	1
3	9	2	6	1	7	8	4	5
4	6	7	5	8	2	1	3	9
1	8	5	9	4	3	6	7	2
5	2	3	8	6	9	4	1	7
8	7	1	2	3	4	5	9	6
6	4	9	1	7	5	2	8	3

Page 20 Sudoku: Easy Ball

S	V	N	(E	N	O	M	A	F	G	K	A	V
L	A	V	A	S	E	L	L	E	R	S	E	L	L
I	K	R	B	O	X	U	L	Z	S	A	K	B	V
E	E	A	O	E	F	C	P	O	P	O	L	M	K
R	Z	N	O	G	H	C	H	A	E	I	H	E	I
S	P	Y	I	N	K	S	A	M	A	S	I	I	I
L	W	W	R	I	L	I	H	I	L	I	L	I	L
U	R	S	I	R	I	L	I	H	I	L	I	L	I
L	N	C	S	I	A	I	A	I	A	I	A	I	A
L	N	C	S	I	A	I	A	I	A	I	A	I	A
S	N	C	T	A	T	U	A	M	G	J	O	G	P
G	O	T	F	R	E	S	C	O	L	D	O	L	O
C	G	J	O	T	F	R	E	S	C	O	L	D	O
S	V	N	(E	N	O	M	A	F	G	K	A	V

Page 20 Wordsearch:

QUIZ ANSWERS



Page 18 Maze Puzzle:

Page 5 Countdown Conundrums: 1. DISMANTLE 2. CALCULATE 3. FISHERMEN 4. MIDSUMMER 5. AEROSPACE 6. RECREATED

The Beach Team in the UK

1. Scarborough
2. Leysdown
3. Lyme Regis
4. Looe
5. St Ives
6. Carbis Bay
7. Newquay *New Centre for 2023*
8. Mumbles
9. New Quay
10. Benllech
11. Llandudno

International Student Outreach

1. Bournemouth

The Beach Team in Ireland

1. Downings
2. Portnoo
3. Kilkee
4. Ballyunion
5. Rosscarbery
6. Ardmore
7. Tramore



The Beach Team in Continental Europe

1. Colombes (France)
2. Carcassonne (France)
3. Ravenna (Italy)
4. Portimão (Portugal)
5. Torrevieja (Spain)
6. Montreux (Switzerland)



Tell Me More



thebeachteam.org

Would you like to know more?
Additional information for adults and children can be found on our website.

We can send information about good churches in your area. We can send you resources that will help explore the Bible and the Christian message in more detail. Just ask us!

For any of the free offers featured please

- ➔ **visit:** www.thebeachteam.org/free-resources
- ✉ **email us:** office@thebeachteam.org
- ✍ **write to us at:** United Beach Missions, c/o EMW, Waterton Cross Business Park, South Road, Bridgend, CF31 3UL



The Beach Team gears its programme to the whole family. We encourage parents to sit nearby, as we cannot take responsibility for the children.

United Beach Missions Charity Number 273912