

Beach

The
Beach
Team



SPECIAL

www.thebeachteam.org



BIG WAVE SURFER JOHN MCCARTHY

Surfing tips from
champion surfer



TASTY SEASIDE TAKEAWAYS

Award-winning
fish and chips

JUBILEE CELEBRATIONS



**PLUS
PUZZLES
AND
GIVEAWAYS!**

FREE

SHARING THE GOOD NEWS OF JESUS

Welcome

Since the 1950s, our teams of volunteers have been helping to make a positive difference to beach holidays. From Leysdown to Llandudno, from Scarborough to St Ives, holidaymakers have appreciated our mixture of wholesome family fun and lively Christian teaching.

We are so glad to be in action again this year, after missing 2020 altogether and not being able to do as much as we normally would in 2021. Having said that, we had a fantastic summer last year with the beaches being jam-packed! We are looking forward to 2022 being just as wonderful and we hope that you and your family will want to join in as well! As in a 'normal' year you might find children's games, craft, face painting, puppets, plastic duck racing, penalty shoot-outs, sand modelling and, of course, the tugs-of-war (look out for this year's Beach Team badge!). Our afternoon programmes ('Holiday Specials') contain a fast-moving mix of quizzes, songs, Bible stories, competitions and more. It's free to join in and it would be great to see you there! On top of all this, there will be evening (or late afternoon) family events to make part of your holiday too.

We hope you enjoy reading our magazine as you relax. The section on Top Seaside Fish and Chips is a particular favourite! As usual there are fascinating stories of people who have had their lives changed as they've trusted in Jesus. This includes John McCarthy, a very good friend of The Beach Team.

The Beach Team



Contents

Now For Some Good News 3

John McCarthy Surfing the waves of life 8

Jubilee Trees Get planting 14

Queen's Jubilee 70-year reign 4

Surfing Tips Getting started 10

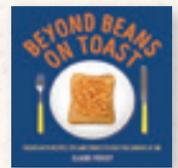
Overcoming Addiction Freed by faith 16

Fish & Chips Top seaside chip shops 6

Sides and Salads Top 10 BBQ sides 12

Puzzle Page Letter & number puzzles 18

Free Offers



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.



Life Stories

All the stories contained in this book are about real people. Some are dramatic. Others feature famous names. Some may even reflect aspects of your own life. All of them are captivating.

FREE BOOKS



Discovering: Real Lives

Stories of people who have all faced some of life's greatest challenges but their faith in Jesus Christ is something that has been very real to them.



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.

AND NOW FOR SOME GOOD NEWS

Home Top Stories World Politics Business Travel Arts Weather



On the 18th of April, 1930, the BBC decided there was no news to report. During what should have been the 6:30pm radio news bulletin, the BBC presenter announced: "Good evening. Today is Good Friday. There is no news." Someone, somewhere in the BBC had made a judgement that nothing newsworthy had happened. Piano music was played instead of the current affairs update.



Today, we could never imagine something like that happening. The news industry has grown into a multi-billion-pound business, channels sharing news updates 24/7. As well, we are blogging, texting and tweeting. The world is a busy place. There never really can be no news. Somewhere a baby is being born, while someone else is doing something good...or bad...or even dying. There is always something to report.

Live Breaking

The story of Jesus is called the 'gospel' which means 'good news'. When he was born 2000 years ago, His birth was announced as being 'good tidings of great joy'. And every day without exception, Jesus's life, His death on a cross, and his rising again three days later, has been the greatest news the world has ever known. It is good news that God loves us. Jesus said that,

"For God so loved the world that He gave His only begotten Son that whoever believes in Him, [Jesus] should not perish but have everlasting life."¹



The good news is not about trying to do better, because we can never be good enough for God. Rather, it says that if we trust Jesus to forgive us, we can come to know God. The Bible makes clear that we can be saved by grace, through faith, and not of ourselves, it is the gift of God, not of works, lest anyone should boast. The good news points to the day when Jesus died, carrying on himself all our rebellion and wrong. The Bible says, **"God demonstrated His love towards us in that while we were still sinners, Christ died for us."**² The good news reminds us that even

the enemy, death, has been thoroughly beaten by Jesus who not only died and was buried, but rose again three days later. As the Bible says, **"Christ is risen from the dead."** The good news says that anyone, whatever their background or sins, can find new life and come to know God. Jesus said that He came into the world not to call the righteous but to call sinners. He is able to turn around anyone and make them new creations if they will call on the Lord Jesus and be saved. The good news teaches that heaven is not a reward but a gift. The Bible says, **"The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord."**³

Fake News?

In the last few years the term 'fake news' has become more common. We know that not everything reported on the internet is reliable or true. We need to carefully examine and fact-check some of the things being shared on social media.

The gospel of Jesus really is true. God did come into our world. He was born in Bethlehem, lived in Nazareth, and went to Jerusalem to die for our sins. He really did rise from the dead, you can examine and fact-check these details in history. And, if you ask Him, He will forgive you and by His Spirit come to live in your life. He will give you the ability to follow Him. He does promise heaven -though we deserve hell- to all those whose sin is forgiven and have trusted Him as Lord and Saviour.

Will you do that today? If you do, the good news is so great that there will be rejoicing in heaven over you, the one sinner who has turned from your old life and trusted Jesus.

Contact

If you'd like more details about the Christian faith just speak to a Beach Team member, use the contact form on the back cover or email office@thebeachteam.org with the subject Tell Me More.



This year, 2022, we celebrate the Queen's Platinum Jubilee. Reigning for 70 years, she is Britain's longest serving monarch.

Born on April 21st, 1926 in London, Elizabeth was the first child of the late Duke and Duchess of York.



Since she was third in line to the throne it was not expected that her father (George VI) would become King or that she would become Queen.

She married Prince Philip, The Duke of Edinburgh, in Westminster Abbey on 20th November, 1947. She had to collect clothing coupons for her wedding dress, as the nation was still on rationing after the war! They had four children, eight grandchildren and eleven great-grandchildren, and were together for 73 years, until his death last year. During her reign, there have been 15 prime ministers from Sir Winston Churchill to Boris Johnson and nearly 200 prime ministers in the Commonwealth!

Elizabeth took up the position of Queen of England on the 6th February 1952, at

the age of just 25, following the death of her father, King George VI.

"Elizabeth took up the position of Queen of England on the 6th February 1952"

Elizabeth was crowned Queen in Westminster Abbey the following year on 2nd June 1953. She was presented with a Bible, and was told, as in all previous coronations since 1689, "We present you with this Book, the most valuable thing that this world affords. Here is wisdom; this is the royal Law; these are the lively Oracles of God." She continues the royal line of United Kingdom monarchs which began in 1603, with King James I.



In her 70 year reign the world has changed. Television, the internet and

social media have become the dominant mediums; man has travelled into space and walked on the moon; the Berlin Wall was built and broken down; international travel has become available to us all; terrorism has come to be widely prevalent.

Today, she has over 600 patronages of organisations and charities. She is Head of State, the Fount of Justice, Head of the Armed Forces, the Defender of the Faith and Supreme Governor of the Church of England. She loves animals, especially horses and dogs, and is the patron of multiple animal charities, including the Dogs Trust and the RSPCA.

In her role, she gives honours to those her government deems fit. She also sends congratulatory messages to those celebrating their 100th and 105th birthdays and those celebrating their 60th, 65th and 70th wedding anniversaries. Do you know anyone who has received one?

She is greatly esteemed for her diligent work, her commitment and loyalty to



her high role and her part in the life of the nation.

"She is greatly esteemed for her diligent work, her commitment and loyalty to her high role and her part in the life of the nation"

In the summer, the Queen traditionally hosts three Garden Parties at Buckingham Palace, and one at the Palace of Holyroodhouse in Scotland. These wonderful events provide a way of recognising and rewarding public service for people from all walks of life; perhaps you even know of someone who has had the honour of attending one?

The Queen's Christmas Day speeches are, for many families, a non-negotiable part of the day.



During her message to the Commonwealth in 2011, Her Majesty the Queen, after speaking about her family, said:

"Although we are capable of great acts of kindness, history teaches us that we sometimes need saving from ourselves – from our recklessness or our greed.

God sent into the world a unique person – neither a philosopher nor a general, important though they are, but a Saviour, with the power to forgive.

Forgiveness lies at the heart of the Christian faith. It can heal broken families, it can restore friendships and it can reconcile divided communities. It is in forgiveness that we feel the power of God's love."

There is a Monarch before whom even Her Majesty the Queen will one day bow. In the very Book with which the Queen was presented on her coronation we read that Jesus the Lord will reign for ever and ever. Jesus is the King of kings, the ultimate Sovereign of the world.

"There is a Monarch before whom even Her Majesty the Queen will one day bow"

He rules over all of creation. He is high and exalted, surrounded by worshipping angels. To Him is due the worship of the nations. We read in the Bible, that Jesus:

"being in very nature God, did not consider equality with God something to be used to his own advantage; rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled himself by becoming obedient to death – even death on a cross!"

"Therefore God exalted Him to the highest place and gave Him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father."

I have never met the Queen, and never had an invitation to do so! But I have met King Jesus. He loved me (and you) so much that He left the splendour of heaven to be born and laid in a manger in Bethlehem.

Having led an absolutely regal life, committing no sin, and revealing no selfishness, He went to die on a cross. There, He took on Himself all the sin and rebellion of His subjects. He died in our place. He took the hell which would be ours. It was the ultimate act



Photograph by Polizei/Berlin

of sacrifice, which He made because He loves us so much. He died that we might come to know God in a personal way. As King, even over death, Jesus rose again, defeating the grave.

Today, Jesus is exalted. One day He will return as Lord, Judge and King. As He said, "I am [the Christ], and you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven."²

As we remember the 70 years of service that the Queen has offered to the people of her commonwealth, we also remember that today the King of all kings—and queens—invites YOU to receive Him as Lord and Saviour, and then live with Him, promising to never leave or forsake you in life, through death and into eternity.

ROGER CARSWELL www.tell-me-more.org

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TOP SEASIDE

When you're near the seaside it's hard to resist some freshly fried fish and chips with plenty of salt and vinegar! Check out these seaside takeaways which were featured in Fry Magazine's 50 Best Takeaways 2021 and are within 1km of the beach, many of them providing gluten free options too.

FISH & CHIPS



The Golden Fry, The Square, Benllech, LL74 8SN



Husband and wife Mike and Carol Hulme have run the Golden Fry since 2009 and serve a light gluten free batter as standard on all their fish and chips, alongside a huge range of gluten free sauces and extras. "Many years ago we had a canopy put outside and it needed a little bit of doing-up so my dad had some vinyl stickers made up. It wasn't until he put it all up that we realised he hadn't put the shop name on. Because we didn't have any room to add it in, he ordered just the initials 'GF'. From then on, we had people coming in and saying, 'You have GF on the sign, does that mean you're gluten free?'. The answer initially was 'No', but after a while we thought, 'Hang on a minute, there's a lot of people asking for gluten free', so we looked into it!"



Seasmiths Fish + Chips, W Beach Rd, Truro TR4 8AD

Elsie and Connor officially opened Seasmiths in March 2020... just days before the nationwide lockdown because of the Covid-19 crisis. Despite the setback they are thriving, and are loving their new business.

All fish is lightly battered with a gluten free batter, and sustainably caught cod and haddock are served alongside local varieties that Cornish day boat fishermen have landed. All this is made even better with a selection of sauces, made fresh each day, and home-made pickles.



The Fish Works, The Promenade, Largs KA30 8BG



The Friary, Prince Andrew Way, Carrickfergus BT38 7TB



Chippy Chippy, Stanley St, Holyhead LL65 1DD



Serving gluten free fish, chips and sausages, and family feast boxes from £4 a head. Owner Lora says "Our speciality dishes are our Family Feast meal deal. It's a best seller for us, for its value and the fact it suits everyone I think. I have 4 children so the idea was made from that really, it's a box deal that suits all of us. I want my customers to have value for money, but have a choice with it. The mega meal deals do that."



Fraser's Fish and Chips, Western Promenade Rd, Penzance TR18 4HH

Fraser's owners, Pete and Sue, are committed to responsibly source all fish that is served, so all customers are free to tuck into any fish on the menu totally guilt free, knowing they have come from an MSC certified supplier. They even source their potatoes locally for extra freshness.

East Coast, High St, Musselburgh EH21 6AN

Formally the The Coral Reef Fish & Chip shop, this new venture from Carlo and Katia, whose family has run a fish and chip shop on this site for over 50 years, is both an amazing chippy and also a thriving seafood restaurant! Serving a wide selection of fish —Haddock, cod, lemon sole and even calamari— they even cater for vegetarians with deep fried tempura broccoli, and to satisfy their Scottish locals, deep fried haggis bites!



Smith's Chippy, Ocean Rd, South Shields NE33 2JF

My Plaice, Baker St, Gorleston-on-Sea NR31 6QT

This traditional chippy, which has been running for over 65 years, serves cooked-to-order fish and chips and other chip shop favourites.



Fisherman's Bay, East Parade, Whitley Bay NE26 1AP



Using only sustainable fish and British farmed potatoes, Fisherman's Bay offer the freshest of flavours, for you to enjoy in biodegradable and recyclable packing. For those reducing their meat and fish consumption you can get delicious halloumi fritters or vegan sausages and burgers.



Newington Fish Bar, Newington Rd, Ramsgate CT12 6EW



Brothers Nigel and Ken have run Newington's Fish bar for over 40 years, and pride themselves on not only their fish and chips, but also their commitment to sustainable business.

Fish 'n' Fritz, Market St, Weymouth DT4 8DD

Fish 'n' Fritz are not only an award winning chippy, but they're also a kind hearted bunch. The staff are well known in Dorset for their support of charities for the homeless and food banks, and also run a suspended coffee scheme where customers can pay for a coffee, tea, or maybe even some food for a person in need.



David's Fish And Chips, Bolton St, Brixham TQ5 9DH

Owner Scott Drew has worked in David's Fish and Chips for 34 years, 23 as an employee, and for the past 11 years as the owner. The shop is named after its former owner, David Manley, and the premises have been used to

sell fish and chips for 100 years! Scott introduced gluten free fish and chips over 8 years ago, but when he himself was diagnosed as a coeliac he extended the menu to include GF sausages, scampi and even curry sauce, and David's have won Gold three times in the FreeFrom Awards.



FISH AND CHIPS FACTS

Fish and chips were first served together as a complete dish around 1860 - the Malin family of London and the Lee's of Mossley, near Manchester, both staking claims to be the first.

The popularity of fish and chips was boosted during the war efforts as both fish and potatoes were exempt from rationing, and provided a great source of protein and energy.

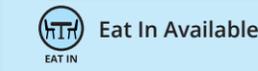
Friday June 3rd 2022 is National Fish and Chip day, so it's pretty much the law to get fish and chips that day...almost! This year it's also right in the middle of the Jubilee celebrations. (See pages 4-5)

Fish and chips provide a third of the recommended daily allowance of vitamins for a man, and almost half for a woman.

After Jesus was raised from the dead the first thing we are told that he eats is fish. He also later cooked fish for his disciples on the shore of the Sea of Galilee for breakfast!*



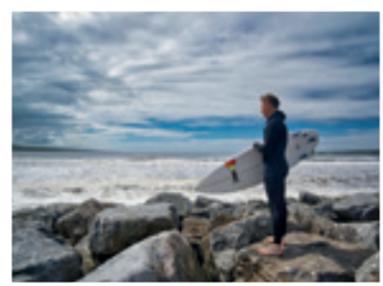
For the full top 50 list from 2021 and to view the 2022 winners from February 2022 head to www.frymagazine.com/fry-magazine-awards





Surfing the Waves of Life

John McCarthy (a friend of the Beach Team) lives on the West Coast of Ireland and is a retired world class surfer who, after travelling the world in search of the perfect wave, found it almost on his own doorstep! Here he talks to us about his surfing journey and finding true hope and success in life.



How did you first get into surfing?

I've been surfing now for about 30 years. I grew up in a seaside town on the south coast of Ireland and became part of a surf club at the age of 10. I'd tried out loads of other sports—taekwondo, boxing, tennis, basketball—but I just really took to surfing. From the age of 13 I had a single focus to just travel the world and surf.

Are you the only surfer in your family?

I'm the youngest of four children and the only surfer—I have a brother who's a skier, a rock climber and a mountain climber though. My parents

were sporty at all, but they were very supportive and always drove me to the beach, even through the winter.

Where in the world have you surfed?

I started surfing for Ireland when I was 13 on the Irish Surf team. I started off competing in Europe—France, Portugal, Spain. Surfing in Scotland was one of the coldest experiences of my life! When I was older I surfed in Indonesia, which is one of the greatest places to surf in the world. I surfed around Asia a bit, also Australia, Africa, and I competed in Brazil at the World Surfing games.

How do surfing competitions work? Is it to do with speed, distance or style?

In a surfing competition you get a 20-minute window and you have to catch three good waves, and each wave is scored between one and ten. If you get a great wave, do lots of nice turns, a jump into the air, you'd get a ten-point ride. If you get a smaller wave and fall off, you'd get a two!

You've done well and won medals. What are some of the highlights?

I won the Irish Junior championships a couple of times; I won the Irish Senior Championships—which is the over 28s—three times. I won a European bronze medal at the European surfing championships, competing for Ireland in the senior division.

Did you grow up going to a church?

Absolutely. My parents were very God-fearing. At Easter, during the period of Lent, we would have gone to mass before school every morning, then back home for breakfast, and then again after school. So we grew up in a very religious family.

Did you find that restrictive?

Not particularly. I enjoyed aspects of it. In my early teenage years, I definitely spent time praying, talking to God, but going into my teenage years I didn't really know the simple teachings of Jesus, so I didn't find it restrictive. I just lived how I wanted to live.

When you travelled the world did you make time to go to church?

From age 18 and 19 I wasn't attending church at all. I then studied to become an electronic engineer and went to live in Japan working for Canon, the camera company. In my 20s faith wasn't part of my life, although when I got in trouble or things were not going well, I would have maybe said a prayer. I didn't have a belief system, but I believed there was a God.

Winning medals is said to be exhilarating, but then often people feel quite low afterwards. Was that your experience too?

Yeah. Probably my greatest achievement was to surf a giant wave—Aileen's, one of the top waves in the world—at the bottom of the Cliffs of Moher in Ireland. This wave was world news in surfing when it was discovered. So we got a jet ski and got pulled out onto the 30ft or 40ft wave, and then went inside the wave, the tube, and then rode out. It was like a cartoon wave—it was so huge. I found that if my friend filmed me or took a picture of me riding this wave it would be in the newspaper and be a big deal, but then after that event was over, the high was gone. It's just back to yourself again—back to normal life.



Wave: Aill Na Searrach
Nickname: Aileen's
Where: Cliffs of Moher, County Clare, Ireland
When: When the storm comes
Type: Right hander, Reef Break

Having a purpose in life—was that bothering you?

By the time I was aged 30 I'd made some money in my surf school. I was travelling the world, but I was living a life that had no foundation basically, and I definitely had a hunger for meaning—and a hunger to be loved. I was doing lots of yoga to help my flexibility surfing, but as I got into yoga I realised it was a spiritual activity. I bought a book on world religions and as I read about each person in the different world religions, I realised the uniqueness of Jesus Christ

* Matthew 11:28-29

and how incredible He is, and it really did bring me back to my childhood. I just had an admiration for this person, Jesus Christ. I bought a Bible and I started to investigate the person of Jesus.

Where in the Bible did you start?

I started in Matthew's gospel. It really was just food for my soul; I didn't know it at the time, but I was so spiritually hungry—looking for something, looking for love, looking for meaning, for purpose—and as I was reading these words of Jesus, I was being fed, I was being watered, and I was finding peace. In my 20s I hadn't really thought about spiritual things. I just bounced around, being popular, being at the parties, being on big waves—that's what life was about.

When I came back to Ireland to set up the surf school for that year, I had decided to start going back to mass every Sunday. I thought that being a Christian was just about being good. Then I met Steve from Christian Surfers, and he invited me to a big Christian Surfers event. I enjoyed it because I was interested in Jesus, but I didn't feel any desire to get on board with what they were saying. In my mind I was a good person.

What happened after that?

A year went by, and the problem with me trying to be good and trying to fix myself was the old habits from my teenage years and my 20s came back. A year later I went back to the Christian Surfers conference again and in my trouble, I was ready now to listen to what the message was. I heard a voice in my soul saying, "I need Jesus." Somebody gave a sermon to explain what the Christian message was, and at the end of that message, I was just bursting with joy and a need to give my life over to Jesus who loved me and died for a sinner like me. And I did that on the 24th of June 2006. I came alive in God that day; God gave me



his Spirit, my life changed, and I love it because the message—the good news of Jesus—can transform someone's life.

How did you come to Jesus?

I didn't pray a specific prayer; I made a decision in my heart. Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."* My heart just responded to that message. I wasn't ready the year before, but that day I was ready, and Jesus Christ has really blessed my life since that day. It's been remarkable.

Does that mean you started winning gold medals?

No, but I got something better than a gold medal. God put me on TV a year or two later. It was called the Advert of the Year in Ireland, surfing a giant wave! Everyone in Ireland is a lover of Rugby, and between the first and second half of the Six Nations 2008 there was the advert that I was in, surfing a 30ft wave; and so God really blessed my surfing.

What else changed after you decided to follow Jesus?

I was now reading the Bible and it's like as if the Bible was in 3D compared to before. I started to go to a church that taught the Bible and went to Bible studies, and they were amazing. I really enjoyed that because someone would explain it, which I found extremely helpful.



You're now married and have children yourself. Do you want them to be surfers?

Yes, I'm fully retired from competitions now and married to Rachel, and we run the Lahinch Surf School together. We've got 3 children: Nathaniel (3), Matthew (8) and Rebecca (9). The two oldest do surf a little bit, and it will be interesting to see if they get really into it, but I'll leave that up to them.

What does Jesus mean to you now, all these years later—15 years since you

became a Christian?

He's my friend; He's my Lord; He brought me into a relationship with his Father who is my father, so I have a dad in heaven—so that's the relationship I have. He's also my boss; he's my leader; my encourager; my friend and my comforter. I work for him now and I do things for him, and I have a ministry called Cliffs of Hope which is an internet video-making ministry. He's my everything; He's my exceeding joy. The hope, the purpose and the peace

of knowing Jesus is better than anything the world can offer. If I never have any other successes in this life that's okay, because I have Jesus.

If you'd like more details about the Christian faith just speak to a Beach Team member, use the contact form on the back cover or email office@thebeachteam.org with the subject *Tell Me More*. Watch the interview in full here: 

"I started surfing over 30 years ago and have surfed all over the world and seen the best surfers and bodyboarders, so here are my top tips to help you get started this season."

John McCarthy's Top Tips to Get Started with Surfing and Bodyboarding

1. Water Your swimming ability will help you progress quickly and get confident in the surf. The more confident you are with swimming, the more confident you will be in the surf. When I started surfing at age 10, I couldn't really swim at all. If you are able to swim up and down a pool in preparation for hitting the beach this summer, this would be a great investment in time. 

2. Waves It really does take a long time to learn about the waves. Different sized waves break at different times. Depending on whether you are surfing a beach (surfing over sand) or a reef break (surfing over flat rocks), the waves will break in different patterns and directions. Spending plenty of time in the waves when they are small (knee- to chest-height) will help you start to learn about waves. 

3. Board When you are starting out, it's good to get equipment that is going to make it easy for you to learn quickly. Surf boards and body boards that are wide are easier to ride on and make it easier to catch waves. If you get a very narrow board, the board will be very unstable and make it more difficult. 

4. Wetsuit Summer wetsuits are 3mm thick and are more flexible and easier to move in, while winter wetsuits are 5mm thick, warmer but more difficult to move in. Getting the right suit type will help you when you're starting out. Also, the more expensive your suit is, the more flexible it will be. 

5. Rashes One sore aspect of surfing is you can get 'wetsuit rash'. Under your arms or behind your knees, the wetsuit rubs against your skin and scratches it, causing irritation. To get around this, you can put Vaseline on those areas before you get in your suit. You can also buy a 'surf rash vest' or 'Lycra vest' to prevent belly rashes. 

6. Friends Surfing is very fun. It's a great activity to do with friends and family members or a way of making new friends. I have made many of my friends through surfing. You will learn a lot faster by surfing in a group. If there is a surf school near you, you could take a surf class with people your own age. This is a great fun activity to do together and, as you challenge each other, you'll learn faster. 

KNOW YOUR FLAGS

It's important to know where you can and can't surf on beaches. Here's our quick guide to beach flags.

Red and yellow beach flag 
Lifeguarded area.
Safest area to swim, bodyboard, and use inflatables.

Black and white chequered beach flag 
For surfboards, stand-up paddleboards, kayaks, and other non-powered craft. Launch and recovery area for kitesurfers and windsurfers. **Do not swim or bodyboard** here.

Red beach flag 
Danger! Never go in the water *under any circumstances* when the red flag is flying.

orange windsock 
Indicates offshore or strong wind conditions. **Do not use inflatables** when the windsock is flying.

Stick to lifeguarded beaches to keep you safe. You can find a list at: rnli.org/find-my-nearest/lifeguarded-beaches



Zacchaeus finds a Friend

Luke 18:31-34; 19:1-10

One day Jesus told his twelve disciples that it was time to go to Jerusalem. He said that when they got there, everything the prophets had said about him would happen. (The writings of the prophets are in the part of the Bible that we now call the Old Testament.) Jesus said he would be laughed at and whipped. People would spit on him, put him on a cross, and kill him. But the third day he would come back to life.

The disciples thought Jesus was going to be crowned King of the Jews. So they couldn't understand what he was talking about.

When Jesus came to the city of Jericho on the way to Jerusalem, crowds of people followed him as they always did. A man named Zacchaeus lived in Jericho. He was in charge of collecting taxes in that city. And because he took more money from people than he should have, he was very rich.

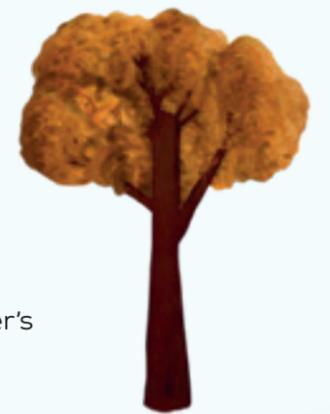
As Jesus walked through the streets of the city, Zacchaeus tried to see him. But the crowd was too big and Zacchaeus was too short. So he ran ahead, climbed up into a tree beside the road, and waited for Jesus.

When Jesus came along the road that went past the tree, he stopped. He looked up into the branches and saw Zacchaeus. "Come down, Zacchaeus," Jesus told him. "I want to go to your house today!" So Zacchaeus climbed down. He was very happy to take Jesus home with him.

As soon as Zacchaeus began to talk with Jesus, he felt very sorry for the bad things he had done. He told Jesus that he would give half of his money to people who were poor. And if he had taken more money from people than he should, he would give them back four times as much!

Jesus could see that Zacchaeus had trusted him and been changed. Zacchaeus was now truly sorry and ready to do what was right.

The people in the crowd were upset with Jesus for going to a sinner's house. But Jesus said that he had come into the world to look for sinners. He came to save them from being punished for their sins.



FREE BOOK

We would love to send you more stories from the Bible and activities to do. More details of our Postal Bible Club are on the inside back page.

Scrumptious SIDES & SALADS

We asked over two hundred people what their favourite dishes would be to have with a delicious BBQ or to take along to a bring-and-share meal and here are the top 10 answers! The great thing about these sides is that they are super quick and simple to make, can be adapted to whatever you have in your kitchen really easily—and to any allergies or dietary requirements—and almost always taste better than the shop-bought versions.



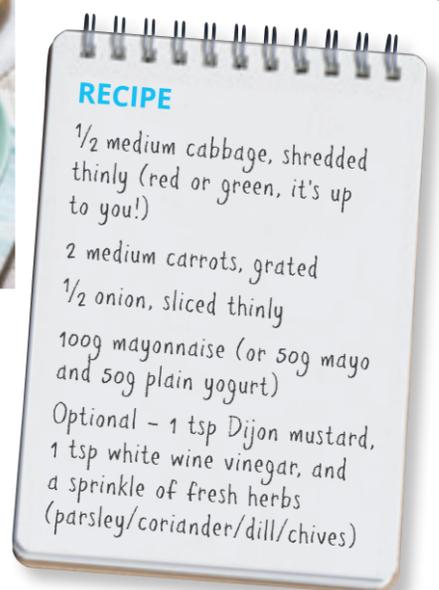
1. Potato salad

The humble potato salad topped the list of sides. Whether you go super simple and just pop some cooked potatoes in a bowl and cover in mayo, or add some extra touches (sliced spring onions, finely chopped red onion or chives), it's always a firm favourite.



2. Coleslaw

This is so quick and easy to make, and the ingredients are really cheap, so why not give this a go? There's lots of ways to really make it your own, and it's not only great as a side, but on top of a burger, or in a sandwich.



4. Pasta Salad

The varieties of pasta salads are pretty endless. You can choose your favourite pasta shapes (mine is the twisty one called fusilli), chuck in some raw or chargrilled vegetables, chop up some cooked meats if you'd like, then add a salad dressing or mayonnaise—whatever you prefer. It's so versatile!

5. Greek Salad

Tomatoes, cucumbers, onion, feta cheese, and olives are the critical ingredients for a Greek salad. Dressed with salt, pepper, oregano, and olive oil, it's a wonderful addition to any buffet.



6. Buttery New Potatoes

Sometimes the simple things are the best. Boiled new potatoes (or quartered white potatoes if you don't have new ones), with melted butter. If you're feeling fancy you can add some garlic (powdered or fresh) or some chopped chives. Lip-smackingly good.



8. Green Salad

A traditional side salad, made up of whatever salad items you have on hand, mixed through with green leaves of your choice.



10. Watermelon and Feta Salad

I'll be honest, I was a little sceptical when I saw people suggesting this, but the votes kept coming! So why not give this a try?



7. Couscous salad

The popularity of couscous has soared in the last 10 years so it's no surprise that this features in our top 10. Soak the couscous in a chicken or vegetable stock, and once it's fluffed up, you can stir through herbs (coriander and parsley are

traditional) with whatever veg you fancy. A personal favourite is a rainbow version with pomegranate seeds, grated carrot, and chopped yellow pepper, spring onions, red onion, and lots of fresh coriander, with a drizzle of oil and some salt and pepper. You'll soon be loading your plate up.



9. Tomato Salad

A super quick and easy salad that only needs a few ingredients. Chop some tomatoes and some fresh basil, and mix through with olive oil, balsamic vinegar, salt and pepper. You don't need fancy tomatoes—any will do—but if you want to push the boat out, try some heirloom tomatoes from a local greengrocer.

DON'T FORGET THE...

Bread: pitta, wraps, burger buns, french bread or plain old sliced bread

Crisps: tortillas, tube crisps (you know the ones!), or whatever you have

Dips & Sauces: ketchup, mustard, mayonnaise, BBQ, sour cream, hummus, salsa

All sides listed are vegetarian; they are listed as gluten free or vegan when made in a traditional way. All could be adapted by swapping out ingredients for their gluten free or vegan friendly substitutions.



Photo by Farhad Ibrahimzade on Unsplash

BOOM!

Tree-mendous Trees



then we've planted seven new trees, growing cherries, plums, cooking apples, bay leaves and magnolia flowers. And our little apple tree is now finally free from the restrictions of its pot and bearing apples each year.

It turns out Queen Elizabeth II is a big fan of trees too. She is encouraging people across the country to plant lots of them during her Platinum Jubilee year. It might not create an immediate

My Grandpa had an enormous tree at the bottom of his garden. He used to tell me that pilots landing their planes at nearby Birmingham Airport would know which way to turn by looking out for his 30-foot-high conifer. I don't think returning holiday makers actually needed Grandpa's tree to get home safely, but it did benefit our lives in many ways—from providing shade on a hot day to knowing how far we were from their house.

I'm definitely a big fan of trees. Tree climbing. Tree houses. Branches for rope swings. Not to mention fruit trees and conkers. And we all know how good they are for the environment, helping to reduce the risk of flooding and creating cleaner air.

I live in inner city Manchester with my wife and three children. Before we moved into our current home we had a small back yard and were surrounded by concrete. We did, however, have a single apple tree, bursting out of a pot.

That little apple tree brought us lots of joy. We'd watch it grow and blossom each year. On bleak winter days we would be encouraged by the buds of new growth signalling the coming spring. And I remember how gutted we were when all but two branches were snapped off on a particularly windy day.

More recently we have moved around the corner into a house with a garden that includes a mature tree. And since

impact but within a few years they could be providing hours of fun to future grandchildren and great-grandchildren. And for some people it might even help to prevent the misery that accompanies a flood.



So, could you plant a tree this year? You could buy a sapling for as little as £1 and once you've planted it you can just sit back and watch it grow (giving it an occasional watering, of course). If you buy your tree from a certified nursery you can even receive a commemorative plaque to mark the occasion. There's lots of information and advice available on the Queen's Green Canopy website if you want to get

involved, either as an individual, school, community group or business.

If you would like to join the tree growing craze but are struggling for space, perhaps you could plant a tree in a pot. You could take it with you if you move house or even create a bonsai tree. It might not be spotted by passing aircraft pilots but it will be sure to bring you some enjoyment.

TOM BASSFORD

Tom's Top Tree Tips

1. Be a nosy neighbour One of the best ways to find out what trees will grow well where you live is to look around your local area to see what's thriving in other people's gardens.



2. Make a plan

Give some thought to where and when you will plant your tree (October to March is the tree planting season).



3. Choose wisely It might sound obvious, but if you don't like plums don't plant a plum tree. Think about what you'd like from your tree. Do you want an evergreen or something that changes colour during the seasons? How high do you want it to grow and will you be able to prune it?



Tom Bassford

Tom has many enthusiasms, and trees is one of them, but he doesn't claim to be an expert (unless you count the Saturday job he had at a garden centre when he was 15). He lives in Manchester with his wife Lizzie and their three children. He co-hosts the Tom & Lizzie podcast on Spotify, aiming to find humour and inspiration in everyday life.

Fast Growing Trees

Trees are both beautiful and great for the environment, but waiting for them to grow and look their very best takes time. Check out some trees that grow to their full height in years, rather than decades. Saplings can be ordered online, or bought from a garden centre or nursery for around £10 each.



Silver birch

Native to the UK, this hardy tree is easy to spot by its white peeling bark, triangular leaves and catkins. It reaches a height of 30 metres and grows around 40cm per year.

Preferred soil type or environmental conditions:

Prefers sandy or acidic soils although can grow in most conditions.

Bay willow

The bay willow has leaves which resemble a bay tree, but don't use them in your cooking! The tree grows around 60cm per year and will reach around 15 metres high in 25 years.

Preferred soil type or environmental conditions:

Bay willow trees prefer damp situations such as beside streams and rivers, wet woodland and in boggy ground.



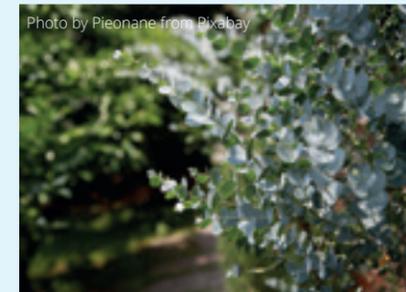
Maples

There are lots of maples to choose from and they all grow quickly (apart from the Japanese maples or acers).

These grow to 24 metres tall, around 60cm a year.

Preferred soil type or environmental conditions:

Grows well on most sites except particularly waterlogged soils.



Eucalyptus

This evergreen gives your garden a year-round burst of colour and grows up to 2.4 metres a year. Left untrimmed, the tree can grow to 20 metres.

Preferred soil type or environmental conditions:

Versatile and adapts to most soil types.

You can find out more about the Queen's Green Canopy tree planting initiative at www.queensgreencanopy.org



DESTROYED BY DRUGS, FREED BY FAITH

Katy, a mum of two from Niddrie in Edinburgh, has come from the depths of drug addiction to now working for a church on her scheme [estate] helping others to change their lives, and she credits the amazing difference in her own life to becoming a Christian in 2017.



Katy, 37, had an unsettled childhood, moving from place to place with her traveller parents, living in a car at points. The middle of five children, she and her older siblings experienced abuse from her dad and he regularly assaulted her mum, yet she never knew any different and so considered it normal. The constant travelling meant her education was unstable and inconsistent, and she struggled with reading and writing. New teachers would see her chaotic attendance and school-hopping and leave her to get on with stuff, knowing she wouldn't be staying long.

Her parent's separation when she was 12 should have marked a more stable period in her life, yet some of the darkest times were about to happen. Her dad falsely told her he had a terminal illness and wanted to spend one last time with her at his favourite horse event, the annual Appleby Fair. She agreed to go away for the weekend with him, but when the event was over, Katy wasn't returned



home like planned. For six months her dad wouldn't bring her back, instead travelling around the UK and Ireland to various horing events. Katy, very ill-kempt and infected with lice, was finally returned to her mum after police surveillance on her dad's house led to a raid.

She says of the time, "Even now, being an adult and being through drug addiction, it was one of the darkest six months in my life. I really struggled with it. It was very bad, very violent. I always had a real love for horses, but by the time I left my dad, I hated horses. I hated him. I hated life."

Although she did manage to finish school, she, along with her older brother and sister, had begun dabbling in drink and drugs to numb the memories of the troubles they had been through. Starting with alcohol and cannabis from the age of 13, over the next 20 years it escalated to ecstasy, speed, cocaine and heroin. **Using was an everyday part of Katy's life and a part of her life that she had normalised.** She was able to work a series of jobs—cleaning, retail, hospitality—but each job was just a means to getting money to fund whatever drug she was currently using.

By the age of 24, Katy decided she would like to settle down and go back into education to become a social worker. Her childhood experiences gave her a desire to help children who were going through similar difficulties, but she realised she needed to clean herself up for that to happen. Sadly, the medication she took to try to quit had side effects on her mental health and she spun out of control, meaning she never started the course.

Not long after this, she became pregnant with her daughter, Lily. Thankfully, the pregnancy was the start of a new stage in her life, and she was able to sober up. For over two years, her life seemed to be moving in a better direction, until New Year 2012. Spice, a man-made mixture of chemicals and plant material, was legal at the time, and taking this to celebrate the new year led to her life spiralling out of control again.

Things got so bad that her mum took her daughter, now two-and-a-half years old, away to live with her. Katy knew it was for the best, as she was now taking cocaine and smoking heroin, and she didn't want her daughter around that. **She was no longer working, describing her life as, "floating about and living off the benefits."** She was in denial about her addictions, telling those around her that it was purely alcohol and trying to keep the harder drug use to places where her family wouldn't hear about it. Years went by, and eventually she engaged with a local drugs and alcohol support programme, and was able to stabilise her life and start working. She was in a relationship and became pregnant again with a son, Leo. Although she was able to come off the drugs and alcohol while pregnant, the relationship with Leo's dad ended badly shortly after he was born, leading to another relapse.

Katy particularly struggled knowing her daughter, by this point aged seven, was still being cared for by her mum, while she now had another child. Going into rehab was the step that she hoped would set her back on the right path, and so in 2016 she went into rehab.

Plans seemed to be going well. She completed the rehab and collected her son to embark on a new start. Sadly, everything changed two days later when her older brother died of an accidental drug overdose and her mum crumbled, entering into the darkness of grief. It was arranged that Katy would take back her daughter to allow her mum to grieve.

Surprisingly, Katy didn't relapse immediately following the death of her brother, but just a few months later, a house move kicked up deep memories of her childhood—moving around, and the time with her dad—which set off another period of alcohol and drug dependency.

Katy recalls feeling so low during this time. "I remember lying in bed, waiting to get the message to go and pick up my drugs and thinking, 'How did my life get here?'"

How did it go from me getting into college to go to university to become a social worker, to loads of social worker involvement and government officials in my life because of how unfit and how incapable I am? I wanted to be a social worker to mend the broken system, to save the bairns [children] that fall through the cracks, like had happened to me and my older brother and sister, and which totally dragged us down into drugs and drink."

A year passed, and in September 2017, Katy knew that something needed to change with her life or she would lose both her children.

Brought up with a background of nominal Catholicism, Katy did have a belief in God, but the religion she experienced was purely milestones to tick the boxes.

In 2017 she started to attend a local Catholic church in the hope that something would click, but after months nothing had changed. One day she prayed, "God, if you're there, you need to show me where I'm going wrong, because I'm going to lose it."

The following Sunday she was running late, and after popping to the off-licence to get a quarter bottle of spirits to drink—which she drank down quickly on the street—she realised she didn't have enough time to make it to her usual church. Seeing another church across the road, she decided it was better than not going at all. Smelling of drink and reluctant as it wasn't a traditional church building, she went inside, taking along

her son in his pram.

The welcome she received still surprises her to this day. "They were nice. They were warm. They were welcoming. They got us to stay after the service and we had

lunch with them. **For the first time in a long time, people were nice to me for nothing.** I had very much turned into the unfit addict mother of the scheme who people didn't want to speak to, because all I would do is moan about not having money and moan about everything. Everybody heard me shouting in the house and on the street, and people used to cross the road to avoid me."

Not only were they nice to her, but she learned from the Bible what it meant to find forgiveness, and a sure hope of Heaven, in Christ. Over a number of weeks, she realised that it wasn't her addiction or her past that she needed sorting, but her heart, and Jesus was the only one able to change that.

"I kept going back, I heard the gospel, the good news about Jesus. I knew that I was a sinner, that I was never a good person, not even before all my alcohol and drug issues, but that I could have salvation and forgiveness in Christ."

Katy was totally transformed once she put her trust in Christ. She started to work in the church café, clearing tables, taking orders, and eventually running the kitchen. She was baptised on June 24th 2018, and went on to work full time for the church as a ministry intern and began a theology course.

Although she was able to give up drink and most drugs almost immediately after she became a Christian, it took longer for her to be able to give up smoking cannabis, having done so for over 20 years, but eventually that went too.

Her family were amazed at the difference in Katy's life. Prior to her being saved, she didn't have good relationships with anybody and wasn't allowed to her mum's house. Most of her family avoided her. They saw a big change, as she was now taking responsibility for her choices and addiction and the way she had been living her life. One day Katy commented to her mum, in front of the children, that Jesus came first in her life. This caused a big upset, yet Katy's daughter, aged ten



at the time, stepped in to give her own opinion on this, "Leave my mum loving Jesus first, because if she loves Jesus first, she loves us better." The change in Katy's life was not only helping her, but her children too, as her daughter saw the complete contrast in her life before and after her coming to Jesus.

Now Katy works in the community trying to help people to deal with their problems and showing them how Jesus has changed her life, and how if they will come to Him, He can change theirs too.

Katy says, **"I talk about Jesus because I just love Jesus and I'm so grateful to him. Jesus has transformed me.**

He changes you from the inside out. That void that we're all trying to fill by materialistic things, by taking drugs to numb it all. You find a peace in Christ. He fills you. He gives a hopeless, un-purposeful life, hope and purpose."

Katy will complete her internship with the church in August 2022 and is waiting to see if her future will be in the church, but she knows that all the things she has been through, as a child, and as an adult, help her to show people that God's love is there for everyone, no matter how bad—or good—they think they are.

20schemes Niddrie Community Church where Katy attends is part of 20schemes, an organisation who aim to reach Scotland's housing schemes [estates] with the gospel of Jesus Christ. www.20schemes.com

If you, or someone you know, are struggling with drug or alcohol addiction then please do reach out for help. We can point you to people who can help.

If you'd like more details about the Christian faith just speak to a Beach Team member, use the contact form on the back cover or email office@thebeachteam.org with the subject *Tell Me More*.

PUZZLE PAGE

Alphabet Plants and Trees

For each circle, find the letters of the alphabet that are missing and then rearrange the missing letters to make the name of a type of plant or tree. (They start easy and get harder).

a b c d e f g h i j k l m n o p q r s t u v w x y z

1.

2.

3.

4.

Life Wordsearch

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

- | | |
|-----------------|-------------|
| COLESLAW | SEASIDE |
| CLIFFS OF MOHER | SEVENTY |
| ECONOMICAL | SURFING |
| EUCALYPTUS | SUSTAINABLE |
| HADDOCK | WILLOW |
| JUBILEE | ZACCHAEUS |
| MONARCH | |



Sudoku

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

		1	2					
	3	4						5
6	7						4	3
1						4	6	
	2	6						1
5	4						2	7
2						6	5	
						7	1	

EASY

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

HARD

The Winner Takes It All?

We hope you've enjoyed reading this year's Beach Special. Maybe you now fancy some fish and chips or are up for catching some waves. Whatever you do, we hope you have a really good holiday. If the Beach Team can be part of your plans that would be great.

Many Beach Teams will be running a 'Family Olympics' event this week or maybe some other evening event like a 'Smugglers Trail'. Do ask one of the team for more details!

Whether you win any of our competitions or not we trust you enjoy any event we put on. But what makes a winner and what makes a loser?

In this magazine, the real-life story of surfer John McCarthy reminds us that it is not medals that matter. He is a real winner in life because he found something worth infinitely more than any medal. What's more, every member of the Beach Team is a winner in the same way. They each have their own story of how they became a Christian. What exactly does that mean? It is firstly to know that Jesus came into this world, lived a perfect life, died to deal with the wrong we have done (the Bible word is sin), and came back to life on the first Easter Sunday. And secondly it is to accept Jesus Christ as a personal Saviour and Lord. Why not ask a Beach Team member about how they became a Christian?



Free Offers

FREE CLUB

Postal Bible Club Children aged 4-16 can join a free Postal Bible Club to receive regular Bible stories by post every month. There are activity sheets with great stories and quizzes, and by answering the questions children can earn points and win great prizes. For details on how to apply check the back cover.

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!

Page 18 Sudoku: Hard

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

Page 18 Sudoku: Easy

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

Page 18 Wordsearch:

- Page 18: Alpha Trees and Plants
- Quiz Answers**
1. Oak
 2. Pear
 3. Rose
 4. Daisy

The Beach Team in the UK

1. Whitby
2. Scarborough
3. Leysdown
4. Lyme Regis
5. Looe
6. St Ives
7. Carbis Bay
8. Mumbles
9. New Quay (2 sites- Langland Bay and Blackpill)
10. Benllech
11. Llandudno

International Student Outreach Centres

1. Bournemouth

The Beach Team in Ireland

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

Where else will the Beach Team be in 2022



The Beach Team in Continental Europe

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



Free Offers

Free CD and Gospel



John, a disciple of Jesus, wrote an eye-witness account of Jesus' life so that we could be 'Sure of Heaven.' Both this CD and edition of

John's Gospel describe how Jesus transformed the lives of those He met.

FREE GOSPEL

Tell Me More

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

