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ON THE BEACH
SAND POLO

MUD, SWEAT AND TEARS
SHERIDAN VOYSEY

FIVE STAGES OF GRIEF
PATRICK REGAN

+

BEAR GRYLLS
SOUL FUEL

CHRIS PRATT
"I always had faith that I was going to succeed."

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DAVE'S STORY

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Jebbeh Konneh, eight months pregnant



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Founding Editor *Steve Legg*
steve@sorted-magazine.com

Deputy Editor *Martin Leggatt*
martin@sorted-magazine.com

Sports Editor *Stuart Weir*

Marketing & Advertising
Rebekah Taylor
rebekah@sorted-magazine.com

Design *Ashdown Creative*
www.ashdowncreative.co.uk

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Contact

Sorted Magazine
PO Box 3070, Littlehampton,
West Sussex, BN17 6WX, UK
Tel: 01903 732190
E-mail: steve@sorted-magazine.com

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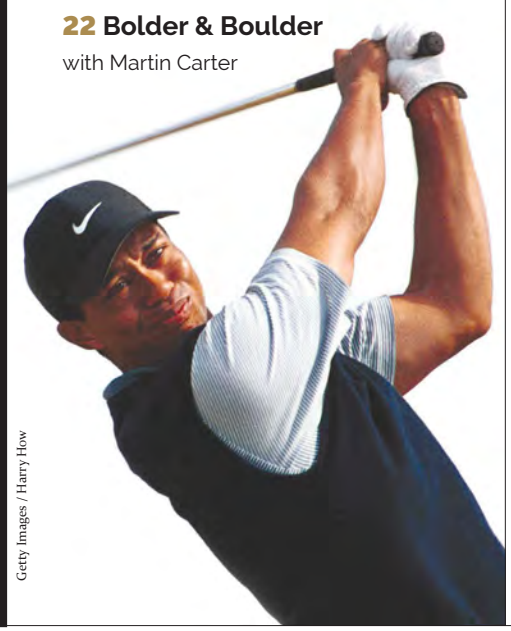
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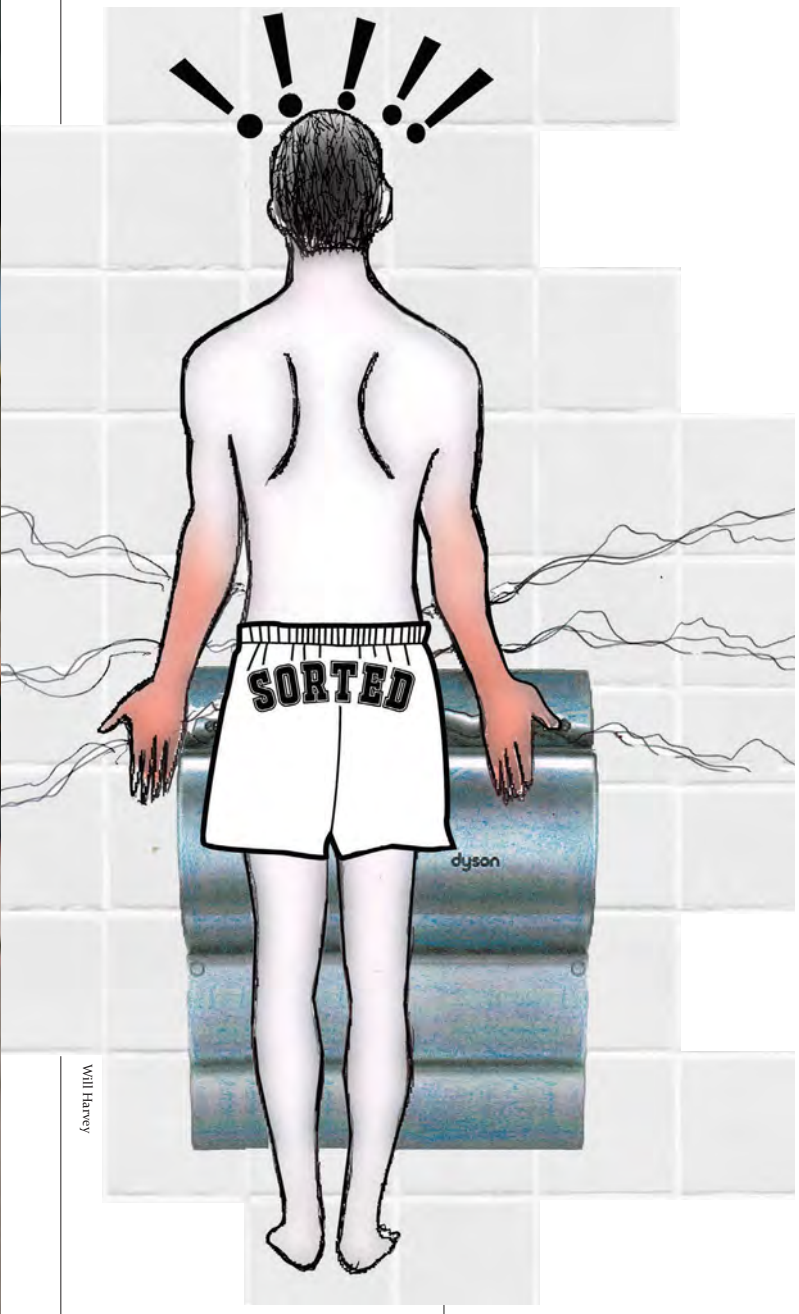
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Dirty Dancing



Will Harvey

I have a confession to make. A while ago I had an all-over, spray-on, fake tan.

Please understand I did this only as a favour. I'm a regular at the local gym and a pal of the boss, who was desperate for a bloke to be sprayed in the name of staff training for this new piece of equipment. I was also conveniently going to be appearing on TV the next day so figured a mid-winter glow wouldn't hurt.

Truth be told, I am slowly but surely stacking up a list of truly embarrassing gym moments that are making it harder and harder to show my face in the changing room. It's not my face, though, that's been creating the problem – it's my pants. Prior to giving my body – in the name of beauty – a St Tropez all-over fake tan, I was told to strip and put on a paper thong, but there was no way I was doing that.

I wouldn't wear a paper thong for anyone. Instead, I thought, I would prefer to wear my own, more manly boxers... until, that is, I realised I had a small, wet patch on the front. The men will know what I'm talking about – a moment of haste in the bathroom – an hour of damp in the pants.

Never one to want to show myself up in front of a lady, not even a large lady beautician from Essex, I set to fixing the problem. Stopping to check that no one was around, I positioned myself in front of the hand driers and got the hot air blowing. Picture the scene – me, a fully grown, 6'3" man, on my tiptoes, gyrating around in my pants in front of a hand drier. In retrospect, I'm glad this was pre-Dyson Airblade, or the pants would have been through the windows. It's not hard to imagine – I know this, because every time my wife tries, she ends up on the floor in hysterics.

> "THEY STOPPED DEAD IN THEIR TRACKS BEHIND ME AS THEY WITNESSED THE FULL MARILYN MONROE, WITH MY PANTS BLOWING IN THE WIND."

And of course, just as I am working out which of the differently positioned hand driers has the best angle, two men walked in. They stopped dead in their tracks behind me as they witnessed the full Marilyn Monroe, with my pants blowing in the wind. There was nothing to be said. I just turned and tiptoed off to my tan.

Secrets, embarrassing moments, things we think only we know, have a horrible way of becoming public. I'm not just talking about being caught out by a couple of guys who were probably more traumatised than I was by a silly event in the gym. I'm talking about the dark thoughts we harbour, the pictures we entertain in our minds, maybe even store on our laptops. We may never get physically caught out. But those images, those thoughts, the unkind wishes and the selfish moments – they eat into our soul and permeate everything we do, until the selfish thoughts manifest themselves in selfish actions, and the pictures lead us to dishonour those most precious to us.

I believe God sees right into our hearts, and he wants to wash them clean. Let's not keep allowing the mess back. Let's stop the thoughts when they start, delete the images without looking at them, practise looking for the best in others, and let these be the seeds of our actions.

And never, ever think someone won't walk in when you're dirty dancing in front of a hot air blower. S.



STEVE LEGG

Steve is a British entertainer and motivational speaker. The author of 13 books, Steve launched *Sorted* at the Odyssey Arena, Belfast in 2007. *Sorted* has been voted the world's most wholesome men's magazine with 100,000 readers in 21 countries.

@SteveLeggUK



SWALLOW THE CAMEL

News and views from funnyman, Rob Thomas

BEANZ MEANZ WHINEZ

A professional pastry and chocolate consultant – which I think means he works at Greggs - is planning to eat nothing but porridge, rice and beans for five days, to raise money as part of Tearfund's five-day Mean Bean Challenge. "I'm quite daunted by the thought of it," confessed Will, rebooting the first World problem meme whilst taking me back to my student days when beans were the staple diet, and porridge and rice were reserved for guests. Let's hope the challenge builds up Will's moral (and actual) fibre and that mean beans aren't followed by an ill wind.



Dungbelievable

Apparently the most expensive coffee in the world is made from the dung of Thai elephants. The drink, which costs more than £780 per kg, brings a new meaning to the phrase "have you bean?". A tourist called Kevin from Chingford went to visit the elephants but one of them sat on him, creating the ultimate 'flat white'.

This story reminds me of when I was at the zoo once and a monkey threw poo at me – I shouted to the keeper 'That chimp just threw poo at me.', he said 'actually it's macaque'. I know these keepers mimic animal behaviour but COME ON.



NEWS FLASH

Every time my mum cut my toenails it got in the local newspaper. It's true, I've kept all the clippings.



A reviewer once described my comedy as a triumph, and the other two acts as a Ferrari and a Lexus.



The man who invented the Pooper Scooper is rolling in it.

The oldest marketing trick on the planet is when you rebrand something old as new without changing a thing. And so, Greggs launch a sausage roll that contains no sausage.

ART UPDATE

Everyone's heard of Edvard Munch's artwork about parenting *The Scream*, but not many people have heard of his earlier work *The Stop Fighting and Get your Blooming Pyjamas On.*

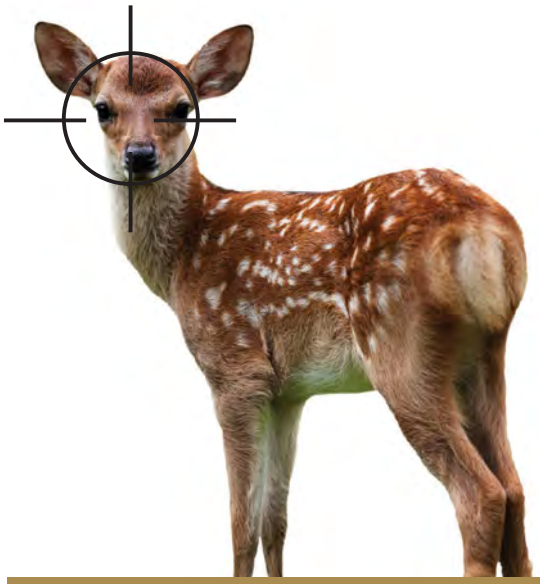


Farrier Eyes Only



A resident of a suburb in Minneapolis – soon to be renamed Whinneyapolis – reported an intruder in her basement, only for police to find a horse downstairs. Which I'm afraid as the UK Pun Champion has Triggered me to rein down an unbridled torrent of word-based horseplay (there's 15 in this story alone – see if you can find them, like *Where's Wally* but with puns). So, the woman (who is in a stable condition) said the whole thing was a "complete mare". Police put the horse under fetlock and key, and after a sharp dressage down, it was filly compliant and has since posted bale. As a preventative measure the woman has employed a live-in groom for her living room. I dunno, the hoof of today eh?

It's a shame the horse hadn't left her a parting gift then she could have invented the first cup of horse-dung coffee - with milk and two Shergars.



Good Lookin' Chain

A new report by the London Business School has shown that being a good-looking man can actually damage your career prospects - giving most of us the excuse we've been waiting for. I remember once doing a comedy gig and watching a sickeningly attractive male act ask the promoter for feedback. The promoter replied "look, people don't want perfection, they want flaws. You're too good looking, you dress too well, and you're too well educated. To make it in comedy you need to be ugly, dress like you got your clothes from Oxfam and come across a bit thick, if you've got those three things then you're 90% of the way there." After the guy had slunk off, I asked the promoter if he had any feedback for me. "Congratulations." He said, "you're 90% of the way there."

BAMBIDEXTROUS

Back to the States where a poacher in Missouri, convicted of illegally killing deer, has been ordered by a judge to 'continually' watch the film *Bambi* as punishment. Hold on - that's not a punishment - this guy loves killing deer. He'll be throwing popcorn at his face, loving every minute. What next? Car thieves having to watch *The Fast and The Furious* 1 and 2 and 3 and 4 and – actually they'll be out on good behaviour before they get through the franchise but you get the idea.



Horoscopes? You shouldn't believe everything the newspapers read in you.



The French love their newspaper Le Monde. It means the world to them.



My Dad was a rebellious chef. He told me never to play by the Rouxs.



ROB THOMAS

Rob Thomas is a stand-up comedian and winner of last year's UK Pun Championship. He has performed at churches, comedy clubs, the Edinburgh Fringe and all the major Christian festivals. His quirky mix of storytelling and physical comedy made him London Evening Standard's 'Critics Choice'.

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GREAT BRITISH **ADVENTURES**
SWIMRUN

Photos courtesy of Breca Swimrun

In the next in the series of Great British Adventures, Pete Woodward heads to the English Lake District for a new style of amphibious race.

Adventure sports have exploded over the last decade with people looking for bigger and more exciting challenges to test themselves against. One of the most exciting new formats is Swimrun, a concept born in Sweden where the official brand is called ÖtillÖ. A whole race format has evolved from a late-night in a bar on the Swedish archipelago. Two teams of two made a bet and raced each other across the vast collection of islands from one end to the another, running further than a marathon distance over the islands and swimming between them in a continuous race. More than 15 years later, the concept has followed IKEA and meatballs to become a great Swedish export and this original route hosts a World Championship with qualifying events around Europe. There are now several races established in the UK, with an official ÖtillÖ brand race on the Isles of Scilly and other major races in the Lake District and Scotland.

My brother, Andy, and I grew up swimming and running from an early age, and tackling one of these races has been on our list for some time. With Andy's first child due to arrive early in the year, we were finally prompted to schedule a trip before racing took a lower priority than changing nappies and midnight feeds. We submitted a late entry to the Coniston race in the autumn and started to think about training. The race format is for teams of two to race together and continuously, with no triathlon-style transition areas. This means swimming in trainers and running in a wetsuit, which takes some getting used to. I was reasonably confident that I could hold my own on the running sections but, with Andy having raced at the European Triathlon Championships in Glasgow earlier in the summer, I was equally certain that I needed to work on my somewhat rusty swimming skills to avoid being left in his wake. A few weeks of charging up and down the South Downs in my wetsuit and bobbing around the Channel in my trainers eschewed. After a long drive →

north, we were as ready as we were going to be.

Breca are the UK leader in Swimrun and offer events in iconic British locations as well as New Zealand for those looking for inspiration further afield. We chose the last race of the season in Coniston and with the autumn colours providing a golden backdrop, water temperature was the topic on everyone's lips. The race instructions recommended a wetsuit suitable for 10 degrees Celsius. Andy and I had both been swimming in the sea without a wetsuit to prepare as much as we could. The English Lakes are notoriously chilly, though, and to steel ourselves we attempted to add a little to our fat reserves with a pre-race pasty in Grasmere.

After a well-organised race briefing, we boarded the bus to the start and as the beautiful scenery scrolled by, our heads drooped in the warm, rubbery fug of nervous chatter and Neoprene.

The race totals 18km of running and 3km of swimming, broken into short sections with a total of ten transitions. A tough uphill start soon thinned the field, and as we pushed through the brown ferns under clear blue skies, glimpses of the dark water of Windermere flashed through the wooded slopes of the fell. I pushed hard through the woods, with Andy tucked in behind, as we settled into the rhythm of the race. Out of the woodlands at full speed, along a short grass bank towards a flag, goggles down: splash! In an instant, we were launching out into the dark, cold waters, between yachts and heading for a gap in the islands ahead. Our unanswered question about water temperature was answered immediately with brain freeze. We both surged forwards trying to generate some heat as the icy water crept into our wetsuits. Andy is by far the stronger swimmer, and as

> "We crossed the line together with broad smiles, happy memories and very cold hands."



Race stats

Total 21km
Run 18km
Swim 3km
Transitions 10
Ascent 500m







Racers run in wetsuits and swim in trainers to create a continuous amphibious race over land and through water

he smoothly glided forwards I pulled hard to keep his feet visible. A stiff breeze meant the water was surprisingly choppy and short waves slapped us on the head as we threaded the gap between two small islands and adjusted our course for a flag on the distant shoreline.

Staggering up the beach with goggles on our heads, we shared a wry smile before splashing through the shallows and pushing into the next run. The team format is a great way to share the race and the shock to the system that was Windermere gave us a moment to chuckle about later. Sloshing water from wetsuits and with bandy legs adjusting to once again being upright, we staggered past a growing crowd of walkers curious about the runners emerging from the lake. With a long flat section of woodland track, we pushed on to make up as much time as we could. An inspired race route clips bays on the edge of the lake with short swims and stunning shoreline runs before heading over the fells again towards Grasmere.

Working hard, we were relieved to reach the checkpoint where a selection of treats awaited us. Based in some of the most beautiful areas of the country, it is fantastic that Breca are heavily focused on minimising the impact of races on the environment. Racers carry their own cups to be refilled to avoid wastage. Having two young boys, I had supplied the team with two cardboard Tractor Ted party cups and after fishing out the soggy remains stuffed into our speedos we gulped down some squash before attempting to master the art of eating a pork pie on the run.

A long descent took us to Rydal Water, with a spectacular swim at the foot of Red Screes and Fairfield fell, and a winding run through the golden woods to the banks of the River Rothay. The last swim beckoned with a crossing of Grasmere lake from the woods towards the landing stages. My arms were fading and in the cold water, my hands were becoming claw-like. Struggling to keep my fingers together, I resorted to swimming front crawl with my fingers bunched into fists, and desperately tried to stay in Andy's wake to gain a little tow from his efforts. The field was bunching up and, over one of the longer swims, the competition was strung out ahead and behind us, all furiously churning through the still waters towards the huge red tree on the opposite bank. Staggering onto the pebble beach, the route took in one last steep climb before sweeping into Grasmere village on quiet country roads to the party atmosphere at the Tweedies hotel.

We crossed the line together with broad smiles, happy memories and very cold hands. Heading for the large, heated luggage tent, we were already refining our plans for our next amphibious outing. S.



PETE WOODWARD

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"I find myself teetering on the edge more often than you would imagine."

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WANT TO READ ON?

Extract taken from Soul Fuel by Bear Grylls to be published by Zondervan in US and Hodder Faith in the UK.

Sometimes people ask me about stuff I've done. They'll mention reaching the top of Everest or surviving a jungle or crossing an ocean. Things that they think are successes.

But to me, these are the least interesting part of the story. And the truth is that behind every summit, every award or achievement that makes it into a neat headline, there is a string of failures. My life is much more of a collection of struggles, doubts, and fears. Some of which I overcome, some I don't.

A more relevant question might be where does your strength come from?

The honest answer is that I often don't feel very strong. Life can be a battle. We all feel that from time to time. But any strength I do have seems to come in the quiet moments at the start of my day. It comes when I am on my own, on my knees. It comes from taking time to be still with God.

God. For many of us, that's a difficult word. So might be the words: church or father. To some, they might even be painful or negative. But let's try and see beyond the words, to the force behind them. That force is love. Let's remember that if our creator really is who he says he is, then he is good. He is calling us home, in a way that is wonderfully unique to us all. He's on our side, your side. He is holding out a hand, no matter how far we think we've fallen.

So God is love? I think so. I mean, that is all that Jesus ever wanted to share isn't it? Love. The force He brought was goodness personified. This love is there to hold us, guide us, strengthen and rescue us. It's a force, a power that I know I can turn to, however far away I feel.

I don't turn to God to be religious. In fact, I really battle with 'religion' as such. It seems so divisive and full of rules. Both those things turn me off. Church often portrays itself as so neat and perfect. Life is none of those things. I kneel simply because it is where I find strength. This book will reveal that. The whole notion of strength through weakness. Connection through honesty. Power through humility. It is all a journey and I am not very far along the road. But I stay on it, as best I can, because my heart feels it is good.

Even with a lifetime of faith behind me, I find the journey hard. I often mess up. I find myself teetering on the edge more often than you would imagine. So for me, starting my day like this really helps. It is like food. Like good fuel for the soul. S.



BEAR GRYLLS

Known worldwide as one of the most-recognized faces of survival and outdoor adventure. BAFTA award winning TV host Bear Grylls began his journey in 21 SAS before becoming one of the youngest-ever climbers of Mount Everest.

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This is no job for a professional



I lead a church so it's kind of expected that I'll tell people about God. My friend J.John says 'Most Christians are like Arctic rivers, frozen at the mouth' but since day one I've been up for telling people the best thing that ever happened and found they are usually a lot more interested in hearing than you might be at telling.

It's not that difficult. Innumerable barbers have heard the story of why I left the police to do this. On Friday I told a woman who used to be a witch and was looking for something "less spooky". She ended up writing down the name of Ivy Church and said she'll check us out.

My life now splits up into three parts;
BC Before Christ
JC How I met him and
AD The difference he's making now

So that's how I tell people. If I've met JC, then you can too.

The most awkward it ever got was when I told the story of how Jesus changed my life to the doctor doing my vasectomy (yes, while it was happening – it wasn't my fault or intention going in, certainly not when I was lying there with my winky out, but he had to ask.). The whole thing was a bit uncomfortable, but my wife says it's nothing compared with the pain of childbirth, so there you go.

I don't know if you'd say you are a Jesus follower or not right now, but I need to tell you that when you wise up and decide to, then telling others about him was never meant to be just a job for the professionals. That's why he called the unlikeliest people to be his first disciples, then sent them to go make more.

I was reading today about when he picked two brothers, Simon and Andrew who were fishermen. He said, "Follow me, and I will make you fish for people" (Matthew 4:19, NRSVA).The reason I talk about unlikely candidates is that in those days there were certain jobs that the rabbis who ran religion said made someone virtually incapable of being good enough for God, because they couldn't easily keep the rituals in the law of Moses.

Shepherds for instance, couldn't get to the temple when they should because they were "outstanding in their field of endeavour".

Tax collectors handled money non-Jews touched which rendered them "unclean".

Fishermen (hmm...) had to sort out mixed catches of clean and unclean fish.



And do you remember the trade Jesus' dad Joseph taught him? Carpenters were singled out as unfit because they doubled as undertakers. Handling dead bodies meant they joined the ranks of people incapable of observing the strict rules about ritual purity, which prohibited contact with anything unclean.

Disregarding all that, Jesus – the carpenter – calls fishermen and policemen, taxmen and binmen, businessmen and *Sorted* men to find him, follow him and fix the world, one life at a time. S.

> "THE MOST AWKWARD IT EVER GOT WAS WHEN I TOLD THE STORY OF HOW JESUS CHANGED MY LIFE TO THE DOCTOR DOING MY VASECTOMY (YES, WHILE IT WAS HAPPENING)."





Work It Out: What It Means to Follow Jesus
Ivy Network Books



ANTHONY DELANEY

Anthony Delaney leads Ivy Church, reads a lot and writes a bit, loves a sauna after a workout and often describes himself in the third person.

anthonydelaney.com

@anthonydelaney
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@WTCTheology



"Organisations do not need charismatic leaders, but instead leaders who subscribe to core principles that foster growth and innovation."

Peter Drucker: The Man. The Legend

ACHIEVING SUCCESS

Peter Drucker believed that to attain business success, you must contribute towards society by sharing your knowledge. He purported that failure supported success and that there is no clear strategy for achievement. Moreover, you cannot achieve success without failure, as the two concepts do not work in isolation; instead, they are complementary. He stated that failure, in retrospect, was necessary to help you contribute to society by teaching the lessons life has taught you. In the same vein, you ought to choose a career where you can challenge yourself as a leader, accomplish feats, and garner respect from society through a social undertaking.

PROMOTING INNOVATION

Drucker believed that to become a commercial innovator you need to seek knowledge continually in your particular area of interest and to challenge existing paradigms. It requires you, the manager, and your team to exercise immense focus and commitment to innovative accomplishments. Without these critical values, talent and knowledge will not suffice. He also outlined the need to avoid procrastination, which disrupts production.

UPHOLDING EQUALITY

Drucker also expressed his displeasure with the fact that many C-level executives received unjustifiable lump sums, pay scales, and positions. These senior leaders enjoyed riches while they deterred ordinary workers from climbing the ranks. In his last few years, he faced criticism for his remarks on this subject as being sloppy and contrary to facts. This view of Drucker, in some business circles, made him pursue not-for-profit interests instead and steer away from corporations that were undermining him with their harsh criticism.

In his service to management, Drucker advised:

- to put the worker before profit and production
- to respect and develop a community based on values
- to find opportunities in the problems that you face
- to recruit the best people for the organisation
- to remain on the same page with your customers
- to measure and redefine your competitive advantage

PUTTING PEOPLE FIRST

Drucker introduced the concept of decentralisation in the 1940s, which is concerned with outsourcing specialist services, and the reassignment of decision-making authority. This concept governs most organisational giants today. He emphasised the need to regard your employees as assets and to provide them with your continual recognition and encouragement. Rather than to limit the praise to only corporate leaders, Drucker advised that staff contribution must be acknowledged. He recognised the importance of offering exceptional service to your customers. He also argued that organisations do not need charismatic leaders, but instead leaders who subscribe to core principles that foster growth and innovation.

SEEKING WISDOM

Peter Drucker's work was instrumental in the field of Western organisational growth and innovation. He opened the doors of wisdom to his students who soughtJ25 his knowledge and expertise on the subject of management. Since his death in 2005, the world has been awaiting his replacement. S.

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NICHOLAS HILL

Nicholas Hill FCMI FInstLM FIC FBIPP is an international trainer of leadership and management development and managing director of Hill Training Ltd. He authors and delivers a wide portfolio of original 1-2-1 mentoring programmes and in-house training courses.

nicholashill.com
@nicholashill



BUT THEY NEED TO HEAR

The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many.

Matthew 20:28 (NIV)

It was a typical day for the Amazon; jungle rainstorms had not only made navigation a challenge, the airstrips were completely covered with mud. It was my fellow MAF pilot's last flight that day and he was faced with a very common problem — only three seats available and four passengers wanting to board the plane.

The pilot was on his knees loading the cargo pod when one of the passengers had a bright idea: 'If I get in the plane first, I will assure myself a seat.' With the agility gained through many hours on jungle trails, the would-be passenger planted his big, muddy, bare foot on the pilot's back and climbed into the aircraft.

There is a certain status that comes with being a jungle pilot and, to many jungle communities, the pilot becomes a very important person who helps bridge the gap with the outside world. An MAF pilot brings teachers and government officials to remote communities and enables vaccination teams to arrive by plane.

He offloads precious cargo and makes decisions as to whether to land or not as he evaluates the weather or airstrip conditions — making decisions that can sometimes mean life or death.

However, thinking of yourself as important can be an insidious trap. Consider Jesus — fully God, and fully man. Jesus chose to empty Himself and become a humble servant, even to the point of death on a cross.

A missionary pilot becomes far more effective as a Christlike servant, than as a jungle VIP, and the way he chooses to react to being used as a convenient footstool may very well determine a community's acceptance of the Gospel.

What did the MAF pilot do in this case? I watched him slowly get up, remove his shirt, hold it up so everyone could see the muddy footprint, turn to the man in the plane, and say, 'My, you have a huge foot! It looks more like a canoe than a foot!'

The next time he lands at that community, they will remember him as the pilot who was willing, with a smile, to be stepped on. I think Jesus would approve!

John 13:14-15 (NIV)

Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.

How might our lives look if we practiced being humble in each personal interaction we had?

Devotional by Gene Jordan



Take a moment to reassess, readjust and realign your hearts back to Jesus with Recalibrate; a selection of 28 Biblical reflections written by MAF staff from around the world.

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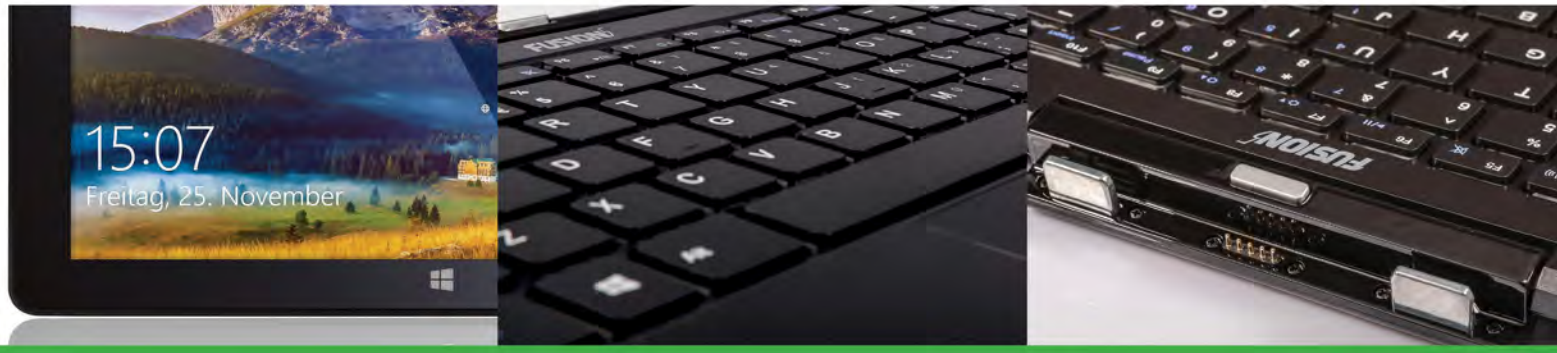
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How Do You Know You're a Mentor?



A friend of mine was recently invited to lunch by another guy going through a tough time. No specifics were mentioned but it sounded serious.

Except when they actually met everything seemed fine. The guy made polite chit-chat but said nothing more. My friend waited patiently for the real issues to emerge.

Yet the meal ended, coffee came and still nothing.

It was only when my friend looked at his watch (after an hour passed) and got up to leave did the other guy realise it was now or never. They ordered more coffee and he talked nonstop for half an hour. My friend just listened, nodding his head occasionally in encouragement.

By the time they parted ways the other man was relaxed and smiling. He gratefully shook hands and declared they must meet up again soon.

My friend may not think of himself a mentor, yet in many ways he is. And it's got nothing to do with confidence, skill, status, money or education. He doesn't even have to know what he's going to say.

He's a mentor firstly because he's willing to make himself available. So many of us are too busy to spend an hour or more with another man trying to get something off his chest.

Second, he is trusted to treat difficult matters with care and confidentiality, which is critical given how difficult it is for men to pick up the phone. Even those who do can take weeks to build up the courage.

Third, he knows how to listen with interest and respect, suspending judgement and putting his opinions to one side. The other guy was doing a good enough job beating himself up.

Fourth, he doesn't rush in with solutions to fix the other guy's problems.

Fifth, he is committed to learning and developing himself as a mentor, asking me how he might have better handled the session.

From our discussion, he saw he could have asked from the start, "What do you want to talk about?"

He also could have set a time limit for the session. And he could have interrupted the chit-chat earlier and so got down to business sooner.

All that can seem scary and even rude. But a mentor finds the courage to bring the real issues out from the shadows into the light. He is clear and straight. He asks open questions that help the other man find his own answers. S.

Visit Men's Business **www.mensbusiness.net** to subscribe for regular articles and mentoring resources.



"A mentor finds the courage to bring the real issues out from the shadows into the light."



MILES PROTTER

Over the past 30 years, Miles has travelled alongside many hundreds of people as a mentor. He's worked all over the world as an investment banker and management consultant. Now he's equipping men to be mentors and start mentor communities where they live. He founded Men's Business as a mentoring resource.

mensbusiness.net

PLAYING TO YOUR STRENGTHS



Getty Images / Stephen Munday

According to Guinness World Records, the Old Course at St Andrew's, Scotland is the oldest golf course in the world. Players have been hacking their way round the links since 1552, most of them spending a considerable amount of time in the course's 112 infamous bunkers. The Old Course is renowned for having some of the biggest and toughest bunkers in the world... and they helped Tiger Woods win the British Open in 2000.

At the time, Tiger was the number one golfer in the world, renowned for his driving and putting ability. But when it came to escaping from bunkers he ranked just 61st. Of course, being 61st in the world at anything means you are pretty good in absolute terms, but weighed against his talent and all his other stats (where he invariably ranked in the top three), 61st is mediocre. For Tiger, bunkers were a weakness.

So where did his coach have him practise? If he worked for a typical organisation, attended a typical school, played for a typical team, they'd probably make him spend hours practising in bunkers. They might even relocate him to the beach, telling him that if he worked hard and long enough, he could turn his weakness into a strength. But Woods' coach knew differently. He knew that to become number one in the world you've already spent plenty of time in bunkers. Maybe 61st is as good as it is ever going to get for you. Much better, then, to work on your strengths, the things that got you to number one, the things that give you your edge. The things you enjoy. And so Woods set about honing his strengths rather than obsessing about his weaknesses, including hitting his drives and long irons so accurately that he rarely ended up in a bunker.

NUMBER 1
GOLFER IN THE WORLD
61st
AT ESCAPING FROM BUNKERS

I'm not suggesting this means we can ignore our weaknesses. Like Woods, we need to take responsibility and make sure they don't undermine our overall impact or performance, but we shouldn't obsess about them. Better to get them to "good enough" and focus instead on playing to our strengths.

Which is why Tiger's 2000 British Open triumph is so significant. Because over four days, 72 holes and 269 shots he avoided every bunker, setting a record for the course, returning the lowest ever score for any major and winning by the biggest margin since 1913.

By playing to his strengths, he neutralised the toughest bunkers in golf. S.



Getty Images / Harry How

"BY PLAYING TO HIS STRENGTHS, HE NEUTRALISED THE TOUGHEST BUNKERS IN GOLF."



MARTIN CARTER

Martin Carter is an experienced leadership coach, consultant and facilitator. He helps individuals, groups and organisations to make a bigger difference in the world by equipping them to be bolder in their actions and conversations as well as helping them shift the boulders that sometimes get in the way. Martin lives in the West Midlands with his wife and three children.

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The Big Picture



"VISUALLY STUNNING, THE FILM TAKES YOU ON A SEAT-GRIPPING ROLLER COASTER OF EMOTION, SHOCK TURNS AND POLAR BEAR ACTION."



ARCTIC

In a film that is already being promoted as one of the best survival movies ever made, Mads Mikkelsen stars as Overgård, a pilot whose plane has crashed in the Arctic Circle and is waiting to be rescued. Battling against this harshest of environments, he finds himself in a deeper struggle when his expected rescue takes an unexpected turn. Forced into a choice between staying put in the relative safety of his improvised camp or a life-threatening trek into the unknown, this exciting film makes *The Mountain Between Us*, a similar genre of film, seem like a Sunday picnic. Visually stunning, the film takes you on a seat-gripping roller coaster of emotion, shock turns and polar bear action that will leave your heart pumping in your breathless chest by the time the credits roll.

JOHN WICK: CHAPTER 3 – PARABELLUM

Keanu Reeves reprises his role as the Boogeyman, hitman John Wick. The action resumes from the end of the previous film, with Wick and his unnamed dog on the run from every hitman, mercenary and assassin operating after the High Table, the organisation he works for, puts a bounty of $14m on his head for violating the rules of the Continental. Laurence Fishburne, Ian McShane, John Leguizamo and Lance Reddick all reprise their recurring roles and are joined by Anjelica Houston, Halle Berry and Mark Dacascos. Keep your eyes peeled for the appearance of Jerome Flynn, who I can't recall seeing on the screen since he warbled in a duet with Robson Green. I'm a huge fan of the previous two instalments, but I realise that not everyone will be a fan of the violent scenes and content, so urge caution if you aren't already familiar with the character.

"NOT EVERYONE WILL BE A FAN OF THE VIOLENT SCENES AND CONTENT, SO URGE CAUTION."

ROCKETMAN

An endearing biopic of Elton John, starring Taron Egerton (once again proving another string to his very talented bow) as Elton. This uncensored extravaganza depicts the rise of Elton in his breakthrough, platform shoes and big glasses years. This includes his beginnings as a musical prodigy at the Royal Academy of Music (something that I was totally unaware of) to the point where he formed his highly successful partnership with lyricist Bernie Taupin. Again, another discovery for me was that Taupin wrote the lyrics for many of Elton's hits. Richard Madden, Jamie Bell, Bryce Dallas Howard also star.



"THIS UNCENSORED EXTRAVAGANZA DEPICTS THE RISE OF ELTON IN HIS BREAKTHROUGH, PLATFORM SHOES AND BIG GLASSES YEARS."

THE KEEPER

In contrast, we have this excellent biopic of the legendary German Manchester City goalkeeper Bert Trautmann. The film tells Trautmann's amazing life from his capture as a POW, his refusal to return to Germany, his work defusing bombs and working on a farm after marrying an English girl. Overcoming adversity and prejudice in a hostile post-war Britain, the former prisoner of war slowly wins people over by letting his supreme goalkeeping skills do the talking, and moves from a small league team in St. Helens to the top division with Manchester City. David Kross is excellent as Trautmann, Freya Mavor as Margaret Friar, the English girl who becomes his wife and John Henshaw as her father, Jack. Incredibly, despite being acknowledged as one of the greatest 'keepers of the era, Trautmann was never selected to represent his country. It's fair to say that if Trautmann were playing today he would easily be one of the highest valued players in the world.



BAD BOYS 4

It looks as if, based on this evidence, Jerry Bruckheimer plans to keep churning out sequels of a tried and trusted formula of buddy-buddy cops until the audience dries up. Whether there's any danger of that happening is anyone's guess, but Will Smith and Martin Lawrence, reprising their roles as Mike Lowrey and Marcus Burnett, seem keen to keep the cop bromance rolling. This time the duo, no respecters of procedures, rub against a new highly specialised crime-fighting unit in battling a new threat to Miami. S.





MARTIN LEGGATT

Martin Leggatt is a freelance writer and movie reviewer with an unhealthy obsession for all things James Bond and a profound love of HobNob biscuits. He has interviewed SAS soldiers, stand-up comedians, adventurers and even a former Mafia don. He is currently working on his first novel and will one day write the definitive book on the films of David Niven.

@martylegg

THE DEBATEABLE LAND

Graham Robb

Picador £20

★★★★

When author Graham Robb left Oxford and moved north, he became fascinated with what was known as the Debateable Land – an area between England and Scotland in north Cumbria that for centuries had its own rules, and which was the home to many of the Border reivers. That fascination became a search to find out more, and that search became this book. Robb is an expert on history and geography, so both are interwoven into this account, in which he also considers the Scottish Referendum and where King Arthur really came from.

PRESUMED GUILTY

Simon Warr

Biteback £20

★★★★

It will be interesting to see whether the decision by Scotland Yard to abandon its policy of automatically believing those who accuse others of sexual crimes makes a difference to the cases of historic child sexual abuse. Even if it does, it will come too late for Simon Warr. A teacher, he was arrested and charged with sexually abusing, years before, two boys in his care at a boarding school. His life then fell apart, he spent months on bail, while the police tried to find evidence to back up the initial accusations. In the end, the case came to court and was almost immediately thrown out. The two accusers were given lifetime anonymity and will not face any penalties for having lied repeatedly. This disturbing case is not unique.

OAK AND ASH AND THORN

Peter Fiennes

Oneworld £16.99

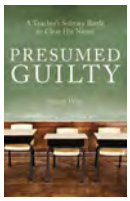
★★★★

This is out in paperback, but I have the hardback, a gorgeous production that is worth the investment. This book is a celebration of trees, their history, their importance, their influence on literature and more. It contains some lovely nature writing, but is also a polemic, calling for us to care properly for those trees that remain, while prioritising the planting of more. The author explores various forests and woods that are open to the reader, and tells the story through these places, but also through other things – poetry being one of them. And it is funny – I laughed out loud in places. Nature writing at its best.

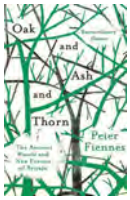




The Debateable Land
Graham Robb



Presumed Guilty
Simon Warr



Oak and Ash and Thorn
Peter Fiennes



The Secret Teacher
Anonymous



Islander: A Journey Around Our Archipelago
Patrick Barkham



Punch and Judy Politics: An Insider's Guide to Prime Minister's Questions
Ayesha Hazarika and Tom Hamilton



Gaza: A Country Preparing for Dawn
Donald Macintyre



THE SECRET TEACHER

Anonymous

Guardian Faber £8.99

★★★★★

This book is one of a new genre – undercover reports from one of the front lines of current British society. There have been books on the law, the NHS and now education. Although the book is billed, in the blurb, as being funny, I found it a lot more enjoyable when he stopped trying to be funny and simply told the story of his desperate attempts to gain control of his classes. The insight the book gives to the way state education is now run is anything but funny, and one of the best bits in the book is when a head of department attacks the constant demands that children should reach targets that were never realistic in the first place. I don't know if anyone has yet made the link properly between what is going on in schools and the rising number of students with mental health problems – but this book gives ample evidence for concern.

ISLANDER: A JOURNEY AROUND OUR ARCHIPELAGO

Patrick Barkham

Granta £20

★★★★★

Patrick Barkham is one of the best nature writers in the UK today, and his book on British butterflies is also worth buying. This book, *Islander*, traces his journey around the many islands that surround Great Britain – would you believe that there are two big islands and some 6,289 smaller ones? He takes in the Isle of Man, the Channel Islands, the Inner and Outer Hebrides – those you would expect – and those you may well never have heard of, such as Osea Island in Essex. He covers the islands' history, geography, flora and fauna in what can only be described as a celebration of all things British, and he also meets many individuals on his way, whose stories illuminate the journey. The result is a glorious book, for enjoying in an armchair and for inspiration for future travels.

PUNCH AND JUDY POLITICS: AN INSIDER'S GUIDE TO PRIME MINISTER'S QUESTIONS

Ayesha Hazarika and Tom Hamilton

Biteback Publishing £20

★★★★★

PMQs, as it is known, is the most recognisable part of the parliamentary week. The Chamber will be packed, many MPs standing, and the leader of the Opposition will sling questions and snide comments to the Prime Minister (usually, unless they are unavailable). A lot more heat than light will be generated, and the Prime Minister will do her best (at present) to score points or to evade the question. Possibly both. But there is a lot more to it than the impression given to the casual observer, and this book sheds light into some dark corners.





GAZA: A COUNTRY PREPARING FOR DAWN

Donald Macintyre

Oneworld £20

★★★★★

This book is a comprehensive history of Gaza, the tiny strip of land on the west side of Israel, that contains thousands of Palestinians, in conditions that have only grown worse as the years have worn on. Donald Macintyre is a journalist, who has both visited the area over and over, and also studied the political wrangling between the various factions involved, and the international involvement as well. This is not an easy read – not only because of the relentless suffering it records – but also because the situation is confusing, there are many different groups and individuals to remember, and the situation keeps changing. However, I highly recommend it. In an era when the international news covered by the BBC and others seems often to be limited to the United States, with a few other hotspots, this book gives in-depth information. S.



ALI HULL

Ali Hull is addicted to books – reading them, and helping others write them, polish them, publish them and publicise them.



SINGLE MEN

HOZIER
Wasteland, Baby!

After a five-year wait, Irish musician Hozier releases his second album. The man who successfully took us to church kicks off 'Wasteland' by taking us to a few music legends – Lennon, James Brown, Dylan – and calls us to be inspired by their example, rise up and also make a difference. Hozier devours the news and his passion to confront world-challenging issues spills over into his writing. Title track 'Wasteland, Baby!' addresses the end of earth as we know it and the prospect of something new being birthed. The overall tone of the album is fairly dark with 'As It Was', 'No Plan' and 'Talk Refined' dimming the lights, with outbursts of colour in 'Nobody', 'Almost' and 'Nina Cried Power'.

Hozier's voice is immense, and he performs with ease and versatility on an album that is ripe with atmosphere, layers and depth. It may not contain a killer single but firmly establishes him as a credible artist.

> "HOZIER'S VOICE IS IMMENSE, AND HE PERFORMS WITH EASE."

TREVOR HORN
Reimagines the Eighties

What an epic era to remember. Music maestro Horn has been creating winning sounds for countless artists like ABC, Seal and Art of Noise as well as gaining fame with the legendary song 'Video Killed the Radio Star'. Dubbed as "The Man Who Invented the Eighties", his latest release comes as no surprise. Taking classic 80s songs, such as 'Brothers in Arms', and 'Everybody Wants to Rule The World', Horn invigorates these beauties with the help of guest vocalists including Robbie Williams, Simple Minds, and newcomer Gabrielle Aplin, who wonderfully interprets 'Dancing in the Dark'. Dramatic orchestral arrangements provide innovation to this pop-worthy collection.

TOM WALKER
What a Time to be Alive

Fully deserving his 2019 Brit Award for Best Breakthrough Act, Walker debuts an appealing, heartfelt album showcasing his considerable musicianship, songwriting and vocal skills. Although smash single 'Leave a Light On' set the standard high, the upward-looking 'Angels', and 'Just You and I' are hitting the mark.

Ambient soundscapes, subtle but affirmative loops, astute authentic lyrics and strong distinctive vocals will propel this album into many a playlist. 'Blessings' from which the album's title is taken, encourages us to count our blessings, 'Fade Away' is a pensive piano-led lament of betrayal, and 'Walk Alone' featuring Rudimental is positive and jubilant.





Hozier
Wasteland, Baby!



Trevor Horn
Reimagines the Eighties

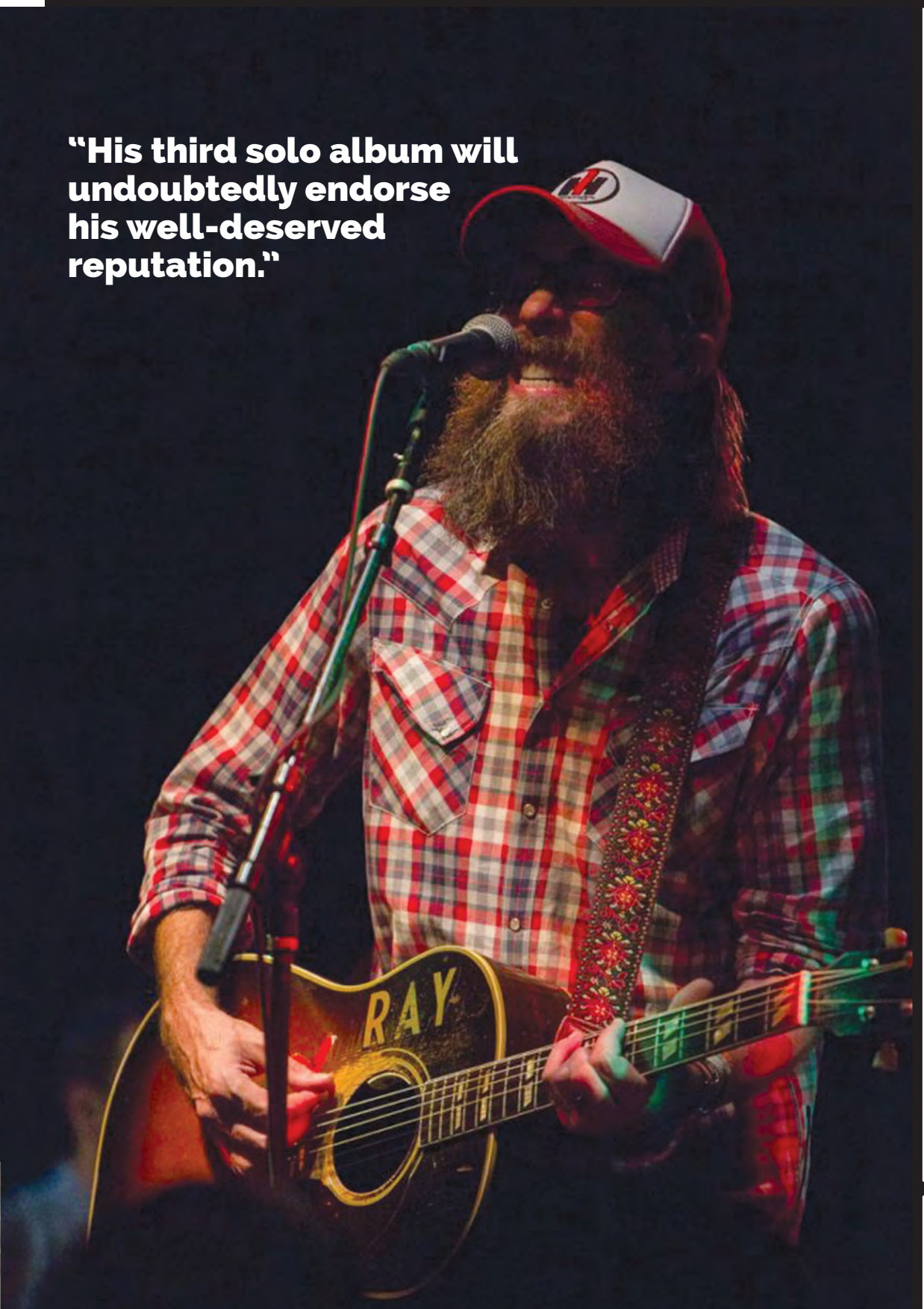


Tom Walker
What a Time to be Alive



David Crowder
I Know a Ghost

"His third solo album will undoubtedly endorse his well-deserved reputation."



DAVID CROWDER

I Know a Ghost

Crowder has always taken pole position on the Contemporary Christian Music superhighway and his third solo album will undoubtedly endorse his well-deserved reputation. Always inventive, authentic and faithfully committed, his vocal panache lends itself to a multiplicity of styles. At times cinematic, as in 'I Know A Ghost', then Southern Americana in 'Child Of God' and 'Night Like This'. At times folktronic in 'Happy Day' then soulful in 'The Sinner's Cure' and 'Ghost'. Although eclectic in nature, Crowder's honest lyrics, often focused upon freedom and the saving grace of Christ and his sold-out execution, unites everything together into one toe-tapping, heart-moving journey. S.



SUE RINALDI

Sue Rinaldi travels internationally as a concert artist, worship coordinator, speaker and creative consultant. A self-confessed info junkie and movie enthusiast, her interest in culture, justice, technology and the future fuels her living and writing.

suerinaldi.net

@suerinaldimedia

LICENSED TO DRIVE



If you like cars, this section will keep you sorted for a while. Read on to find out what our motoring editor, Tim Barnes-Clay, has been behind the wheel of since the last issue.

ALFA ROMEO STELVIO QV

Alfa's foray into the SUV market has produced the Stelvio. And what an attractive car it is.

It's been given the Quadrifoglio treatment, meaning the gorgeous Italian beauty is further leaving the traditional Euro-boxes behind.

Alfas don't enjoy the reputation of German rivals for build quality, but the marque drives as well as any of them.

For those unfamiliar with Alfa Romeo labels, the Quadrifoglio is the equivalent of BMW's M, Mercedes' AMG, or Audi's RS. It just takes longer to write out (which is why Alfa shortens it to QV). Regardless, you'll be saving plenty of time in it, with a 510PS engine propelling you from 0-62mph in just 3.8 seconds. Drive it on a tarmac strip long enough, and it'll top out at 176mph.

Its ability to switch between four driving modes (from Advanced Efficiency to Race) means it can be comfortable, too, which is a rare feat in a sporty, big-wheeled SUV.

It houses a turbocharged 2.9-litre V6 petrol engine and comes with four-wheel drive, while inside, boot space is 525 litres, extending to 1600 litres with the seats down.

The interior lets it down somewhat, with a lack of finesse – but behind the wheel of such a beast, you'll doubtless be concentrating on the road too much to care.





FAST FACTS

Alfa Romeo Stelvio 2.9 Turbo Petrol Quadrifoglio

Max. speed: 176mph
0-62mph: 3.8 secs
Combined mpg: 24.0
Engine layout: 2891cc six-cylinder (V6) petrol turbo
Max. power (PS): 510
CO2: 227g/km
£69,500

VOLVO XC40

The Volvo XC40 is small, stylish and safe. It comes across as the friendly person's SUV. More upmarket than a SEAT, but without the badge-snobbery of Audi, BMW and Mercedes-Benz. In fact, it rides along this middle-ground very well in every respect.

It isn't as engaging to drive as the German class-leaders, nor does it have the cheapness of the lower end of the market. The Volvo should be the average motor, then. But that word doesn't do it justice; it's much more than that.

The interior is stylish and well-designed, while the T5 2.0-litre four-cylinder is the top-of-the-range engine, with an agreeable 0-62mph time of 6.5 seconds. It isn't particularly economical, though, managing only 39.8mpg combined.

The Inscription trim is the range-topper, coming with cruise control, a 12.3-inch touchscreen, DAB radio and satnav as standard. Apple CarPlay or Android Auto are optional extras, however, which is disappointing, and the touchscreen system feels a bit clunky.

Boot space is 432 litres, extending to 1,308 litres with the seats down. This isn't outstanding, but overall, the XC40 has many positives which outweigh the negatives. It's a great combination of excellent and robust build quality, good design, a comfortable ride and refinement.





FAST FACTS

Volvo XC40 T5 AWD Inscription Pro Auto

Max. speed: 140mph
0-62mph: 6.5 secs
Combined mpg: 39.8
Engine layout: 1969cc four-cylinder petrol turbo
Max. power (PS): 247
CO2: 166g/km
£38,320

"A great combination of excellent and robust build quality, good design, a comfortable ride and refinement."



AUDI A1 SPORTBACK

The fresh A1 Sportback is grown up, but it's far from dull. Audi's athletic design gives the model a funky yet premium edge, and this carries through to the interior.

The cabin houses angular styling, and it's solidly screwed together. The technology is impressive too, with Android Auto, Apple CarPlay and navigation fitted as standard.

The former A1 had limited rear seating and a small boot. Happily, the new Audi's cargo capacity has expanded to 335 litres, and the rear seats now accommodate a couple of average-height adults.

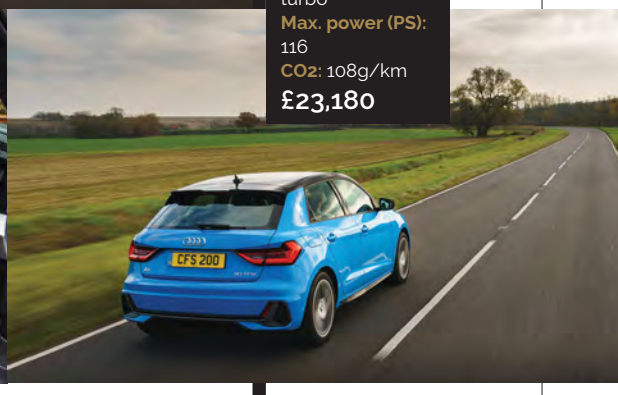
Behind the wheel, the A1 Sportback 30 TFSI 116PS S line S tronic, tested here, performs fittingly for the supermini segment. The 1.0-litre three-cylinder powerplant is eager, and the S tronic auto 'box is perfect for urban stop-start motoring.

As a driver's car, the A1 is accomplished if not arousing. Zero to 62mph is achieved in 9.4 seconds; it'll do up to 48.7mpg, and the vehicle clings on well in the curves. The body is tenaciously flat, and you can relish that, given the model's gratifyingly low-slung driving position.

Overall, I love the A1. It's a clear improvement over its forerunner and, in some ways, a benchmark supermini – if you can tolerate the steep price compared with rivals. →







FAST FACTS

A1 Sportback 30 TFSI 116PS S line S tronic

Max. speed: 126mph
0-62mph: 9.4 secs
Combined mpg: 48.7
Engine layout: 999cc three-cylinder petrol turbo
Max. power (PS): 116
CO2: 108g/km
£23,180



"It drives well, and the ride is sound – it grips capably in the corners, and smooths out the bumps in the road."

FAST FACTS

Kia Stinger GT-Line S 2.2 CRDi

Max. speed: 143mph
0-62mph: 7.6 secs
Combined mpg: 48.7
Engine layout: 2199cc four-cylinder diesel turbo
Max. power (PS): 200
CO2: 154g/km
£37,725

KIA STINGER DIESEL

If you're after a saloon with sporty looks, then the Kia Stinger is unlikely to spring to mind. But think again.

It's a handsome brute. If you imagine the front of a Volkswagen Scirocco and the rear end of an Audi A4, you're not far off.

The diesel version is a turbocharged 2.2-litre producing 200PS and, with an eight-speed automatic, it gets from 0-62mph in 7.6 seconds. The engine is good but, in truth, it lacks the sportiness its looks suggest, though gear changes are smooth.

It's not that environmentally friendly, either, with CO_2 figures of 154g/km and a combined fuel economy at 48.7mpg. That may not sound bad, but some rivals are doing better than that now.

Nevertheless, it drives well, and the ride is sound – it grips capably in the corners, and smooths out the bumps in the road better than expected.

Inside, it's spacious and well-equipped. You get heated leather seats, parking sensors, an infotainment system which includes Apple CarPlay and Android Auto, plus wireless phone charging – all as standard.

This Kia isn't like a 'regular' Kia. But then neither is the price, as you'll be needing £37,725 to get your hands on one and, sadly, that might be enough to move people on to a premium brand, despite the level of stock equipment on offer.





MG ZS

MG has entered the SUV market with the ZS and, if the price tag is anything to go by, you'll be hard-pressed to beat it.

At just £17,495 for the 1.0-litre top-spec 'Exclusive' trim, it's either excellent value for money or so bad it needs to be priced low to sell.

The truth is, it's a bit of both. The ZS has many good points. It's decent-looking, and it has LED day-running lights, cruise control, Bluetooth, DAB radio, Apple CarPlay, 17-inch alloys, a reversing camera and rear parking sensors as standard. What's more, boot space is respectable at 448 litres, and 1375 litres with the seats down.

On the downside, the MG only comes with front-wheel drive and is available with just two petrol engines – a 1.0-litre turbocharged three-cylinder (111PS, 44.8mpg), as tested here, or a 1.5-litre four-cylinder (106PS, 49.6mpg).

The 1.0-litre is the one to have as it's connected to a smooth automatic gearbox (the 1.5-litres are manuals), and the 1.5-litre struggles, unlike the turbocharged 1.0-litre.

FAST FACTS

MG ZS 1.0T GDI Exclusive Auto

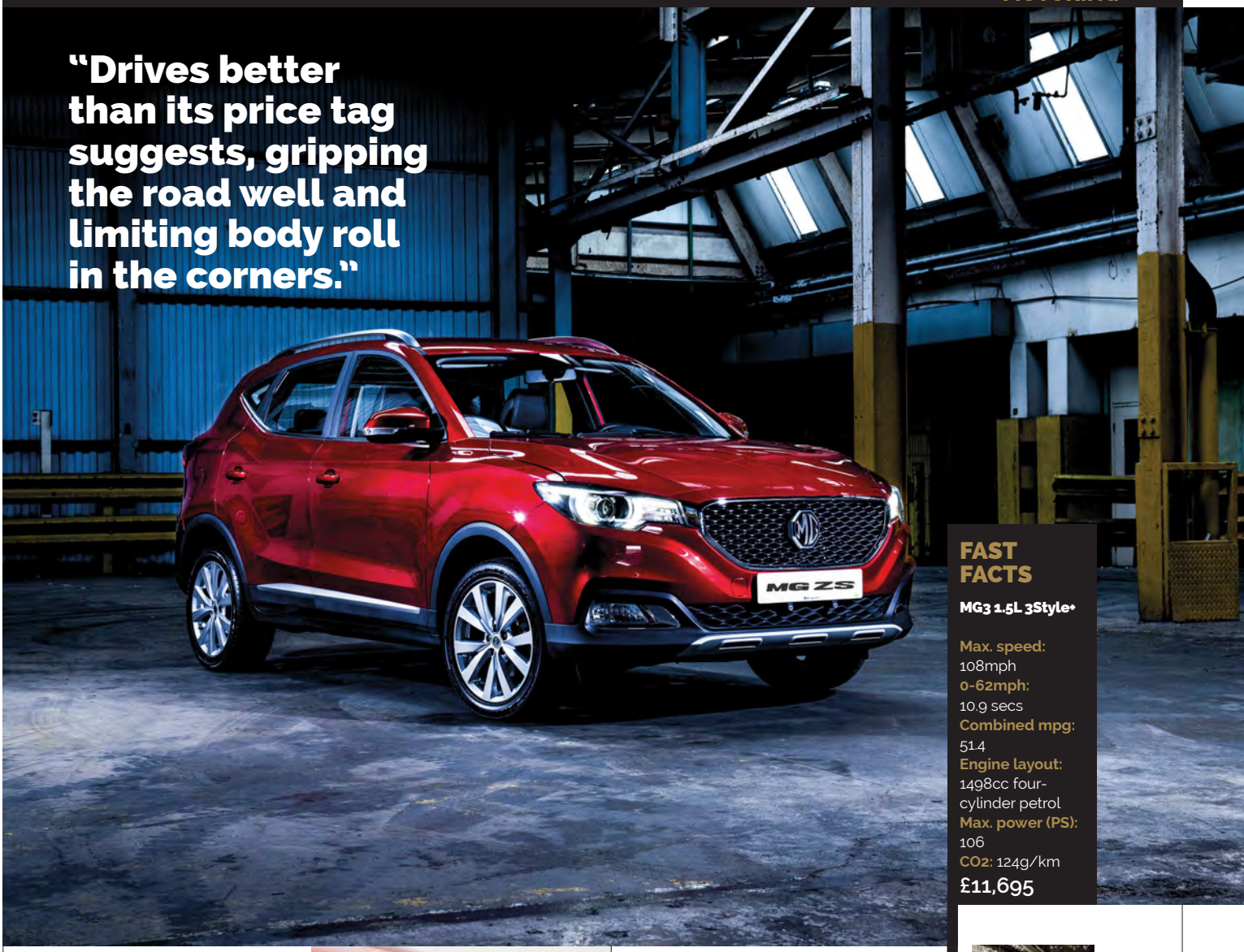
Max. speed: 112mph
0-62mph: 12.4 secs
Combined mpg: 44.8
Engine layout: 999cc three-cylinder diesel turbo
Max. power (PS): 111
CO2: 144g/km
£17,495



Aimed to rival the lower end of the market, such as the Nissan Juke, it isn't class-leading by any means. The ZS' ride isn't particularly smooth; the steering lacks feel; it rolls about in the corners and doesn't drive particularly well either.

It does, though, come with a seven-year 80,000-mile warranty, which gives peace of mind rather than a hit to the wallet.





"Drives better than its price tag suggests, gripping the road well and limiting body roll in the corners."

FAST FACTS

MG3 1.5L 3Style+

Max. speed: 108mph
0-62mph: 10.9 secs
Combined mpg: 51.4
Engine layout: 1498cc four-cylinder petrol
Max. power (PS): 106
CO2: 124g/km
£11,695

MG3

MG continues its comeback with a sporty-looking little number – the MG3 supermini.

The price is to die for, starting at just under £8,700. The model assessed here is the top of the range 3Style+ trim, costing £11,695.

How good it is depends on your expectations. Not a great car by premium standards, but very good by cheap standards.

The MG drives better than its price tag suggests, gripping the road well and limiting body roll in the corners. The steering feels surprisingly sharp, too. I've driven more comfortable superminis, but this one isn't a new Rover 25 – the MG3 is light years ahead.

It only comes with a five-speed manual gearbox and a 1.5-litre petrol engine. And this lets it down. It produces 106PS but fails to deliver the power you'd expect, so you'll be at high revs to get any grunt out of it.

Inside, there's plenty of kit for your money, with DAB radio and Bluetooth as standard on the mid-range 3Form trim and above. It's roomy, too, given its small size – and the interior feels well-designed.

Insurance is cheap, and fuel consumption of 51.4mpg with CO_2 emissions of 124g/km aren't bad. However, a 0-62mph time of 10.9 seconds and a lame three-star Euro NCAP safety rating let the side down.







TIM BARNES-CLAY

Tim Barnes-Clay trained in broadcast journalism and has worked in radio and at ITV.
He is now a freelance automotive writer, focusing on car reviews and features. He has media accreditation with motor manufacturers' press offices, and this enables him to test drive the latest cars. He also regularly attends new vehicle press launches around the world.

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Top Gear



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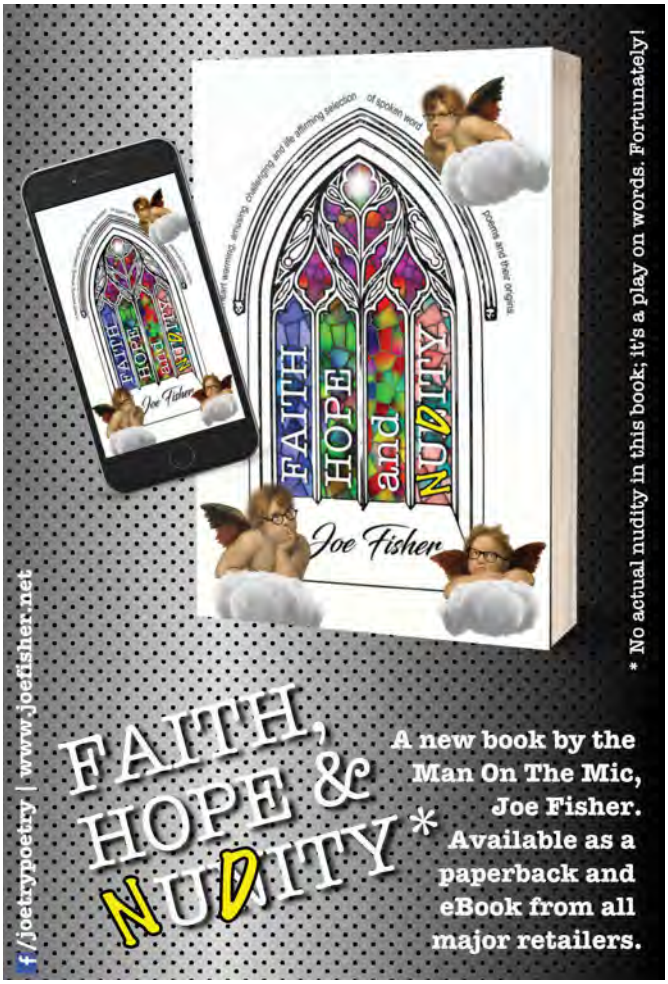
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Spring Clean Your Self-Talk



Do you ever have conversations with yourself when no one else is around? People sometimes joke about such behaviour as being the first sign of madness. If you have a habit of doing this, you can breathe a sigh of relief – research from the University of Toronto Scarborough indicates that talking to ourselves has proven benefits – it actually helps us exercise self-control and prevents us from making impulsive decisions.

Sadly, not all conversation is necessarily as useful. According to Daniel Gilbert, author of *Stumbling on Happiness* (Harper Perennial, 2007), we make mistakes when we compare with the *past* instead of with the *possible*. Putting it another way, we generalise about a specific experience, and speak as though it is always true both now and in the future.

Although behaving in this way can sometimes be useful, very often the reverse is true and we end up limiting our futures because we can easily keep ourselves connected to unwanted past experiences. This can be reinforced in our spoken language when we make universal statements using words such as "always", "never" etc.



If you take some time to listen to both your own and others' language and conversation, notice how often you hear comments like "she never listens to me" or "I'm always bad at this". The problem with this type of statement is the risk of setting yourself up to fail – it can be a self-fulfilling prophecy.

There is always a positive intention behind such negative self-talk – we're usually preparing ourselves for the possibility of failure so that if it comes, it's not quite so painful because we've been preparing ourselves for it.

Even though it may be true that you're not yet good enough to do or be something specific, a much better approach is to give yourself permission to learn the necessary skills.

A few years ago, I worked with a young musician who had been suffering from stage fright. This was reflected in his language when he said, "I always get frozen-up when I'm in front of groups of people."

> "We end up limiting our futures because we can easily keep ourselves connected to unwanted past experiences."

The first step towards tackling this problem was to help him notice his own self-talk and learn to replace limiting language with something more useful. The statement "I always get frozen up" was ditched and replaced with something that tapped into possibility for his future and motivation for getting there. "Although I used to get frozen up, I'm really interested in learning how to be confident when performing".

SO WHY NOT:

- Give your language a spring clean;
- Start to notice your own limiting language;
- Ditch generalisations that limit your future possibilities;
- Choose language that will give options for your future?



PETER HORNE

Peter Horne is a qualified life coach with a passion for helping people change things in their lives when they feel stuck. He works with individuals and organisations and can be contacted at admin@therealyou.info. Peter is married with four adult children and attends All Saints Church in Littlehampton.

My hands are freezing. My trousers are soaked.

The pelting rain sounds like popping corn under the hood of my raincoat. Droplets run along my eyebrows and drip from my nose but shaking them off is futile. I glance at DJ, and we both break a smile. Sunshine is overrated anyway.

When the alarm rang early, I had peeked through the curtain to find a misty morning with rabbits grazing on the lawn. But the downpour had begun the same time the rabbits had scattered – the moment we left the front door. Now we plod along the causeway that winds beside the dunes, stepping aside for passing cars.

"Sleep well?" DJ asks. I wipe the rain from my face and think before I answer. DJ and I first met while working on a radio project tackling child poverty. We had visited developing countries together, discovered some shared interests, and enjoyed long conversations about life and God. DJ had moved his family to Aberdeen from Australia soon after Merryn and I came to Oxford, allowing some shared holidays to follow. In him I'd found a wise, fun and empathetic friend. But...

"I forgot that you snore," I say as kindly as I can. I hadn't slept all night. Not a wink. It isn't the best way to start a long hike. DJ quickly apologises, and we agree our cost-saving plan to bunk in the same room will need to be revised. I don't tell him that Merryn says I snore too.

We round a bend and reach the tip of the island. The dunes fall away, exposing the full force of the wind. It wraps our hoods around our heads, flattens our jackets across our chests, and turns those raindrops into liquid needles. With heads down and faces stinging, we head for the mainland, our adrenaline pumping. We march →

"The pelting rain sounds like popping corn under the hood of my raincoat."





CAVES AND CROSS ROADS

along the causeway for 40 minutes, the asphalt awash in sand from the receding tide, then head south-west on the mainland. The terrain starts to rise as we move into the countryside, the rain easing now but the path springy. We lean forward as we climb, our boots sinking under the load of our packs.

"Now our preparation is tested!" DJ says. We'd done practice walks for months to prepare for the pilgrimage, DJ roaming the glens near his home in rural Scotland, and me trekking around Oxford. I had walked to St Margaret's church in Binsey with its ancient healing well, and to St Michael's in Cumnor to enjoy its quiet nave, up to Boars Hill where the bluebells flower, and across town to find CS Lewis' grave. Hopefully these miles have readied our limbs for the coming days. We'll find out soon enough. Even if they haven't, I think those preparatory walks have accomplished much already. In heading out to the ancient wells and bluebell woods, I had left the confines of my fussing mind for unexplored roads and new vistas. Each walk had coaxed me out of myself and into its own



small adventure. A left turn. A right. Around the corner, straight on. Walk on, Sheridan. With movement comes discovery.

We zigzag up the hill, walking the seams of patchwork fields, squelching in the soggy ground and picking blackberries from the brambles. The sun comes out; our jackets come off. Enjoyment masks my tiredness. "Maybe Cuthbert walked this path," I say. The idea fills me with wonder. Cuthbert was a solitary soul. He would sneak out at night to pray alone in the fields (or the sea, if one legend can be believed). When Hobthrush got too noisy, he built a shack on a remote island further down the coast. There he communed with God, fought the devil, and counselled any who braved the seas to reach him. When he was later recalled to Lindisfarne to become its bishop, he left that beloved shack in tears. So, it's surprising to find that this introverted monk was also a man of adventure. He journeyed into the hills where warring tribes fought. He went to impoverished villages others



"We lean forward as we climb, our boots sinking under the load of our packs."

avoided. And as he opened his Bible and preached in those places, he saw the lame walk and multitudes respond. Though happiest at home, Cuthbert would step out and follow God into the unknown.

"I think it's this way," I say, pointing up and to our left. We climb a stile over a fence and head towards a forest. We're a few days into autumn – a season of falling petals, yellowing leaves and seeds bedding in for the spring, but also of grand migration in the natural world. Right now, arctic terns are leaving these regions for cooler climes down south, humpback whales are departing the Antarctic for warmer waters north, wildebeest are crossing the Serengeti plains for Kenya's greener pastures, and monarch butterflies are flapping their pretty wings across North America to Mexico. Wing to wing and head to tail they go, crossing earth and sea on their own pilgrimages.

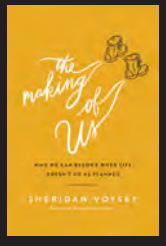
We reach the top of the hill, enter a large open field, and take a right at the wooden sign pointing to our first stop.

A lesson from my 20s comes to mind as we walk. Seeking direction for my life, I had prayed for guidance, but a whole two years later I still had no idea what to do. Then some words from the Gospels had struck me with unusual effect. Keep asking, they said. Keep seeking and knocking. Because those who ask, receive; those who seek, find; and doors open for those who knock (see Matthew 7:7-8). And that's when the hole in my strategy had been shown. I had prayed without seeking and asked without knocking, waiting for an epiphany instead of tapping on some doors. Once I put action behind my prayer by writing letters and making calls, my path into radio had become clear.

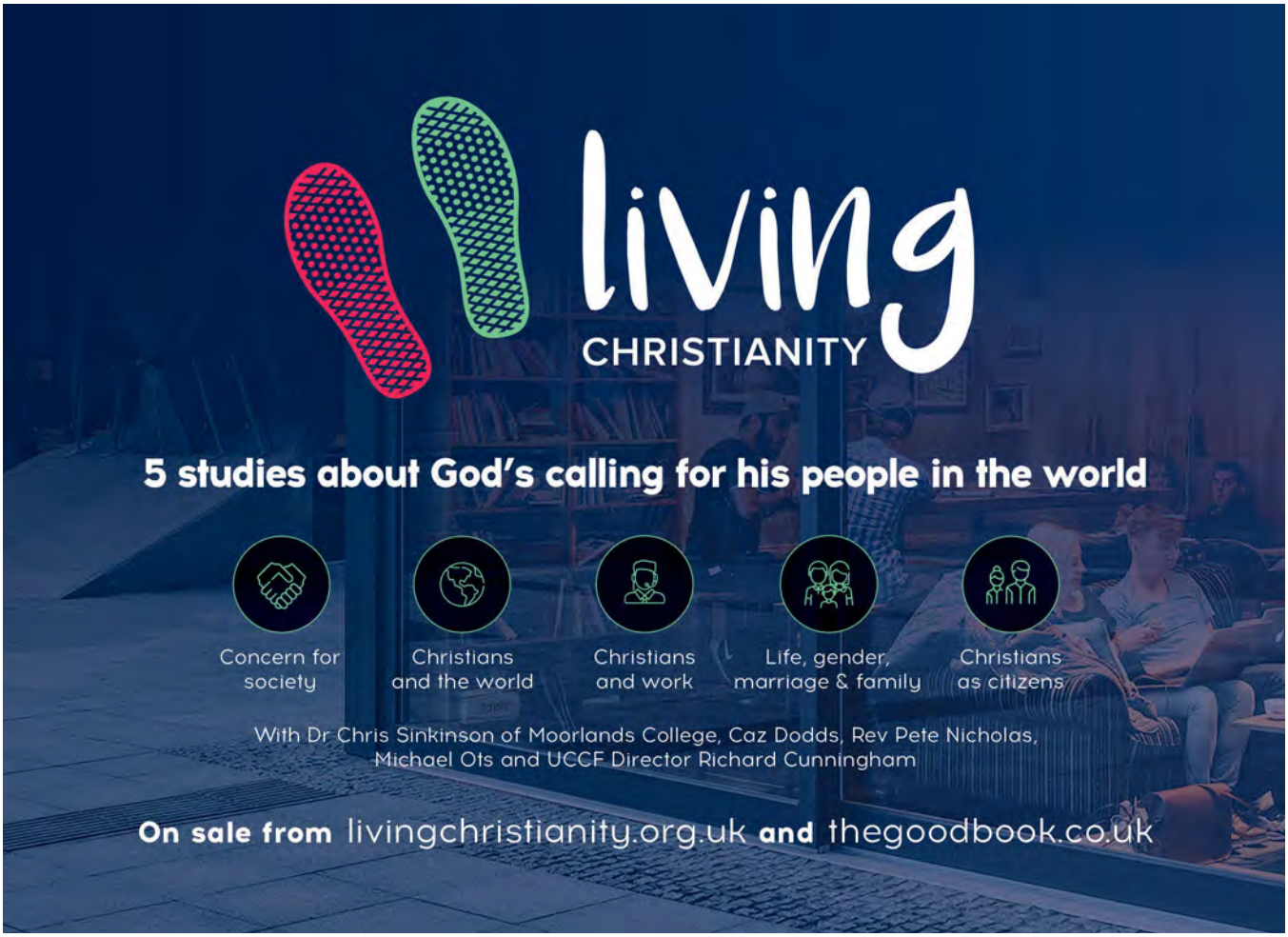
I take another step on that spongy track and feel this lesson reawakened in my bones. There is no discovery without movement, no direction without action.

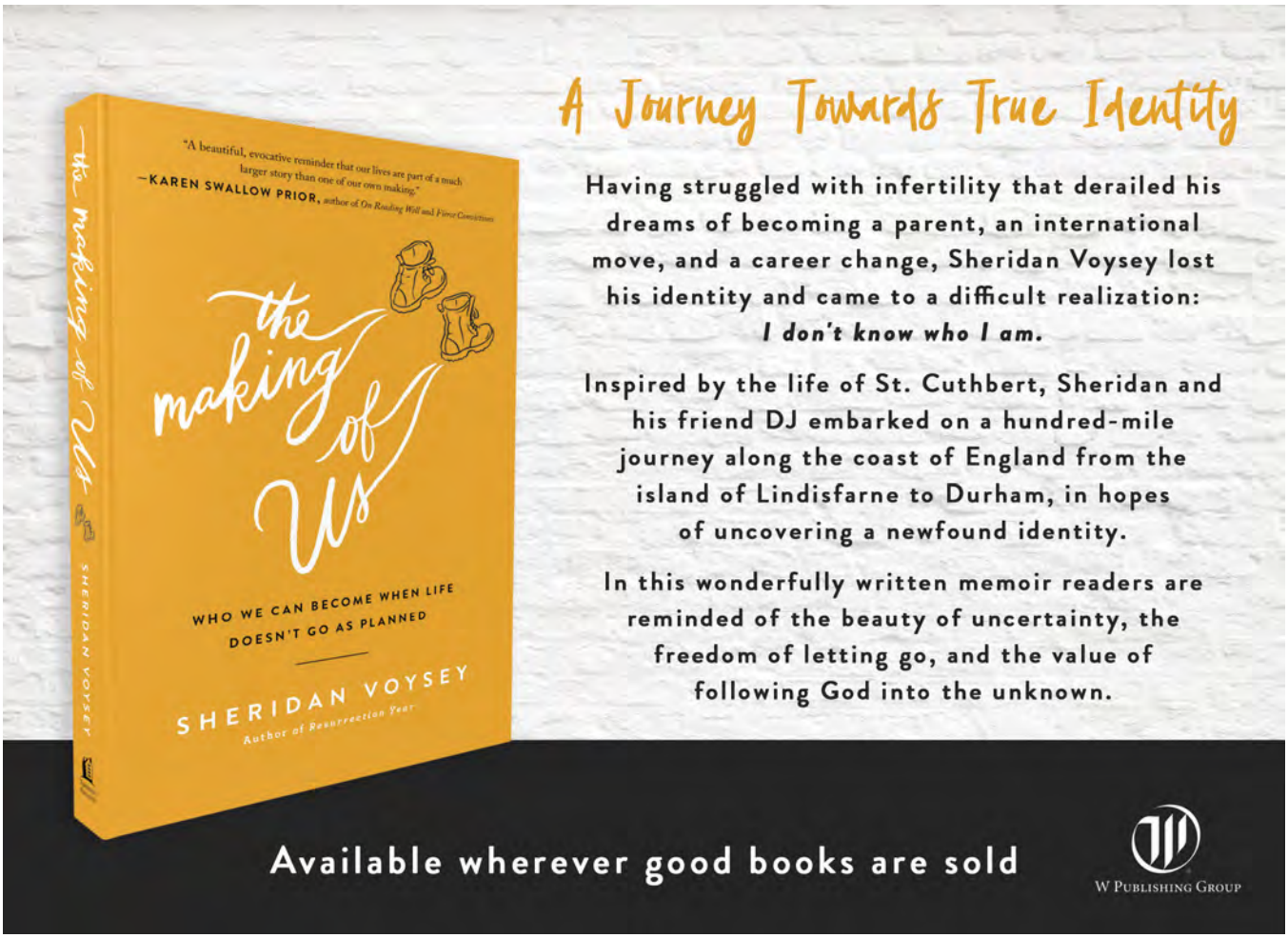
Ask, seek, knock. Move. S.

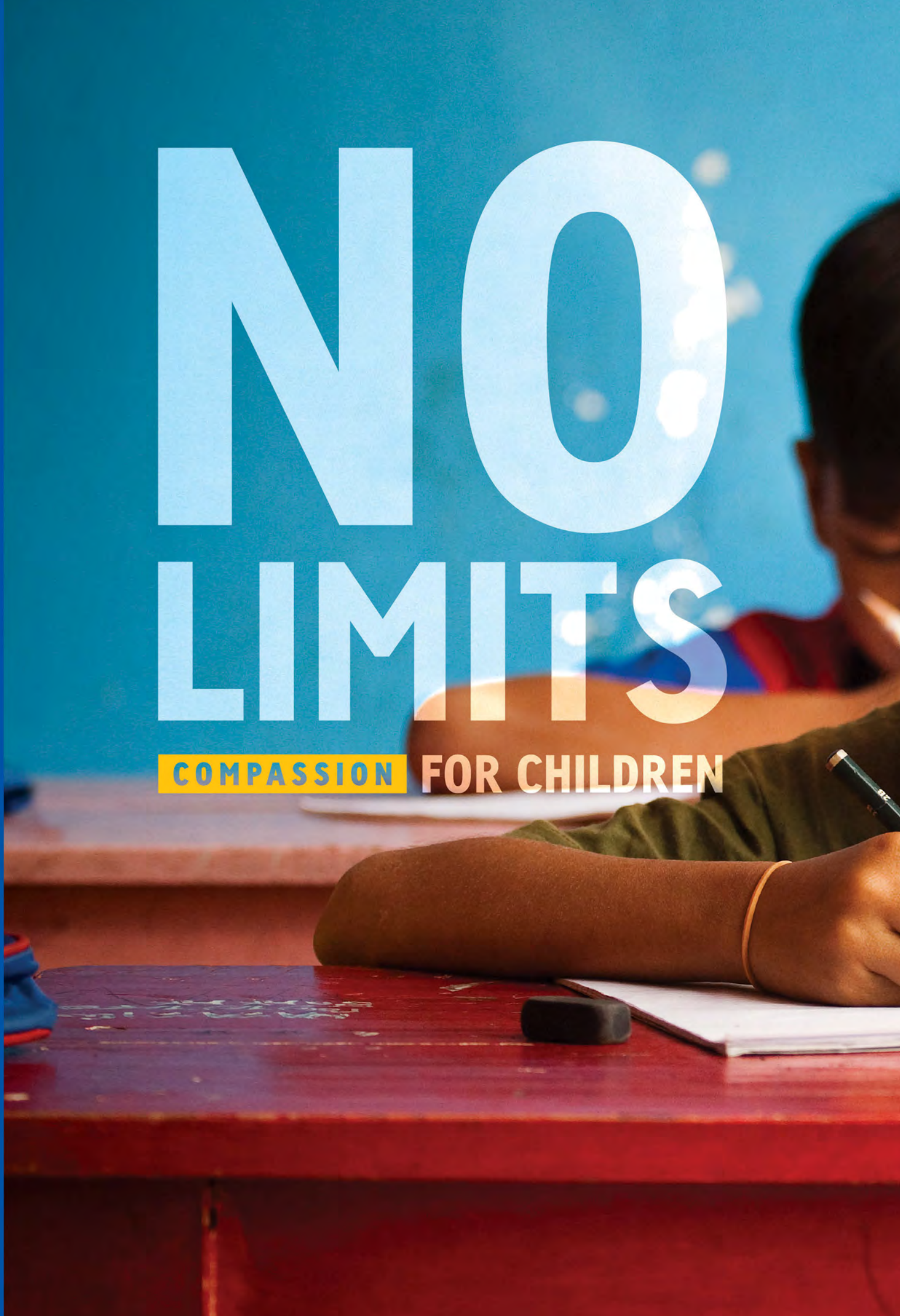




The Making of Us
Sheridan Voysey
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PATRICK REGAN



LEARNING TO SAY GOODBYE

Over the last couple of years, I have experienced grief in various forms and through a series of "goodbyes": London, a place I loved, XLP, a charity I started and worked with for 22 years, and now my nan, one of my favourite people to walk this earth. Again, I wrestle with my thoughts and ponder on what it really means...

My nan was a precious soul. Alzheimer's disease took her mind years ago and as a family, we have had to witness this beautiful lady slowly get worse over time. Seeing her memory deteriorate to the point of not remembering who we are has been a painful experience, and especially so for my dad. Watching this amazing lady no longer react to what was going on around her, seeing her void of emotions when faced with what once brought her pure joy, has been really tough.

We could argue that the person we knew and loved had already left us ten years ago in some ways. Yet, there she was in front of us, a body and a face and every now and then, there was an odd smile, a word... My nan had the funniest laugh, yet I couldn't remember the last time I'd heard it. My dad often said she may have forgotten who we were, but we knew who she was, and it was important we visited her even if and when she didn't seem to notice we were there.

When you look into the eyes of someone you know is dying, you become strangely aware of the pain you are carrying. It is the pain of lost relationships, the pain triggered by traumatic events you didn't expect or didn't think you would experience. Nevertheless, life brought them on and you have had no choice but to endure the undesirable feelings that come with those. You are never given a choice as to whether you wanted this to happen or not, and so the only thing you can do is cope with these feelings and emotions by accepting them and recognising that while unpleasant, their impact on you and your state of being is natural, and a normal process we cannot escape from. That process is called grief. You can try to suppress it, but you will only be putting up a front; deep within, the impact these difficult life events have on you cannot be denied.

Having been a Christian all my life, I cannot help but think about the classic advice given by many of my Christian friends in those moments: "Give your pain to God," as if I had not thought of that or even tried. While well-meant, we need to recognise that calling upon God in those moments will not make us forget what happened and minimise the pain we are experiencing. We must also accept that wounds take a long time to heal. Elisabeth Kübler-Ross, a Swiss-American psychiatrist and pioneer in near-death studies and author of the groundbreaking book *On Death and Dying* (Routledge), identified the following five stages of grief: denial, anger, bargaining, depression and acceptance.

"I believe that it is better to 'let pain happen' rather than to avoid it."

Surely, going through all the first four stages of grief before reaching the final stage of acceptance cannot happen instantly. While I am conscious of God's power to heal over time, I am also realistic and accept that there are no quick fixes in those moments. My solace is that I am not suffering alone. God, rather than removing me from the pain which I am experiencing, something I sometimes wish he did, joins me and suffers with me.

Increasingly, I have come to realise that pain is

intricately linked to love, and while love is not a refuge from pain, pain can't keep love at bay. Love is always there in the same way that God is always there. In fact, the famous Bible verse in 1 John 4:8 reads "God is love" (NIV), but if you love you are bound to feel or experience pain at some point in your life. While the connection between God and love is undeniable, the connection between pain and God is not so popular. Yet, where there is love pain may follow, and sometimes we might even wonder whether those two strong emotional states can in fact interact independently from each other. If you love, you will experience pain! If you care, you will grieve.

Our attitude to pain is often shaped by our upbringing, and the environment and society in which we live. I believe that it is better to "let pain happen" rather than to avoid it. This is particularly difficult for men in our society, as they would rather escape or toughen up. From a young age, they have been told that "boys don't cry", and in due course to "man up" and not let their emotions show. The suppression of emotions that result from such expectations and social norms can only lead to a wealth of emotional upsets and imbalance and, I believe, can be really unhealthy in the long run in a man's life.

Grief is not only caused by the loss of a loved one, →



it can be caused by the loss of a dream, of a job, of a friendship. As I have got older I have experienced many of these. I recently heard of a book called *Option B* (W.H. Allen) co-written by Sheryl Sandberg, Facebook chief operating officer (COO) whose husband died in 2015 after having a heart attack and falling off a treadmill and subsequently suffering brain injury from the fall. In a video promoting her book, Sheryl explains how a few days after her husband's passing, there happened to be a 'father-son' activity. In discussing with a friend who should go with her son to that event, Sheryl could not conceive anyone other than her husband, Dave, to go. She was reminded that option A was no longer available and she had to consider option B. Many of us are living in option B because things didn't work out how we planned for them to work; relationships break down, people get ill, we all get disappointed.

Everyone reacts differently to life challenges, but it can be a source of strength to know that you are not alone, and that others understand what you're going through. We need to keep reminding one another that expressing pain, anger and fear is actually perfectly normal, human and healthy, and that God is with us and loves us, no matter what is going on. Being honest about our feelings of grief can really help us through tough times. It is often when disasters occur that communities unite and work together. Consider how people from different background and creed come together to help and save lives in the direst of circumstances, whether it be in the aftermath of an earthquake, a mass shooting as in the US, or any other grand-scale catastrophe.

Sometimes we'd rather numb our pain than look at it or try to deal with it. We'd rather do anything we can to forget it by watching hours of Netflix, take the edge off with a shopping trip or a few glasses of wine. But pain that isn't dealt with doesn't disappear, and we can't ignore it forever. Pain can rob us of the deep joy that God has for us.

If left unchecked, pain and grief can breed further negative emotions such as unforgiveness. Letting go of hate, bitterness and resentment is essential for forgiveness to happen. Forgiving doesn't mean that what happened doesn't matter, but having an unforgiving heart can do us more damage for longer. Forgiving is letting go of the thoughts that keep us captive, while not allowing negative emotions to make us a prisoner of the thoughts they arouse. For most of us, it can be a daily choice; we have to be conscious about being forgiving whatever comes our way and however upset or annoyed we might get. Christ sets the best example for each and every one of us in that respect. This is a personal character ideal I am still working on while learning to process things and give myself time in a culture that is far too busy.

When you become aware of pain and of the love of God at the same time and accept both, you can see beauty in most things. You realise that grief isn't getting over something or someone but getting through a situation.

Over the past ten years, I have watched my dad faithfully visit my nan weekly in her home. I have watched him being involved in the smallest details of her care even though during most of that time, he didn't have a meaningful conversation with her. I have seen him shouted out and hit by the person he loved and cared for. I have seen him sat in A&E for hours on end knowing that she might not be aware of his presence. That love of always being there, that love expecting nothing in return, that love comes from a deeper place than is humanly explainable. That love is unconditional love. Loving when we are loved back is easy. It does not require much effort on our part, but loving without being loved in return is one of the hardest things.

And while we love, we will grieve. Grief is not something we ever totally erase from our lives or get over. Special occasions in particular such as birthdays, Christmas, anniversaries, often make certain emotions resurface, but as time goes by those memories become less dark in nature.



"Five stages of grief: denial, anger, bargaining, depression and acceptance."

When you reach that time in your life when you are close to death, the space between life and death consists of a very fine line. At that time, the people around you are those you loved and who love you, whether they were there all along or have disappeared and reappeared, or not, for whatever reasons, and as influenced by busy lives and an overloaded diary.... Recognising that what keeps us alive is meaningful relationships is essential.

As my nan was dying, we gathered at her bedside, believing that despite her lack of response, all she would want at that time was to have the people who loved her there. And so, we continued to talk to her, to hold her hands, and despite her not showing it, believing in our hearts that she knew we loved and cared for her. We wanted her to know and to express to her that she would never be left or forsaken, as it is promised by God in the Bible (Hebrews 13:5).

In my book *Honesty Over Silence* (CWR), I wrote: "Neither depression, nor anxiety, nor self-harm, neither cancer nor OCD nor an eating disorder, nor Alzheimer's, nor pain from the past or the present or the future, nor disappointment or shattered dream can stop God loving us."

In some relationships and friendships "goodbye" means "goodbye" as one season finishes, and a new season starts. I have experienced the pain of that, but in the case of my nan, it is not one of these "goodbyes" that I said to her, but rather a "See you later". S.



PATRICK REGAN

Patrick Regan OBE is founder and CEO of Kintsugi Hope. Patrick is author of *Honesty Over Silence*, now available in all good bookshops or through his website.

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BETTER TOGETHER

How Different Generations Can Help Each Other Lead

An abridged extract from *Leading – The Millennial Way*

CEOs to senior leaders, pastors to PCC members – leaders know who they are and what they're doing, right?

Unfortunately, as many of you may know, that's not the case.

Over my own 28 years of being in senior leadership at a FTSE 100 company and later CEO of Samaritan's Purse, there were times where I (and many of the other leaders around me) felt the need to hide behind masks and shield our true identities. But if God has called us – flaws and all – into a leadership role, surely, he wants us to bring our *whole* glorious self?

From a cursory glance, it seemed that this is something the generation below us – millennials (born 1984 to 2000 and currently aged 18 to 35) – were doing really well, but I was also concerned that they had been badly stereotyped as entitled, lazy and disloyal.

Given that millennials are the leaders of today – the leaders of our businesses, charities and churches – I started looking around at the material already available and found that there was a significant gap in the research on millennials and particularly on millennial leaders.

Together with a millennial researcher, Rachel Luetchford, we therefore set out to interview nearly 500 Christian millennial leaders over the course of a year and published the results in October 2018. You can download the full results at millennial-leader.com/research.

Based on this new research, Rachel and I (a millennial and a baby boomer) began to see how the generations

could work better together and learn from one another and we wanted to share our findings in a deeper reflection on the research. We therefore set about writing *Leading – The Millennial Way*. In the book we answer two basic questions:

How do millennials hone their unique energy to become the best leaders they can be?

And how do non-millennials harness the power of this generation and step into leading the millennial way themselves?

My journey has been one of finding the courage and bravery to be truly me and the strength to take off the masks and learn to be vulnerable and authentic. My interaction with millennials has deeply enriched me and shaped me on that journey. A character-forming journey of learning to lead out of who I really am – a journey that continues to today and that has helped many of my peers on that journey as well.

In the extract from our book below we explore some of the negative stereotypes of millennials, how they have been misread and how they actually reveal a core set of beliefs and positive contributions that can be harnessed and celebrated in our churches and organisations.

The following abridged (and edited) extract is taken from Leading – *The Millennial Way* by Simon Barrington with Rachel Luetchford.

Rachel: Historically, generations have always been categorised, labelled and scrutinised. Labelled "millennials" we are no different, with large amounts of research and literature focusing on who we are, our characteristics and how we impact society. In fact, it is claimed that millennial professionals "are one of the most discussed and researched subjects of recent time".[1] Maybe this is just a coming of age thing because there is no doubt that millennials are now young adults and we constitute a major section of the workforce and occupy many leadership roles.[2]

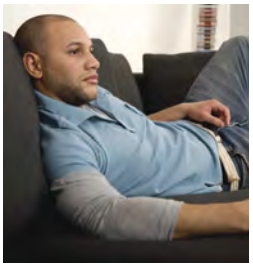
Simon: A detailed scan of all of the research and articles sees millennials being categorised and generalised by academics, social commentators and millennial themselves. Hobart and Sendek in their book *Gen Y Now* [John Wiley] identify from their research seven "myths" or consistent stereotypes that millennials have been labelled with:

1. Lazy/slacker
2. Instant gratification and wanting a trophy for showing up
3. Self-centred/narcissistic
4. Disloyal
5. Pampered/spoiled
6. Lack of respect for authority
7. Entitled

They go on to argue that these stereotypes are either "misconceptions and exaggerations or they are traits that can actually lead to positive and productive Gen Y (millennial) performance in the workplace".[3] Rachel and I agree with them and believe that millennials have been over-stereotyped and poorly caricatured and based on Hobart and Sendek's work in exploding these myths,[4] our own more recent research argues for a much more nuanced view. Underneath the stereotypes our research has identified really strong and positive core beliefs that need to be understood. These strong beliefs, if harnessed by the millennial leader for positive momentum, like windsurfers do with the strong winds, could turn the world of work upside down in a positive way; and if continually misread have substantial potential to rip businesses and organisations apart and to throw windsurfers into the deep.

> "MY INTERACTION WITH MILLENNIALS HAS DEEPLY ENRICHED ME AND SHAPED ME."

This is Conflict Central – the battleground of beliefs and approaches that is causing us all so much grief. As Hobart and Sendek[5] so brilliantly put it, "Different too often equals wrong. As a leader your job is to recognise that different equals different ... and then lead your troops to that same understanding". We must put down any prejudices and enter conflict central, being willing to imagine a collaborative future.



Stereotype 1: Lazy/slacker

The stereotype of Lazy/slacker is commonplace and often used when older leaders see millennials leaving work consistently on time or arriving late or not putting in the extra hours. What is being observed here is an outward expression of a deeply held core belief.

CORE POSITIVE BELIEF: The whole of life matters

Rachel: We found from our research that there was definitely a change in the nature of commitment to work among millennials and that this is being driven by a core positive belief that the whole of life matters. We believe that employers need to grasp this change in the nature of commitment and to build on the positive core belief in millennials towards a commitment to the whole of life. So, when an employee is leaving on time they are not viewed as being lazy or a slacker but as someone who has a commitment to being fully productive, fully alive and fully committed to work while at work and fully alive outside work as well.

POSITIVE CONTRIBUTION: Productive/Fully alive

Simon: If businesses can tap into this core belief then the positive contribution could increase workplace productivity across all generations.

It's a journey I've been on myself. How productive am I actually if I don't take proper rest and don't balance my life? A report in *The Economist* for example quotes a study showing that output at 70 hours a week is the same as at 56 hours a week – resulting in 14 wasted hours in terms of productivity.[6] One of the millennials we interviewed told us the story of how at her final interview for her graduate scheme at a major corporate, she asked that if they employed her she could take a year off before joining to travel the world. They agreed and after three months' induction, she left to follow her dreams, returning nine months later. This enlightened employer saw the huge value of their new employee bringing the diversity and depth of her experience to the workplace, the benefit of them being fully engaged and the value of that employee's whole life being enriched. →



> "WE ARE USED TO RAPID PROGRESS AND TEND TO HAVE FRUSTRATIONS WITH ANYTHING THAT TAKES TIME OR MATURITY OR THAT NEEDS PATIENCE."

Stereotype 2: Instant gratification

Simon: Millennials have been stereotyped as wanting instant gratification, as not being prepared to wait for anything and as being impatient for change, acknowledgement and promotion. Many of my peers are shocked at graduates leaving their firms after one or two years because they didn't get the promotion they thought they deserved.

Rachel: Our research showed that millennials are constantly comparing our performance with others and that we are used to the world constantly changing and evolving and having to evolve rapidly with it. We are used to rapid progress and tend to have frustrations with anything that takes time or maturity or that needs patience.

CORE BELIEF: Expect rapid results

Simon: Millennials have grown up expecting rapid results. They are used to there being instant feedback on every performance and to being judged on results only and not on age or longevity of service. Underlying this is the core belief that they can adapt quickly, grow rapidly and be constantly learning.

To counter instant gratification and deal with failure, rapid and real feedback can significantly help millennials be mentored through the need for patience and application in achieving long-term impact as well as rapid results.

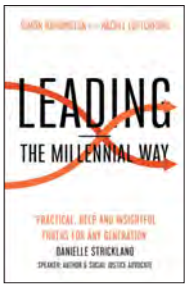
POSITIVE CONTRIBUTION: Fast and adaptive

The positive contribution is that millennial leaders are incredibly adaptive to change and fast to react to evolving situations, a set of attributes that when highly valued and channelled can make for a significant competitive advantage.





WANT TO READ ON?



The additional four myths and stereotypes highlighted by Hobart and Sendek are explored in Leading – The Millennial Way which is published by SPCK on 18th April 2019 and is available to purchase at all good booksellers and online at **millennial-leadership.com/book**

Stereotype 3: Self-centred/ narcissistic

Rachel: Self-centred and narcissistic is one of the most common stereotypes I hear thrown at us. There is no doubt that some millennials have grown up in a world where their parents' self-worth has been bound up in their children's achievement. I know that's not true of all of us, and it hasn't been my experience, but I still recognise this and have seen many examples of it. This coupled with the huge choice and huge diversity available to us and a greater degree of awareness of all the options out there, can lead to a perception that we are self-obsessed, believing the world revolves around us and our happiness. This was definitely a significant tension in the research as we saw ourselves wrestling with our own identity, our self-confidence and our self-esteem, while also believing that individually and corporately we have the skills, knowledge and aptitude to bring a new creativity and fresh innovation to the world.

CORE BELIEF: I am enough

Simon: I think that in reality, every generation going through early adulthood experiences the challenge of wrestling with self-identity, self-confidence and self-esteem and millennials seem to be wrestling with this more than most. There is a huge commitment though to the core beliefs that each person is enough, each person is valued, each person has a unique contribution to make and each person needs to come to the full expression of their whole self.

Although we may not have seen this yet in its fullness, the world of business will benefit greatly from its ripening and the richness and diversity it can bring.

POSITIVE CONTRIBUTION: Personal reputation

A positive contribution of these core beliefs that we observed in the research, is that millennial leaders are passionate about reputation and image and personal brand and therefore want to be seen to be doing a good job. They want the organisations that they are working for to look good, have a positive image, and they want to be positive representations of that brand into the marketplace. S.

Endnotes

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LEADING FROM THE FRONT

Getty Images/ Stuart C. Wilson



Over the past five years, Chris Pratt has gone from comedy sidekick to Hollywood heavyweight. His physique and career may have changed dramatically, but his steadfast faith remains the same – and the star is determined to be a role model as well as a leading man.

"If you're strong, be a protector. If you're smart, be a humble influencer. Strength and intelligence can be weapons, do not wield them against the weak. That makes you a bully. Be bigger than that."

In all of modern Hollywood you'd be hard-pressed to find a more rags-to-riches story than Chris Pratt's journey to cinematic super-stardom. Nowadays it's hard to imagine the Minnesota native as anything other than a man completely suited to play the plethora of heroic on-screen alter egos he has portrayed in recent franchises – from *Guardians of the Galaxy*'s Peter Quill to *Jurassic World*'s Owen Grady and even *The Lego Movie*'s Emmet Brickowski.

But at the origin of his career Pratt was living up to the stereotypes of the struggling actor, bussing tables at a Bubba Gump Shrimp in Maui, Hawaii, and sleeping in a tent on a nearby beach. It's a memory that stays with him even now, with a multi-billion dollar haul at the global box office to his name.

"A part of me thinks that living in a tent was way better than this," the 39-year-old laughs. "It was a really great time in my life; maybe I'm looking at it through rose-tinted lenses.

"All things lead up to the next, lead up to this moment and I just treat it all like another moments. You don't want to let your guard down, I'm not going anywhere, I plan to stretch this out. I plan on being here for a long time, and you don't want to ever feel like... you never want to be in a position where you're like... you feel like you peaked. I never want to feel that, and it happens so easily."

Pratt's move from tent to tent-pole franchise relied heavily on that kind of work ethic, but there was another underlying factor to this success that has endured from the star's less glamorous days: faith.

"I was sitting outside a grocery store – this is in Maui – I think we'd convinced someone to go in and buy us beer," he nods. "And a guy named Henry came up and recognised something in me that needed to be saved. He asked what I was doing that night, and I was honest. I said, 'My friend's inside buying me alcohol.' 'You going to go party?' he asked. 'Yeah.' 'Drink and do drugs? Meet girls, fornication?' I was like, 'I hope so.'

"I was charmed by this guy, don't know why. He was an Asian dude, maybe Hawaiian, in his 40s. It should've made me nervous but didn't. I said, 'Why are you asking?' He said, 'Jesus told me to talk to you...' At that moment I was like, I think I have to go with this guy. He took me to church and over the next few days I surprised my friends by declaring that I was going to change my life."

Pratt's teenage conversion first led him to lend his help to missionary organisation Jews for Jesus, and it is clear now that that same spirit still resides in him. Some high-profile figures have been known to be less open about their beliefs with the world's spotlight on them, but this star is ensuring that his status as a household name only emphasises his role as a vocal advocate for faith and Christian principles.

Take last April's MTV awards ceremony, for example, when Pratt made a splash on social media for opening his award-acceptance speech with the words: "God is real. God loves you. God wants the best for you. Believe that; I do." He went on to give the audience of young fans words of advice: "If you're strong, be a protector. If you're smart, be a humble influencer. Strength and intelligence can be weapons, do not wield them against the weak. That makes you a bully. Be bigger than that."

"I worry that sometimes I might behave in a way that people might think I'm rude or inconsiderate," he explains. "It's important to me to be a good man and to connect with people in a good way... As a young actor I saw how fame changed people and how money and power can turn good people into bad people.

"I'm not saying that that could never happen to me, but I can honestly say that I've never let fame affect me and turn me into someone different from who I am. I try to make sure that every day I am thankful for the kind of life that I have and that I never take anything for granted. I will always remember where I came from and how it's more important to me to be a good person than almost anything else."

There's a distinct feeling that Pratt credits his desire to be a "good person" as intrinsic to his acting success: "If you're known for having a bad attitude," he says, "you will not work any more, and you see it happening all the time." But in keeping with his amenable nature, there's only so far Pratt's career defines him. Once the camera stop rolling, there's no hint that his life is led in any less of a positive way.

"I owe almost everything to my parents who raised me properly and gave me discipline and a strong sense of respect for others," he agrees. "I think when you grow up with a solid foundation in life, that will carry you forward and help you through the bad times and also make you appreciate the good times even more."

It may be easy for the average fan to think Pratt's allusion to appreciating the good times has to be linked to his last half-decade as the film industry's go-to leading man. But off-screen, the star has had to contend with obstacles in recent times, not least the premature birth of his son Jack in 2012 with former wife Anna Faris – an event which Pratt says came to strengthen his existing relationship with God.

"We were scared for a long time," he says. "We prayed a lot. But that time in my life, it restored my faith in God, not that it needed to be restored, but it really redefined it. The baby was so beautiful to us, and I look back at the photos of him and it must have been jarring for other people to come in and see him, but to us he was so beautiful and perfect.

"Being a father makes you more responsible. I take that role very seriously and I am very dedicated to seeing to it that my son grows up happily and in a loving and caring environment. My life has changed away from self-centred, spontaneous living because of that. And it happened sort of at the same time. Our life took a big change, and I don't know how much of it is based on the success of the past few years and how much is that my priorities have shifted onto caring for another human being more than myself."

Jack's problematic birth may have been a moment in which Pratt was afforded the rare sympathies of the world's media, but recently he has found himself in the lenses of the paparazzi once more after his unexpected divorce to Faris was announced last year. Since that time, however, Pratt has become engaged to Katherine →



At the origin of his career Pratt was living up to the stereotypes of the struggling actor, bussing tables at a Bubba Gump Shrimp in Maui, Hawaii.

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"I think when you grow up with a solid foundation in life, that will carry you forward and help you through the bad times and also make you appreciate the good times even more."

Filmography



2000
Cursed Part 3

2003
The Extreme Team

2005
Strangers with Candy



2007
Walk the Talk

2008
Wieners Wanted



2009
Bride Wars
Deep in the Valley
Jennifer's Body
The Multi-Hyphenate

2011
Take Me Home Tonight
Moneyball
What's Your Number?
10 Years



2012
The Five-Year Engagement
Zero Dark Thirty



2013
Movie 43
Mr. Payback
Delivery Man
Her

2014
The Lego Movie
Guardians of the Galaxy



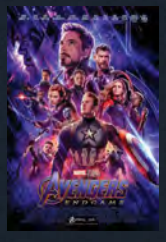
2015
Jurassic World
Jem and the Holograms

2016
The Magnificent Seven
Passengers



2017
Guardians of the Galaxy Vol. 2

2018
Avengers: Infinity War
Jurassic World: Fallen Kingdom



2019
The Lego Movie 2: The Second Part
The Kid
Avengers: Endgame



Getty Images / Rich Polk

"I would like people to sense that I'm a good man and I'm trying to bring good things into the world and help people lead better and more rewarding lives."

Schwarzenegger – Arnie's daughter, no less – and has espoused his wish to enjoy a religious ceremony with his new fiancée.

"I would like people to sense that I'm a good man and I'm trying to bring good things into the world and help people lead better and more rewarding lives," he says. "I hope that my faith can also inspire people or at least whatever they see in my soul, they can take some hope from that and see how their own lives can change."

Intriguingly, Pratt will soon find himself, along with many of his co-stars and contemporaries, at a career crossroads as well. This year marks the release of *Avengers: Endgame*, the final piece of the decade-spanning box office-busting superhero ensemble smash. Pratt's Peter Quill is set to feature once again, of course, but *Endgame* represents a possible new dawn for the star after four outings as the 1980s music-loving intergalactic arbiter.

"I want to enjoy every moment of this time in my life because this is a business where success can be very fragile and it can all go away very quickly," he explains. "I feel blessed every day. I'm getting the kinds of opportunities that I never could have expected earlier in my career. Getting to be part of film franchises is a pretty rarefied space to be in and that's why I've been working so hard the last few years, but I never want to get upset over small things that are unimportant."

There's little to suggest Pratt's career will nosedive as a result of his hanging up his spandex, but even so, the franchise finale marks a new dawn that the actor is relishing. With Quill assumedly retired (for now), Pratt can fall back on his indefatigable belief to chart the course for the next stages of his profession on-screen.

"I always had a crazy blind faith in myself," he says. "I knew that I would one day be playing big parts and have a great career. I didn't know how I was going to do it and I didn't even have much of a career plan until much later. But there was always something inside me that gave me hope and confidence that I was going to achieve something greater in life than anyone would ever have expected me to achieve.

"I always had this inner feeling that one day I was going to get to be able to play lead roles and be part of big films. I never gave up on myself and I always had faith that one way or another I was going to succeed at a higher level even though I wasn't sure how I was going to get there."

That being said, Pratt is under no illusions when it comes to surveying his stratospheric rise – or the path he now happily finds himself on.

"It's almost unbelievable how my life has changed," he chuckles. "I've gone from being a former door-to-door salesman and doing summer theatre, to being a Hollywood movie star. It's way, way beyond anything I ever dreamed [of] but here I am, and I swear that I'm never going to complain about anything for the rest of my life.

"As a kid, I had dreamed of doing something heroic or important with my life, but that could have been working as a police officer – I would have been happy doing that. But I want to be the same kind of person and be a good husband and father whether I'm having a lot of success or when things aren't going as well as you would like. That's the kind of perspective I try to have on everything."

Even a man as committed to representing a positive attitude for his fans has his limits, however. The time spent sleeping in tents may well have matured with a certain sense of comforting nostalgia, but Pratt's dedication to self-betterment can truly only be measured in the tangible steps he has taken over his life and career thus far.

"As an actor, you have to balance your dreams with reality all too often and for a long time," he nods. "My main goal was never to have to work as a waiter again – that was one job I really hated." S.

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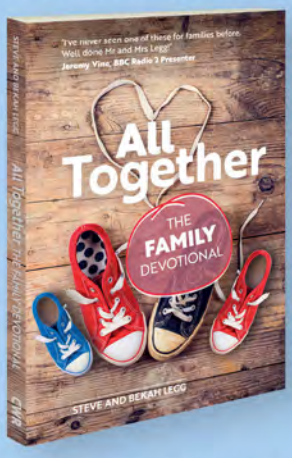


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Bekah is the director of mission at Maybridge Community Church, and Steve is the founding editor of *Sorted* magazine. They are experienced parents of five daughters.



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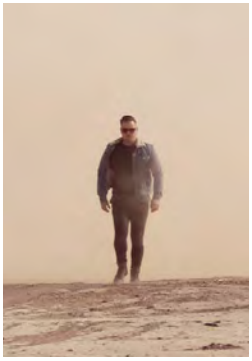
One Man's Story of Hope in all Circumstances

In early 2003, a 16-year-old Lincolnshire lad was taken ill. Not for a moment thinking it was anything too serious, his mum decided to take him to the doctor. Some weeks later the diagnosis was confirmed: Dave Bell had a very rare and aggressive cancer attacking the back of his right eye. So rare that only three people in a million are likely to contract it.

The news was a terrible shock. But, as Dave soon started to understand, sickness or struggle doesn't ask for a polite invitation into your life. It just shows up one day, sometimes with devastating effects. "At first my life was rocked," he says. "I was 16, and like most 16-year-old boys I thought I was invincible, but suddenly I was confronted with the biggest battle of my life." Now, 'Life Out Loud', the song of that battle and his story of hope through faith has been picked up by a major US marketing company and will be released in April, with the aim of inspiring hope in every hopeless circumstance.

At first, the outlook was bleak. Dave had to undergo six months of intense chemotherapy and 25 sessions of intense radiotherapy. He and his family had to face the fact that Dave may not survive. Surrounded by medical staff, complicated diagnoses, worry and fear, Dave chose to hold onto his faith and believe that he would make it through.

Miraculously, he did. In December 2003, Dave was given his final all-clear. But the battle wasn't fully over. During the treatment to save his life, doctors had prepared Dave for the fact that the side effects of the treatment may mean he would never be able to have children naturally. This didn't stop Dave falling in love with the stunning Sarah.



> "DURING THE TREATMENT TO SAVE HIS LIFE, DOCTORS HAD PREPARED DAVE FOR THE FACT THAT THE SIDE EFFECTS OF THE TREATMENT MAY MEAN HE WOULD NEVER BE ABLE TO HAVE CHILDREN NATURALLY."

When the couple married in the summer of 2007, they had no knowledge of what the future may or may not hold for them. Unlike other couples, they knew they could make no assumptions about how their family



would grow. Two years later, their first, miracle child was born. Against all the odds, Dave and Sarah now have three wonderful children: Jackson, Levi and a beautiful little girl, Mayah.

A few years ago, shortly after the birth of Mayah, Dave met with successful songwriter Chris Eaton to spend some time together co-writing and working on new song ideas. Dave started to share his story with Chris, his message of hope and his passion for living life well. With remarkable speed, the song 'Life Out Loud' was born.

While on holiday in the USA last year, Dave and Sarah went to watch *I Can Only Imagine* – a film about singer Bart Millard's broken family relationships. "The film and its message of hope inspired me to go ahead and actually record and release 'Life Out Loud'," Dave explains. "I have been given a second chance so I am determined to make every second count. My prayer is that this song will bring hope to anyone in a hopeless situation, and encourage all of us to take that extra step – to do the things we have only dreamed of."

Dave sent the song to a contact in the States, where it was immediately picked up by a major US digital marketing and investment group called Blueprint who were excited about the story behind the song and will release it commercially this year.

'Life out Loud' celebrates Dave's sense of a second chance: "My experience gave me a brand-new perspective on life. How awful it would be to get to old age and look back and think 'if only'. If only I had made the most of that opportunity, if only I had told that person I loved them, if only I had mended that broken relationship, if only I had taken that risk. And I think that is true for all of us. 'Life out Loud' is a hope-filled call to everyone to turn up the volume on their life and live it loud!" S.

"'Life out Loud' is a hope-filled call to everyone to turn up the volume on their life and live it loud!"



Life Out Loud will be released on 25 April 2019 and is available for pre-order now on iTunes, Amazon and Google Play.

For press queries and interviews, contact Fiona@groundlevel.org.uk or call 07768 832975



DECIDE TO BE FINANCIALLY FREE



£47–58K
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£74K
FOR LIFE FULFILMENT

Are you ever anxious about money? A national poll by a credit card company surveyed 1,000 adults and two in three said they lie awake at night concerned about money worries. So, if you are anxious about money you are not alone!

Now that fact won't help you to stop losing sleep over money tonight or in the future, but that is why I have written my new book *Freedom* about how to live life free from anxiety about money.

Our relationship with money is one of the most important relationships in our life. That relationship will either liberate us and enable us to freely pursue all that is good in life or alternatively it can become our obsession and priority.

So how much money is enough to live free from anxiety?

In 2018, Purdue University and the University of Virginia used a survey of 1.7 million individuals from 164 countries to draw a correlation between happiness and income.

The research calculated that £74,000 is an optimum salary for achieving life fulfilment for individuals. For simply achieving day-to-day feelings of happiness and well-being, as opposed to life satisfaction, then £47,000 to £58,000 was estimated to be sufficient.

Andrew Jebb, lead author of the research paper "Happiness, income satiation and turning points around the world" said that "Increases in happiness tend to diminish as you make more money". Jebb added, "A £16,000 increase from £23,000 to £39,000 is likely to bring more change to your life than if you make £16,000 on top of £116,000."

I am not suggesting that £47,000-£74,000 be your income target, but rather that there is an income level at which you will feel happiness and well-being because you are not anxious about the basic needs of life. Income above that level may not necessarily make you happier; in fact, it may cause you increased anxiety.

Ancient wisdom says, "Whoever loves money never has enough; whoever loves wealth is never satisfied with their income" (Ecclesiastes 5:10, NIV). Simply put, money is a great servant but an awful master. So, choose to have a healthy relationship with money and become financially free. Ask how much you need to earn in order to be satisfied and free from anxiety and put your best effort to achieving it. S.

> "A £16,000 INCREASE FROM £23,000 TO £39,000 IS LIKELY TO BRING MORE CHANGE TO YOUR LIFE THAN IF YOU MAKE £16,000 ON TOP OF £116,000."



MATT BIRD
Matt Bird is an international speaker and author of the new book *Freedom: How to live life for Jesus free from anxiety about money* (Troubadour) available from Amazon.

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Losing My Identity

CVM CHRISTIAN VISION FOR MEN Demolition Squad



Getty Images / Stu Forster

What would hurt you the most if you lost it?

- Social Media: defining our identity?
- We are what we do, right?
- Sometimes it takes a loss to bring a gain

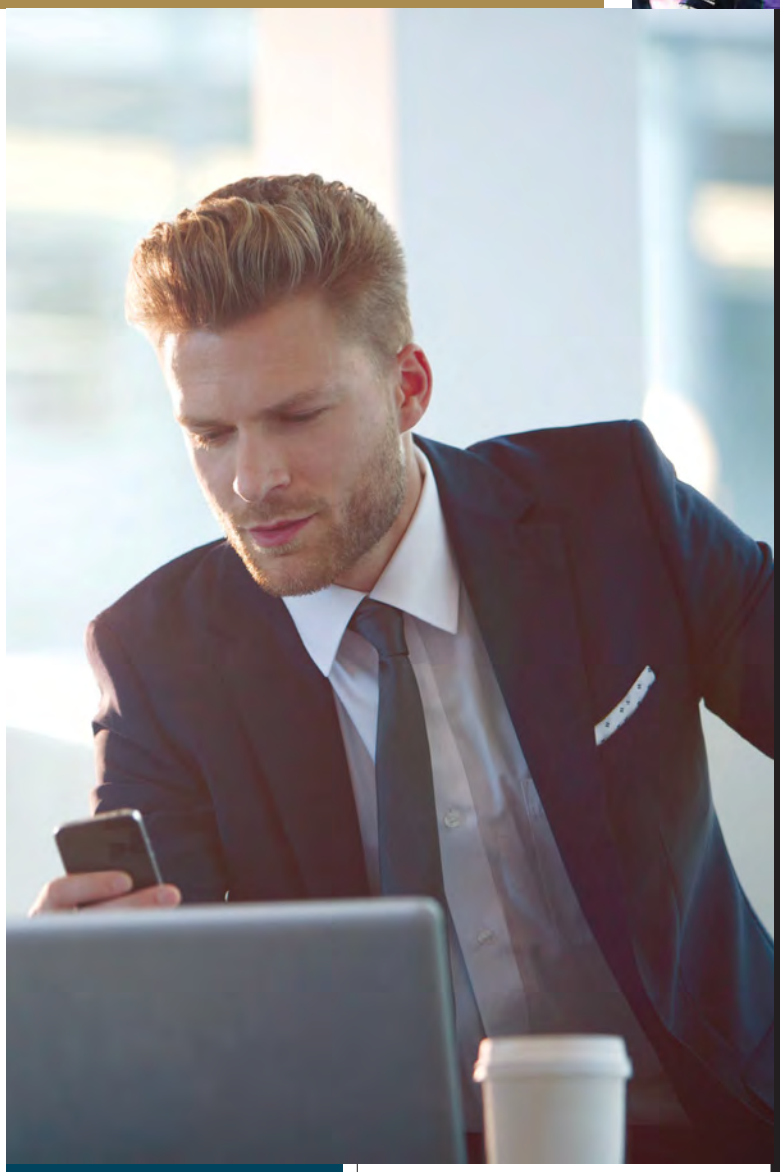
Recently I lost my oldest client. "Lost" is not perhaps the right term – I know where they are, and I hope to work with them again some day. But their business is in trouble and our eight-year professional relationship is now on hiatus. I saw this coming a few months before, but the foresight did not take the sting out of the transition. Eight years of nurturing, collaborating and building together had shaped me and in some part, defined me.

Upon reflection a thought occurred to me. Every line of employment I had just three years ago I now no longer have. Technically, every one of my income streams has changed. Many of these changes are positive. I have moved from freelancer to business owner, for example. But even positive progression can be tinged with confused nostalgia when what forms our identity changes.

With change comes a chance to redefine oneself. Today this means updating our social media profiles. A handful of characters to define who I am – or who I want to be. "Husband." "Business owner." "Scotland rugby fan." Or perhaps some clever, slightly abstract, philosophical quote to best summarise how I don't want to be summarised by what I do.

What we do and how we do it will inevitably change with time. Being able to respond positively to change often is a marker for how well we will cope in life. In light of this, one approach we could take would be to make no commitment to things we view as temporary. Relationships, jobs... they come and go, so don't put too much stock in them. Safe? Maybe. Rewarding? Debatable.

As a Christian I have found having one big thing that I can anchor my identity to gives me the freedom to invest in what I do without the burden of having my interests define who I am. Not that this transformation happened at once, overnight. It takes some working out through time.



"Who I want to be: 'Husband.' 'Business owner.' 'Scotland rugby fan.'"

"Every line of employment I had just three years ago I now no longer have."

Losing my client actually revealed a loss in me. Some part of who I was was coming from what I did and was in crisis now that change had come. I was sad – yes – but this time, choosing to hold firm to my beliefs and embrace the change, nostalgia gave way to hope, which brought peace. Rather than grief, each moment of change now brings an opportunity for grace; the Beautiful Exchange. S.



JONATHAN SHERWIN

Jonathan Sherwin travels nationally and overseas, speaking on the tough questions asked of the Christian faith.
He's married to the amazing Helen, lives near Bath, and leads a digital communications business.
Jonathan runs Christian Vision for Men's (UK) apologetics ministry, the 'Demolition Squad'.

@jonathansherwin

HAPPY NEW TAX YEAR



It's another new tax year. Well, I'm excited. It is always worth checking that you are making the most of the tax breaks that the government are offering. There's nothing worse than paying unnecessary tax.

Firstly, for most, your income tax personal allowance increases this year to £12,500, or putting it another way, you don't start to pay income tax until you earn more than this. You then pay 20 per cent on the next £37,500 and there is a promise that after April 2021 these two limits will increase by inflation.

It's always worth checking your tax codes, you would be surprised how often they get it wrong. They're pretty snowed under at HMRC and they are only human.

If you are a basic rate taxpayer and also married and your missus is not a taxpayer, she can transfer 10 per cent of her personal allowance to you. This is a bit of a no-brainer as next year that will be an additional allowance of £1,250, meaning a tax saving (at 20 per cent) of £250. The good news is that you can claim up to four years back, so it adds up to a pretty penny.

I love these simple giveaways that can make a big difference in a couple's lives. Apparently, there are over a million couples who are eligible who haven't done this (source MoneySavingsExpert). Don't be one of them.

It's as easy as going on the following website gov.uk/marriage-allowance

What about savings this year? Cash ISAs remain firm favourites as always, but don't forget that in addition to your income tax personal allowance, basic rate taxpayers have an additional £1,000 personal savings allowance, and higher rate taxpayers get an additional half of this.

In fact, if your income is less than £17,500 (figure to be confirmed at time of writing) you may have an even higher starting rate savings allowance. Once again, if you're a couple, look at both of your income positions and plan accordingly.

The default is to use an ISA, but banks and building societies don't always offer their best interest rates to ISA savers. Based on the allowances above, and the current modest interest rates available, it can be worth considering a non-ISA product if there will be no tax to pay anyway.

It's a new tax year, grab a coffee, sit down with the wife (if you have one) and do some planning. S.

"It's a new tax year, grab a coffee, sit down with the wife (if you have one) and do some planning."

Personal allowance increases to **£12.5K**

Married with non-working wife? Transfer **10%** of her personal allowance to you



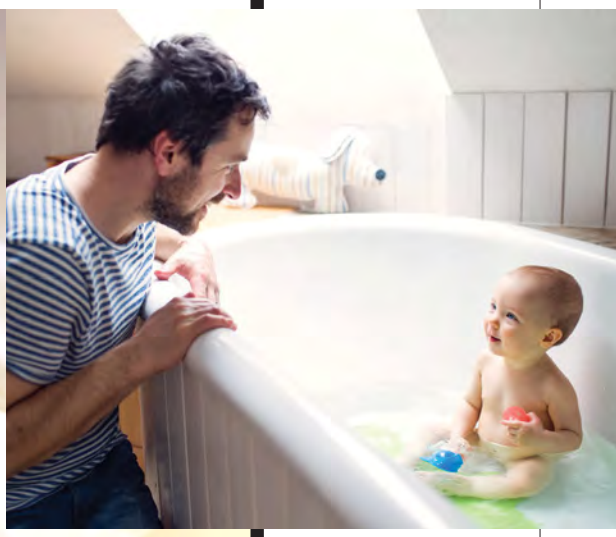
JON COBB

Jon Cobb runs financial advisory business Trinity Wealth Management. He is a keen runner, ex-white collar boxer, passionate Portsmouth supporter, speaker and writer.

@CobbyJon

Ritual and Routine





In my opinion one of the most important principles of parenting is establishing right routines.

Children thrive with consistency. Familiarity creates security. The most important routine of the day is bedtime.

In our house it started with teatime. I look back with a sense of privilege that I was always able to be home to have tea with the family. Sharing the news of the day was priceless.

Then we would watch TV and get ready for the next phase in the routine – bath time.

When they were young bath time was great fun. The opportunity to splash, squirt, 'dive' and 'swim' gave them time to unwind after the busyness of the day.

Then came story time. We used the same formula every day. First, they would choose a story, either one Dad made up or from a book. Next came the daily Bible story and prayer time. It always amused me that one of my kids loved liturgy. She prayed the same prayer every day. Whereas the other liked freestyling.

> "CHILDREN THRIVE WITH CONSISTENCY. FAMILIARITY CREATES SECURITY."

As the kids grew the routine adapted to suit their stage of development. Bedtimes got later. They would have free time after the routine to read, listen to a recorded story or play quietly, but only after time with Mum or Dad. (We took it in turns!)

Then there was the settle down phase. This was the most important part of bedtime. If they were going to share what was on their minds, their worries, or their questions about life, the universe and everything it was always just before sleep. Over the years we had some of our most significant conversations just before lights out.

This ritual lasted until their teenage years, by which time they were showering themselves and reading their own stories, but we always managed to maintain a bedtime routine of sorts almost to adulthood. In fact, even as young adults if they ever wanted to talk it was always at bedtime – usually ours! On occasions they would come in from a night out, wake us up and sit on the bed to unburden themselves.

I share our ritual to encourage you to create your own. I realise that with life's pressures and long hours working it may not be possible to make it daily, but what about weekends? It is an important time for parent-child bonding, your child's well-being and development. Give it a go you won't regret it. S.



RICHARD HARDY

Richard Hardy is director of The Entheos Trust which equips and encourages churches to engage in effective mission. He is a writer, vlogger, lecturer, pastor and speaker. Check out his Thought for the Week on the charity's Facebook Group and regular Ten-Minute Tutorials on YouTube.

...TILL I AM TALLER THAN THE SKY



Do you think that Mother's and Father's Day have become overly commercialised? Perhaps, but I must confess that as I run my own gift business, I could be accused of contributing to the situation... or do I? Father's Day is celebrated in the UK and US on the third Sunday in June. New Zealand and Australia however, celebrate it on the first Sunday in September and other cultures around the world fit it in with different community celebrations.

Although aspects of these celebrations can seem overly focused on the purchase of gifts, they can and should have significant meaning and purpose. After all... celebrating the fundamental role of men in the family and particularly in the lives of children as they grow and learn is surely a good thing to do?

UNICEF would seem to agree, saying that: "Fathers are one of the best, yet most underutilized child development resources."

Last year, in honour of Father's Day commemorations around the world, UNICEF launched a parenting site to bring fathers together to share experiences of parenthood. They called for more support for fathers globally, including "policies that give parents the time and resources they need to spend quality time with their children".

That's what celebrating Father's Day should be all about. Giving thanks to those who give time, love, wisdom and fun into the lives of their own children as well as those of their friends – especially, as UNICEF research indicates, when they are young (see key facts). So, if you're celebrating Father's Day this year, I've created a little task for you to think through, based on two illustrations from my children's picture book, My Dad Will Do (Wacky Bee Books).



Q: How often are you spending time with the children in your care and especially in a way they know they have 100 per cent of your attention?



Q: Think of one key way you can 'lift up' a child in the next month so they can discover new worlds to view.

"... And I can now see anything, new worlds to view.
What my Dad can, now I can too."

KEY FACTS:

- In the first 1,000 days, babies' brains form new connections at an astounding rate: up to 1,000 every single second – a pace never repeated again.
- One to three month old babies see things best when they are between 20-30 cm away. By three months, babies have a greater range of vision.
- Over 80% of your baby's brain is formed by the age of 3.
- Up to 75% of each meal goes to build your baby's brain.
- 15 minutes of play can spark thousands of brain connections in your baby's brain.

Source: unicef.org/early-moments



My Dad Will Do (Wacky Bee Books)



MARTIN THOMAS

Martin Thomas is director of External Engagement for *sat7uk.org* – a Christian television and digital media network across the Middle East and North Africa. He is also a children's author and founder of *LittleElephants.co.uk*, a new retail brand. He and his family live in Oxfordshire.
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Drugs – is it time to decriminalise?



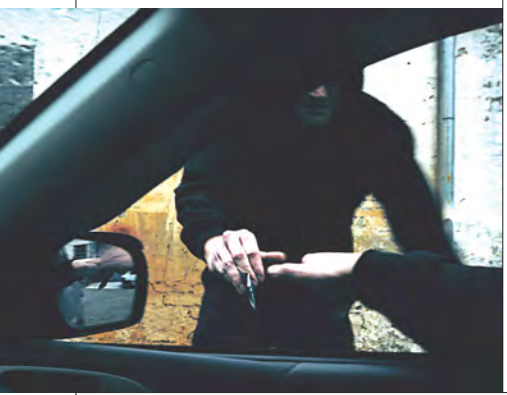
Recently I read an article which included a worrying statistic: around one in five (19.8 per cent) adults aged 16 to 24 had taken a drug in the last year. Being in that age bracket, I recall quantifying it by thinking that in an average university lecture, around 40 (if not more) of the 200 students would have taken illegal drugs.

Whatever my personal view, any decision to decriminalise drugs must be based on research, evidence and a comprehensive understanding of relevant matters. Notwithstanding the question of decriminalisation, drugs put pressure on our public services and ruin lives. A House of Commons report highlighted illegal drugs resulted in over 2,500 deaths in 2016 and cost our NHS around £500m a year. Now, the reason I include these figures is contextual; would decriminalisation actually result in a fall in the number of drug-related deaths and the costs to our health service?

> "WOULD DECRIMINALISATION ACTUALLY RESULT IN A FALL IN THE NUMBER OF DRUG-RELATED DEATHS AND THE COSTS TO OUR HEALTH SERVICE?"

So, the question on decriminalisation should be broken down; a number of advocates for decriminalisation would agree that certain drugs should remain illegal whilst others could have their illegal status lifted. But this of course must be evidence-based. And yes, making, say, cannabis legal would take dealers off the streets perhaps. However, those supporting the status quo would argue that making "less harmful" drugs legal would only serve as a gateway to other "more harmful" drugs.

It's a complex issue and 400 words is not going to solve this titanic question, but it is a "big issue" and something that should be on our radar. Whatever our views on drugs, we'll all likely know someone who takes or has taken drugs. Personally, weighing up the overwhelming evidence of the physical and physiological effects of drugs, it is not something we should allow onto our supermarket shelves. I would change my view if it were possible to remove the psychotic effects, such as in medical cannabis, where the recreational "high" is separated from the medical benefit. But that still is different from mainstream decriminalisation and not something that many drug takers themselves would likely support. A continued tough stance to drug dealing and a pragmatic approach to providing medical relief to patients by way of medical cannabis is an approach which should be taken forward. Times are certainly changing and what must remain in place is support for those choosing a life beyond drug addiction; any government must remain compassionate and proactive. S.

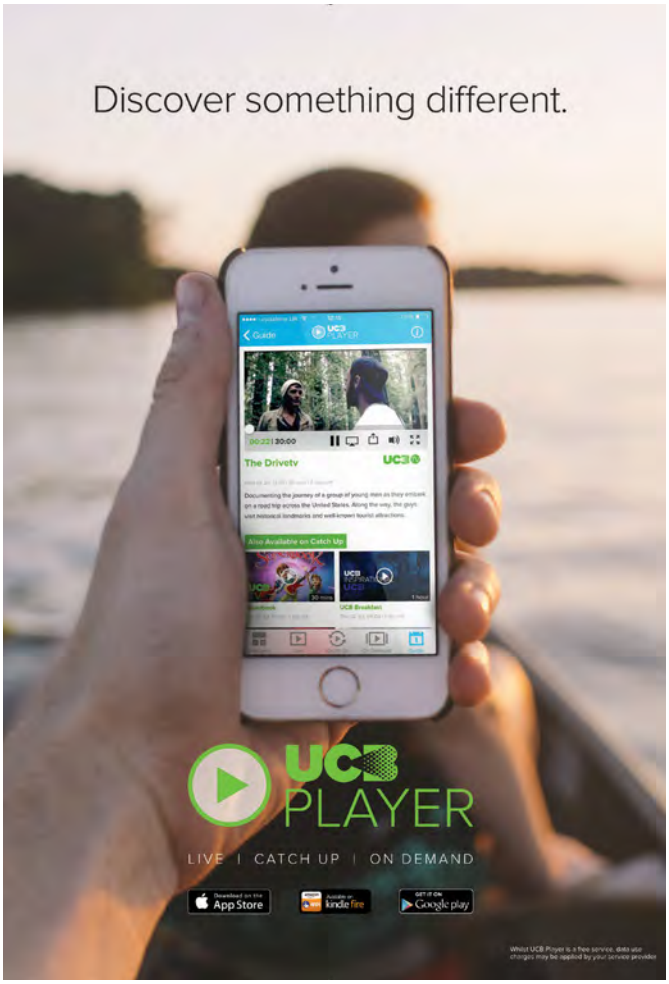




JOEL WILLIAMS

Joel Williams is a Conservative politician, born and raised in Cardiff. He is the Conservative candidate for Cardiff North in the 2021 Welsh Assembly Elections. Aside from politics, Joel is the proud owner of a Renault Twizzy and enjoys spending time with family and friends.

@JoelTory



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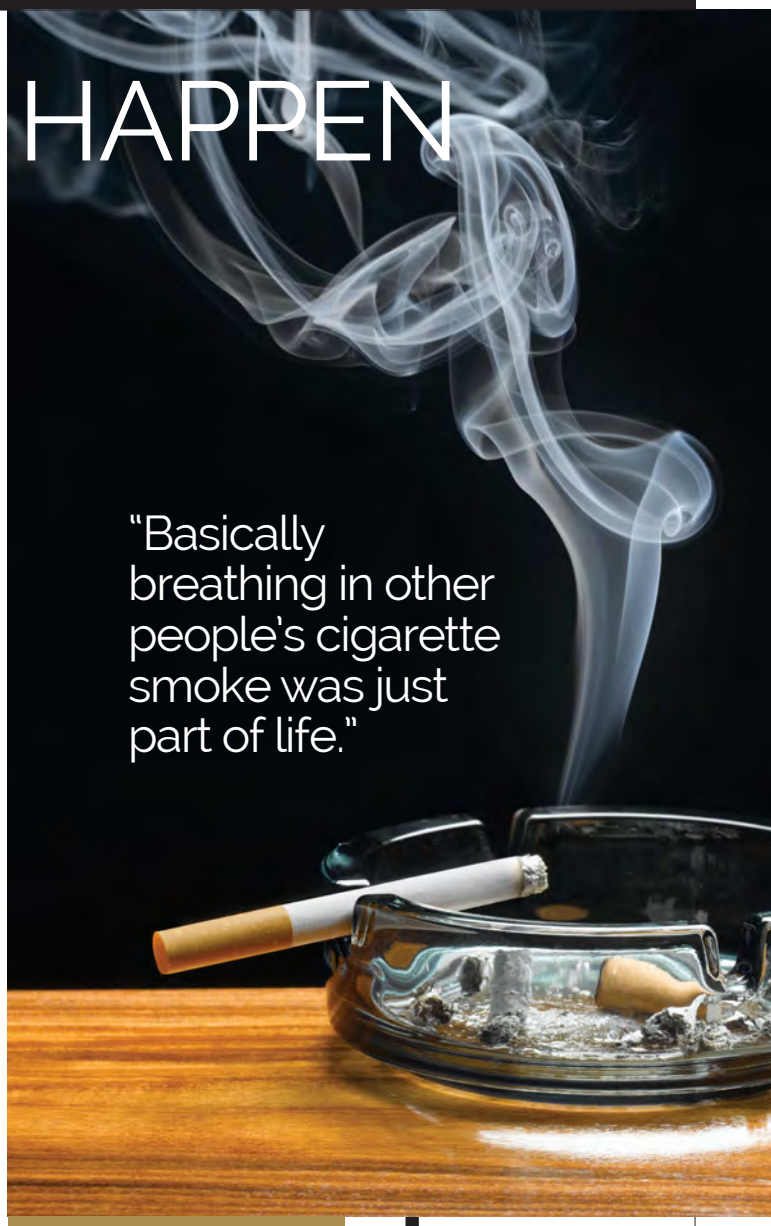
CHANGE *CAN* HAPPEN

Not so long ago, people could smoke anywhere. Aeroplanes, pubs, cafes, cinemas... There were some exceptions – you had to sit upstairs in a bus and in smoking compartments on trains, but basically breathing in other people's cigarette smoke was just part of life. It took years but gradually attitudes changed even though the tobacco industry fought against the public being told smoking was harmful and the government didn't want to lose the vast tax revenues. But little by little the tide turned. Advertising became illegal in 2005 and three years later smoking almost anywhere was banned. In 1974 nearly half the population smoked, now it's 17 per cent and falling. Hard work and determination can bring about radical change.

More recently, a government U-turn has reined in some of the excesses of the gambling industry. Nobody took CARE seriously when we first called for action on Fixed Odds Betting Terminals (FOBTs), dubbed "the crack cocaine of gambling". Our suggestion to reduce the maximum stake per spin from £100 to £2 was rejected. But we, along with others, persisted and in 2018 the government adopted this idea – it'll be enforced this month.

People are increasingly recognising the potential perils of gambling. Again, betting companies and treasury officials have been reluctant to admit it, but very serious damage is caused by problem gambling. Internet sites, sports sponsorship and over-the-top advertising has normalised betting, suggesting you can't really enjoy watching sport without it. But now we're seeing dramatic changes: two leading gambling companies will no longer commission any ads before the 9 p.m. watershed on any televised sporting events. I've already mentioned the turnaround on FOBTs, which previously generated almost £2bn a year for betting shops. Meanwhile, CARE has assisted Lord Browne with a one-stop scheme for problem gamblers to exclude themselves from all online betting sites. "They" said this couldn't be done but in 2018 this scheme also became law and already thousands are signing up to help themselves to overcome their addiction. There's a mighty change in public opinion and I say "Well done" to CARE's Public Policy team, and "Thank you, Lord".

The Bible teaches us not to give up on doing good. 1 Corinthians 15:58 says: *"My dear, dear friends, stand your ground. And don't hold back. Throw yourselves into the work of the Master, confident that nothing you do for him is a waste of time or effort"* (The Message). S.



"Gambling companies will no longer commission any ads before the 9 p.m. watershed."



1974
50%
smoked

2019
17%
smoke



LYNDON BOWRING

Lyndon Bowring was born in Wales and studied at London Bible College. He is an associate minister at Kensington Temple, and has been executive chairman of CARE for more than 25 years. His hobbies include watching rugby, exploring London's restaurants and developing friendships. He lives in London with his wife, Celia, and they have three children.

Getty Images / Dan Kitwood



Getty Images / Andrew Redington

"YES, I DID CRY; NO DOUBT LIKE MANY OTHERS AT THE PARK AND THOSE WATCHING LIVE ON THE TV TOO."

Honour those that Honour Others

On Friday 22 February I had the privilege of being with more than 10,000 others at Endcliffe Park to honour and commemorate the lives of ten very brave American airmen who lost their lives when their plane crashed in the park on 22 February 1944. There were people from Sheffield, around the UK and overseas, including family members of the airmen who died.

Since 1953, 82-year-old Tony Foulds has cleaned and maintained the memorial stone on a regular basis. Why? Because, aged eight with five of his friends, Tony saw the plane circling around the park trying to avoid the homes. Tony and his friends waved to the airmen as they thought they were waving at them when in reality they were trying to warn them and get the children to run away as the plane was about to crash. The plane crashed in the trees killing all ten airmen.

One morning TV presenter Dan Walker was walking his dog and bumped into Tony by chance while he was maintaining the memorial. Through discussion and meeting again, Dan heard about Tony's dedication, faithfully remembering the airmen and their actions that day. Through social media and media coverage, Dan and others arranged for Tony's wish for these men to be remembered for their great sacrifice by a fly-past to become a reality. The event took place on the 75th anniversary of the accident.

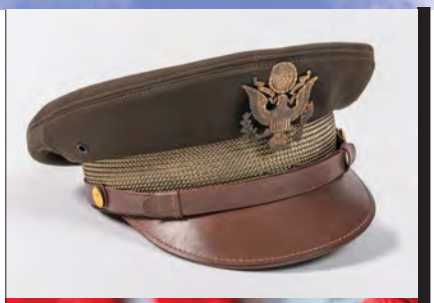
Tony said: "It's more than bravery – it saved me and my friends. You know it's more than brave when somebody kills themselves rather than strangers; they put us first."

To stand with thousands of others watching the various planes fly over the park and seeing on the big screen Tony waving to the planes was a magical moment that I will never forget. Yes, I did cry; no doubt like many others at the park and those watching live on the TV too. As each plane flew over our heads the crowd just began clapping and after the final one, the crowd gave a mighty three cheers for Tony. Seeing this man as well as the airmen being honoured was wonderful.

One of the family members said after the fly-past: "It's awesome. I think it's a memorial to the men, but it's as much for Tony as them, and the nobility of the human spirit."

"No person was ever honored for what he received. Honor has been the reward for what he gave." **Calvin Coolidge**

Tony had to wait 66 years for his wish; let's not leave it that long to honour those who need to be honoured. S.





10,000 honoured **10** very brave American airmen who lost their lives



BAZ GASCOYNE

Baz Gascoyne is married to Linda and they live and work in the city of Sheffield.



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71 GD McGrath

68 M Muralitharan
55 Wasim Akram
49 WPUJC Vaas
44 Z Khan

Top 5:
MOST RUNS SCORED IN CRICKET WORLD CUP





Top 5:
MOST CATCHES IN CRICKET WORLD CUP

- RT Ponting
- ST Jayasuriya
- Inzamam-ul-Haq
- BC Lara
- DPMD Jayawardene

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TRAVEL & TOURS

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4,180 BALLS



THE AVERAGE CRICKET TEAM

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61,350 BALLS



1 COACH



1,122,850 BALLS



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THE SANDBANKS FESTIVAL



Picture the scene; two days of fast-paced action as some of the world's top polo players battle it out against a backdrop of some of the finest coastline in Britain. Then when the sun starts to slide into the horizon, the gathered thousands party into the summer night to some of the finest DJs on the music scene.

Running for twelve years and still going strong, there is no stopping the enthusiasm of those who flock to the beautiful beaches of Sandbanks, Dorset. Held on the second weekend in July to join in with what has become known as "the Sandbanks weekend" in the sporting and social calendar of the south coast of England.

Curiosity brought people to watch high-quality beach polo at Sandbanks for the first few years but since then the parties, hospitality, fashion shows, international volleyball, and beach rugby and, for the last three years, the SandfestUK music festival have kept the audience guessing and wanting more.

Johnny Wheeler, the man behind Sandpolo explains. "We came up with the idea 13 years ago. Polo was confined, restricted really, by the field polo clubs, with little value to the spectator aspect of the sport." In its conventional form of field polo, the spectators are distanced from the action, the ball is hard to see, and for the casual or first-time spectator, it can seem confusing. So, Sandpolo was born, a spectacular, high-speed sport where the spectators are right on top of the action, where they can see up close the skill of the players and their ponies and the contact made between them. The arena is smaller and the extra-large orange ball is easier to see as it flies around at high velocity. It's no wonder that it has been compared to the high speed excitement of ice hockey. And the beautiful Sandbanks peninsula doesn't hurt. As Johnny says, "Where better than a blue flagged beach?" And the players that are attracted?



> "SANDPOLO WAS BORN, A SPECTACULAR, HIGH-SPEED SPORT WHERE THE SPECTATORS ARE RIGHT ON TOP OF THE ACTION."



There are less than two dozen of the top handicap players in the world.



POLO FACTS

- Polo is one of the world's oldest team sports
- Nicknamed 'The Sport of Kings' polo is popular across the world
- Each team competes to score by hitting an incredibly hard high-impact ballistic plastic ball with long wooden mallets. All while manoeuvring on horseback at high speed
- The passage of play is divided into periods known as chukkas
- Both horses and riders wear protective equipment to minimise the risk of injury

"THE EVENT IS INCREDIBLY POPULAR WITH PLAYERS AND SANDPOLO NEVER FAILS TO ATTRACT TOP PLAYERS."

Most of the top park polo players attend, although the sport is different, they attract all the arena polo specialists and most of the top players are attracted to the Sandbanks event. They haven't quite yet managed to attract a 10-goal handicap high goal polo player, but Chris Hyde, the best in the world, 10-goal arena player has played in past years. The event has four teams confirmed, but the players will be named a lot closer to the event. As Johnny explains, "players get injured and may be involved in high goal competitions, which affects their availability, and you might not know until a week before the event." Even so, the event is incredibly popular with players and Sandpolo never fails to attract top players.

The same can be said of the crowds. There are more spectators at Sandpolo than at any of the high goal competitions, places that are the bastions of polo; Cowdray Park, the Guards Polo Club, and Hurlingham, and that in turn is a huge factor to the quality players that attend. "Players like to play in front of a large crowd" as Johnny says.

A firm playing surface achieved by producing a heavily watered beach arena is surrounded by →

"WHEN THE CHUKKAS STOP THE MUSICAL TALENTS OF IDRIS ELBA, TINIE TEMPAH AND TREVOR NELSON ENSURE THE BEACH PARTIES STAY ENERGISED UNTIL THE EARLY HOURS OF THE MORNING."



Richard Budd Photography



Richard Budd Photography

Polo is one of the world's oldest team sports

elaborate marquees, staging, and grandstands above the high-water mark. This is the stage for the British Beach Polo Championships, otherwise known as Sandpolo which has become the "must go to" two-day event. With a ticketed capacity of 5,000 on-site, the polo can also be enjoyed by spectators along the beach from a raised sand platform and gives polo exposure to a wide variety of people and business platforms who may not have experienced it before.

The polo is played under the authority of governing body, the Hurlingham Polo Association, and is made up of four competitive medium goal teams of three players. Each team plays on both days with a further exhibition game on the Saturday. A charity race is also held between the two fastest ponies on each day. International teams are welcome and bring an interesting dimension, and over the years the event has welcomed Australian, South African, Argentinian, Irish and Welsh teams among others.

Generous corporate sponsorship from established brands such as Sunseeker, Barclays Wealth, Audi and Oakley has ensured the quality of the event remains high and guests are treated to the best level of service. And when the chukkas stop the musical talents of Idris Elba, Tinie Tempah and Trevor Nelson ensure the beach parties stay energised until the early hours of the morning. This year the outstanding Arts Club house band will perform on the Friday evening with Radio One DJ Nick Grimshaw hosting the polo closing party on the Saturday.

After the sport has finished on the Saturday, Sandfest begins. It attracts a unique audience of music and beach lovers on the Sunday from midday to 10 p.m. This year's line-up includes Chase and Status, Example, Yxng Bane and Hannah Wants. Sun-soaked 'Sandfesters' will feast on the best DJs and live performances and indulge in the exquisite beach food and bustling outside bars.

With continued support from the local authorities, the Sandbanks Festival will carry on adjusting to the ever-changing social dynamic while staying true to its mission of bringing a broad range of people together to enjoy being entertained on the spectacular Sandbanks beach. Why not come along for this year's weekender across 12-14 July? S.

For tickets and further information visit **sandbanksfestival.co.uk**

POLO FACTS

- Play is frenetic and, apart from breaks in the chukkas, is stopped only when one of the rules is infringed
- Although the mounts are known as ponies, they are in fact full-sized horses
- Training a polo pony typically starts at three years old and can last up to two years
- Players are handicapped and the team handicap is calculated by the sum of all the player's handicaps.
- Handicaps run from -2 up to 10 which is the best
- There are less than two dozen of the top handicap players in the world. Unsurprisingly, given the popularity of the sport in South America, they all come from Argentina.

FRIDAY 12TH & SATURDAY 13TH JULY

SANDPOLO

2019

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SPURS' MIDFIELD MAESTRO



Getty Images / Mike Hewitt



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There was a moment in Tottenham's Champions' League game against Dortmund when the ball was played towards Lucas Moura. He controlled the ball with his knee and volleyed it on the turn, shaving the post. He looked like, well, a Brazilian.

São Paulo

His first club was São Paulo, where he played 73 league games in three seasons. He was transferred to Paris Saint-Germain in 2012, where he played over 150 games for the club which has dominated French football, winning the league four times during Moura's stay.

Tottenham

He signed for Tottenham in the January 2018 transfer window but only started two games last season. This season he has established himself in the team starting most games. Throughout his career he has averaged a goal every four games and has kept up the sequence at Tottenham.

Brazil

He has played for Brazil 35 times including being part of the Brazil squad which won the 2013 Confederations Cup – Moura made two substitute appearances. However, he was not included in the squad for either the 2014 or 2018 World Cup. His last appearance for Brazil was a friendly against Saudi Arabia in October 2018.

What was life like growing up in Brazil as a young lad?

When I was 13-years-old I had to leave home and went to live in a training centre in São Paulo. I had a very good childhood that I have very fond memories of despite living in the middle of a difficult neighbourhood. There were many things that went on in our streets that were very wrong: drugs, crime, but I was able to enjoy being a kid so much and never got involved with anything like this. I often thank God and my parents for the education I had as well.

Who was your footballing role model?

I grew up seeing several players of great quality, I always say that my idol was Zinedine Zidane for the quality he had with the ball, he played with such elegance, he was a player I really liked to watch play. As well as Zidane, I also loved to watch the likes of Ronaldinho and Ronaldo when I was growing up. But I always wanted to develop my own style, use my main features and use my quality and God-given gifts. →

SÃO PAULO

Moura played **73** league games in **3** seasons



Getty Images / Clive Mason

Playing for Sao Paulo, your boyhood club, was that a dream come true for you?

Yes, but it was also a great dream to be able to transfer to Paris Saint-Germain and play in Europe with the prospect of playing Champions League football with great players. However, it was difficult to leave my home country, leave my family, leave my friends and I still think it's the hardest part of living away from Brazil. But all this is part of the life of the professional football player. The idea of playing in the Champions League and pursuing my goals in football was an opportunity I couldn't turn down. I have no doubt that the presence of God in my life has helped me through a lot and enabled me to endure all the difficulties that come my way.

What was life like in France?

Just to be able to live in Paris in one of the most visited cities in the world and to be able to learn another language and live in another culture was great. With all this around me, it was very important for me to try to make the most of this season in my life, to be able to learn more and more, grow more and more, as a person and as a player.

As one of the biggest footballing talents around, do you worry about the attention that surrounds you as a player?

I worry about the attention sometimes, especially with the attention mainly of the fans, I always try to treat them with much affection with a lot of attention because I receive a lot of affection on social networks and personally also when I go out on the streets when I'm in Brazil too. I am very grateful to all the fans that I have that are always sending positive messages, all this is part of the football, you must know how to deal with it. I've never had a problem with that. I do not get carried away with the compliments and I do not get shaken with criticism.

Who is the best player you've ever played against?

BRAZIL

Moura was in the squad **35** times

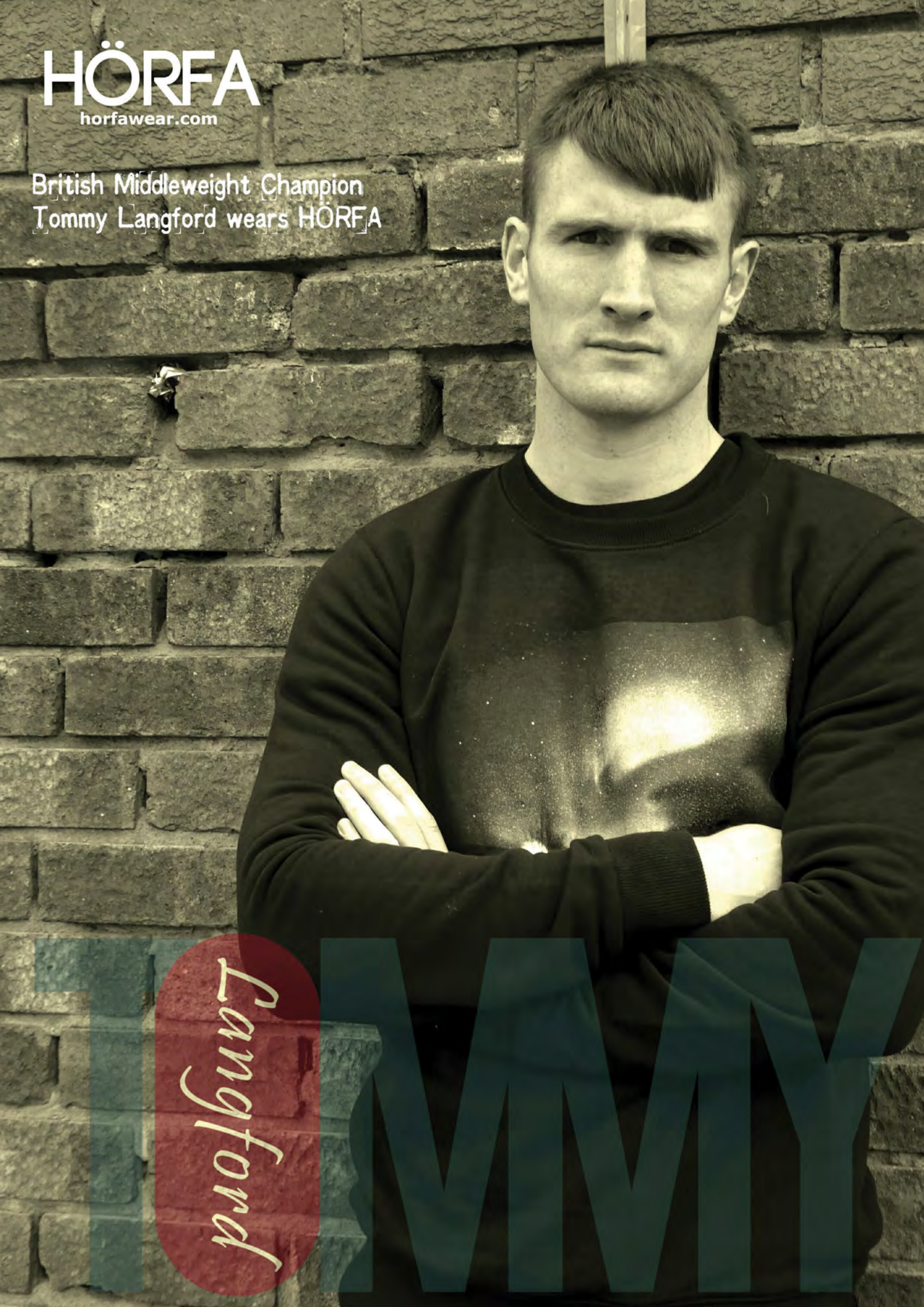
I've had the honour of playing against several big players in my career but if it was to choose one, is also a guy that I look up to and in my opinion, is the best player in the world, Lionel Mess. I was so impressed with the quality he has. It's one thing seeing him play on the TV, but it's something else when you are playing against him, facing him. The quality he has carrying the ball, with his touch so close to his foot and the way he dribbles in such short space is phenomenal. As well as his incredible talent, he is an awesome guy who I admire a lot.

How did you become a Christian?

After I arrived in France, I met people who came to work with me and in a very simple and wise way they were showing me the word of God, the Bible, showing me more about Jesus. Coinciding with this at the time, I began to have difficulties, I was homesick, I was missing Brazil and it got me thinking a lot. I began to get interested in what these people were saying to me and so I started to read the Bible and started to get the grasp God's love for me. From there on, it was very quick, and I began to understand the message and I fell in love with reading the Bible and I fell in love with the gospel of Christ, that was 2013.

I made my commitment to Christ in the same year that I had lots of worries about moving away from home and now I can safely say that all of my doubts that I had in relation to this, in relation to God and the Bible, to the world, the creation to all these things practically disappeared; I am a much safer person, I live at peace with myself and with my future. I know that God gives me a security, a comfort and this allows me to be happy. S.

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MATTY FOZARD

Every now and then something changes your life for the better. For Matty Fozard it was sitting on his sofa with a cup of tea! We spoke to the London Broncos hooker

It was your birthday the day we played Wigan Warriors. Did you think you'd be getting a game against the Champions for your birthday?

It wasn't bad, was it? Getting to run out against the Grand Finalists and World Club Challenge runners-up was a massive game for all of us. Not many of us here had ever faced a Wigan side before so it was a major event for us. We all knew how tough it would be but it was a lot of fun. We knew the bodies would be sore on the Monday after the game, but to play against one of the biggest names in our sport is huge and to get the win was even better.

You have been here now since about November so how are you enjoying London?

I love it. There is always something to do here in the capital and with the boys all living really near to each other we do a lot of things together. We go for a coffee, have a round of golf every now and then, but the city is fun. It's a bit expensive compared to Sheffield ... but I am enjoying every minute of my time down here.

So you were sat at home on the sofa watching that million-pound game knowing you had signed here. When the final whistle went, how did you feel?

I started screaming first! Then my mum and dad rang me, my agent

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rang me, Nan and Granddad rang me then all my mates started ringing me... it was so surreal. I texted Danny Ward just to say congratulations as I thought "this is too good to be true" and I wondered if I would still be playing for him. He texted straight back saying he was buzzing for me and that I was now a Super League player. I suddenly thought ... "I am playing Super League next season!" and since the start of the season I have started every game and I am loving every minute of it.

Since you have been in London, what is your restaurant, night out of choice? We noticed on your Instagram you were at the Shard.

Well, that was a one-time only thing and I can safely say that won't be happening again! It cost me an arm and a leg so I won't be going there again! We had a nice little meal at the Shard, to be fair, but I saw the bill and nearly fell out the window! I like Wasabi in Ealing, to be honest. The food is good, it fills me up, and it's



FAST FACTS

- Signed from Sheffield Eagles in pre-season
- Broncos Debut 3 February 3 2019 vs Wakefield Trinity
- Scored a try on his debut
- Born Widnes
- Trained St Helens Academy
- Welsh International with eight caps
- Played in the 2017 World Cup

reasonably priced so yes, Wasabi, and I also enjoy the food at Beehive too.

You are a long way from home, so how are you finding it, being away from the family?

Mum and Dad, Nan and Granddad and my brothers have been down for both home games now and will be at all my games this season. It's fantastic having them there, even our away games too, as they are obviously easier to get to, but they make the journey down here too, which is great. I have lived away from home now for four years and ... I actually prefer my own independence. I don't think I could cope with Mum and Dad nagging me about cleaning dishes etc., and now I have Greg Richards and Matty Gee to do all that for me!

I think with you being a Widnes lad we have to touch on what's gone on there.

Absolutely. It is very tough to see what's going there at the moment, especially having played my first game at the town team when I was nine or ten and then went onto the scholarship before I left for St Helens. It's tough as you have some big-name players who have come through the doors at Widnes and the history of the club speaks for itself. At one point they were the best team in the world and they should not be in this position. They have a fantastic ground and the most amazing fans. Whenever you play against them you know who you are playing, as the fans are always so loud and proud of their club. I really hope they come through all this as they are a big club, and the sport needs its big clubs. But I am glad things are getting better for them now and a solution has been found.

How have you found playing here in front of the London fans as a London player now?

It's been mega. The fans have been amazing and we are all delighted with the number of people who have been coming out and supporting us. We are getting good crowds here now and the away trips are a proper journey. But fair play to them, to make the trip up north every away game is huge and it is fantastic to see them there. Hearing the London chant is brilliant ... and I am getting used to the accent now. So I hope that the fans continue to get behind us as I know I can speak on behalf of all the boys when I say they make the difference, so I want to thank every one of them and hope we can make them proud. S.

LONDON BRONCOS

BETFRED SUPER LEAGUE

2019 FIXTURE LIST

JANUARY

20TH	SUNDAY	15:00	DONCASTER RLFC	V	LONDON BRONCOS	KEEPMOAT STADIUM (FRIENDLY)

FEBRUARY

3RD	SUNDAY	15:00	LONDON BRONCOS	V	WAKEFIELD TRINITY	TRAILFINDERS SC
10TH	SUNDAY	15:00	SALFORD RED DEVILS	V	LONDON BRONCOS	AJ BELL STADIUM
17TH	SUNDAY	15:00	HULL K.R.	V	LONDON BRONCOS	KCOM CRAVEN PARK
23RD	SATURDAY	17:00	LONDON BRONCOS	V	CASTLEFORD TIGERS	TRAILFINDERS SC

MARCH

3RD	SUNDAY	15:00	LONDON BRONCOS	V	WIGAN WARRIORS	TRAILFINDERS SC
8TH	FRIDAY	19:45	ST HELENS	V	LONDON BRONCOS	TOTALLY WICKED STADIUM
15TH	FRIDAY	19:45	LEEDS RHINOS	V	LONDON BRONCOS	EMERALD HEADINGLEY STADIUM
24TH	SUNDAY	15:00	LONDON BRONCOS	V	HULL FC	TRAILFINDERS SC
31ST	SUNDAY	15:00	LONDON BRONCOS	V	HUDDERSFIELD GIANTS	TRAILFINDERS SC

APRIL

5TH	FRIDAY	19:45	WARRINGTON WOLVES	V	LONDON BRONCOS	HALLIWELL JONES STADIUM
13TH	SATURDAY	TBC	CHALLENGE CUP 5TH ROUND			
18TH	THURSDAY	19:45	LONDON BRONCOS	V	CATALAN DRAGONS	TRAILFINDERS SC
22ND	MONDAY	15:00	HUDDERSFIELD GIANTS	V	LONDON BRONCOS	JOHN SMITHS STADIUM
27TH	SATURDAY	15:00	LONDON BRONCOS	V	SALFORD RED DEVILS	TRAILFINDERS SC

MAY

2ND	THURSDAY	19:45	WIGAN WARRIORS	V	LONDON BRONCOS	DW STADIUM
11TH	SATURDAY	TBC	CHALLENGE CUP 6TH ROUND			
18TH	SATURDAY	15:00	LONDON BRONCOS	V	WAKEFIELD TRINITY	TRAILFINDERS SC
26TH	SUNDAY	TBC	MAGIC WEEKEND			

JUNE

1ST	SATURDAY	TBC	CHALLENGE CUP 1/4 FINALS			
9TH	SUNDAY	15:00	LONDON BRONCOS	V	ST HELENS	TRAILFINDERS SC
15TH	SATURDAY	18:00	CATALAN DRAGONS	V	LONDON BRONCOS	STADE GILBERT BRUTUS
20TH	THURSDAY	19:45	LONDON BRONCOS	V	HULL K.R.	TRAILFINDERS SC
30TH	SUNDAY	15:30	CASTLEFORD TIGERS	V	LONDON BRONCOS	THE MEND-A-HOSE JUNGLE

JULY

6TH	SATURDAY	15:00	LONDON BRONCOS	V	WARRINGTON WOLVES	TRAILFINDERS SC
11TH	THURSDAY	19:45	HULL FC	V	LONDON BRONCOS	KCOM STADIUM
21ST	SUNDAY	15:00	LONDON BRONCOS	V	ST HELENS	TRAILFINDERS SC
27TH	SATURDAY	TBC	CHALLENGE CUP SEMI FINALS			

AUGUST

4TH	SUNDAY	15:00	LONDON BRONCOS	V	SALFORD RED DEVILS	TRAILFINDERS SC
10TH	SATURDAY	19:30	CASTLEFORD TIGERS	V	LONDON BRONCOS	THE MEND-A-HOSE JUNGLE
17TH	SATURDAY	18:00	CATALAN DRAGONS	V	LONDON BRONCOS	STADE GILBERT BRUTUS
24TH	SATURDAY	TBC	CHALLENGE CUP FINAL			

SEPTEMBER

1ST	SUNDAY	15:00	LONDON BRONCOS	V	LEEDS RHINOS	TRAILFINDERS SC
8TH	SUNDAY	15:00	HULL K.R.	V	LONDON BRONCOS	KCOM CRAVEN PARK
15TH	SUNDAY	15:00	WAKEFIELD TRINITY	V	LONDON BRONCOS	MOBILE ROCKET STADIUM

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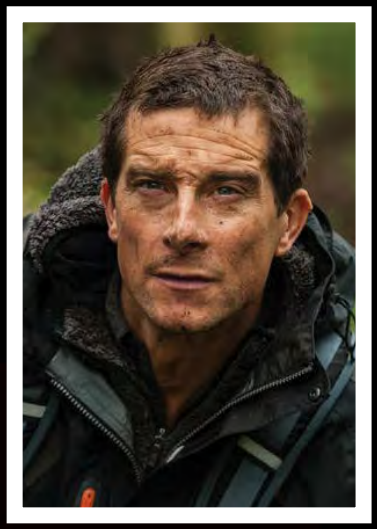
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RUNNING, TRAINING WITH INJURY



Getty Images

> "PAUL MERSON, THE ARSENAL AND ENGLAND FOOTBALLER, SAYING HE COULD COUNT ON THE FINGERS OF ONE HAND THE TIMES IN HIS CAREER HE PLAYED TRULY INJURY FREE."



The human body is the most remarkable work of creation. We are still only now understanding just how amazing it is. Yes, your body too.

One of its most amazing abilities it has is its ability to heal, but when that healing is not always possible, to cope with and adapt to the problem.

I have just watched a documentary on sporting greats, featuring Paula Radcliffe. Paula is still the holder of the woman's marathon world record and won multiple marathons in London, New York, etc. She never won an Olympic gold at the marathon, largely due to injuries at critical times in her training. She was forced to retire after the London Marathon in 2015 due to a recurring foot injury. This injury first occurred in 1994, when she considered giving up competitive running. She ran with pain throughout her career.

If you listen to virtually all top sportsmen, they will tell you that it is rare to ever compete or play injury free. I remember Paul Merson, the Arsenal and England footballer, saying he could count on the fingers of one hand the times in his career he played truly injury free.

How does this apply to us ordinary men? Hopefully in exactly the same way.

Don't be beaten by those niggling or not so niggling injuries and conditions. Get up and go again. We might need to adapt to our situation; however, don't stop.

I am still hearing from quite a few people "I have arthritis in the knee so can't run" or "I have a bad back so can't do this, that or the other". Turn these statements around. "Because I have arthritis in the knee I need to run", "Because my back is bad it is essential that I keep moving, stretching and exercising".

I honestly believe that many surgeries can be put off, if not avoided completely by exercising, stretching, keeping the body mobile, having sports massage and treatment. Many of us, myself included, are expecting doctors or medications to do our jobs for us.

If you are in this situation, obviously it's important to seek medical advice. However, also ask your self-questions too. Am I really doing all I can? Am I doing all the stretching and mobility? Am I getting out there and walking, running even through pain? Am I cross-training i.e. swimming, cycling and doing exercise that's much easier on my joints, in order to keep moving? Could I ask a personal trainer to do a programme based on my needs and requirements and any restrictions I have? S.

- So be encouraged.
- Ask the questions of yourself.
- Don't let that diagnosis bring fear but instead see it as another challenge.
- See it as an opportunity to get fitter and stronger and who knows, ever faster, like Paula Radcliffe did.



PHIL BAINES

Phil Baines is passionate about fitness and sport. He recently began a venture called Fit 4 The Challenge (f4tc.co.uk), which offers a range of physical challenges for diverse abilities. Phil organises each challenge and trains individuals and teams to complete them, either for charity or for personal achievement or both. Phil is married with two teenage sons.



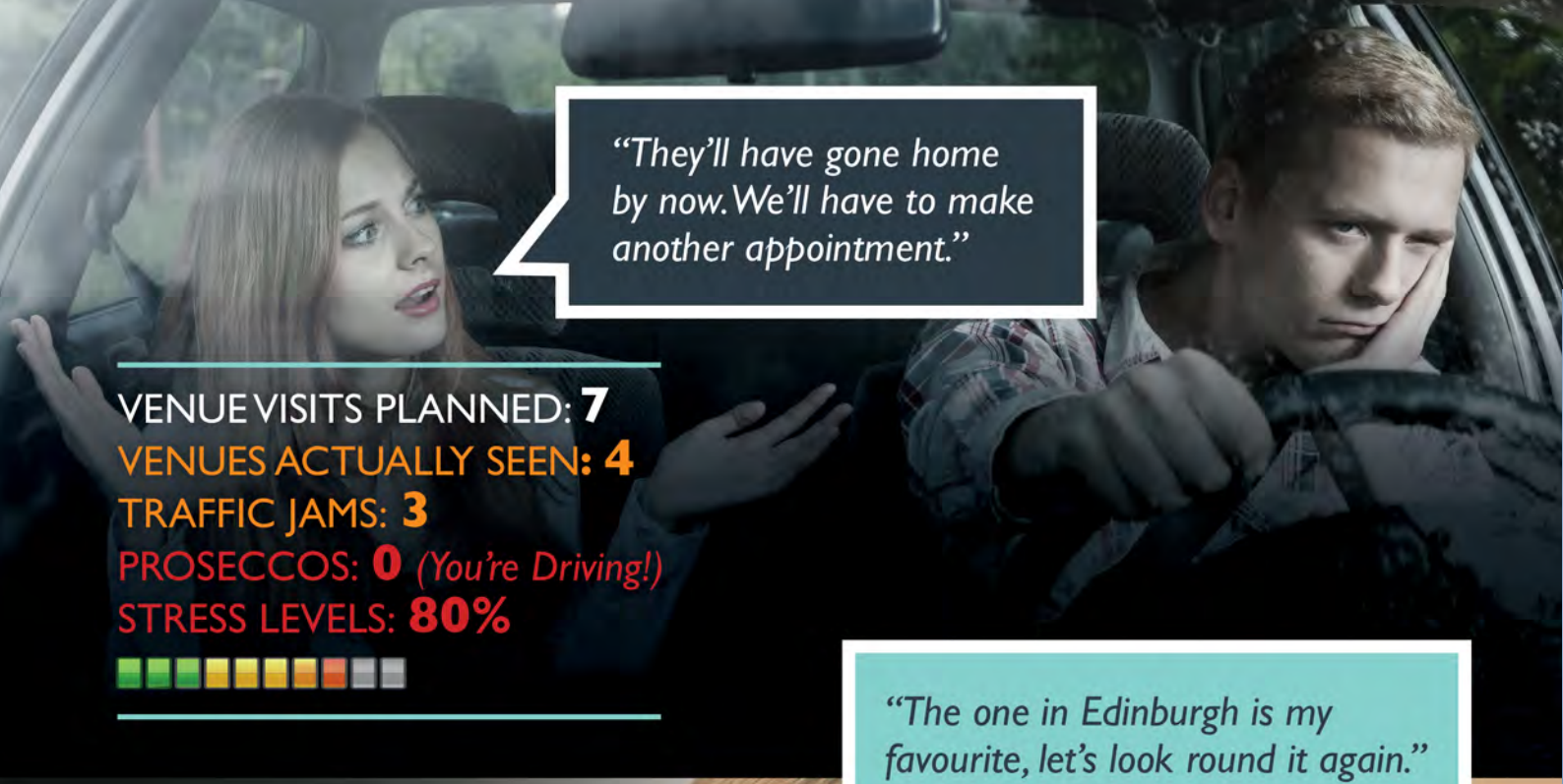
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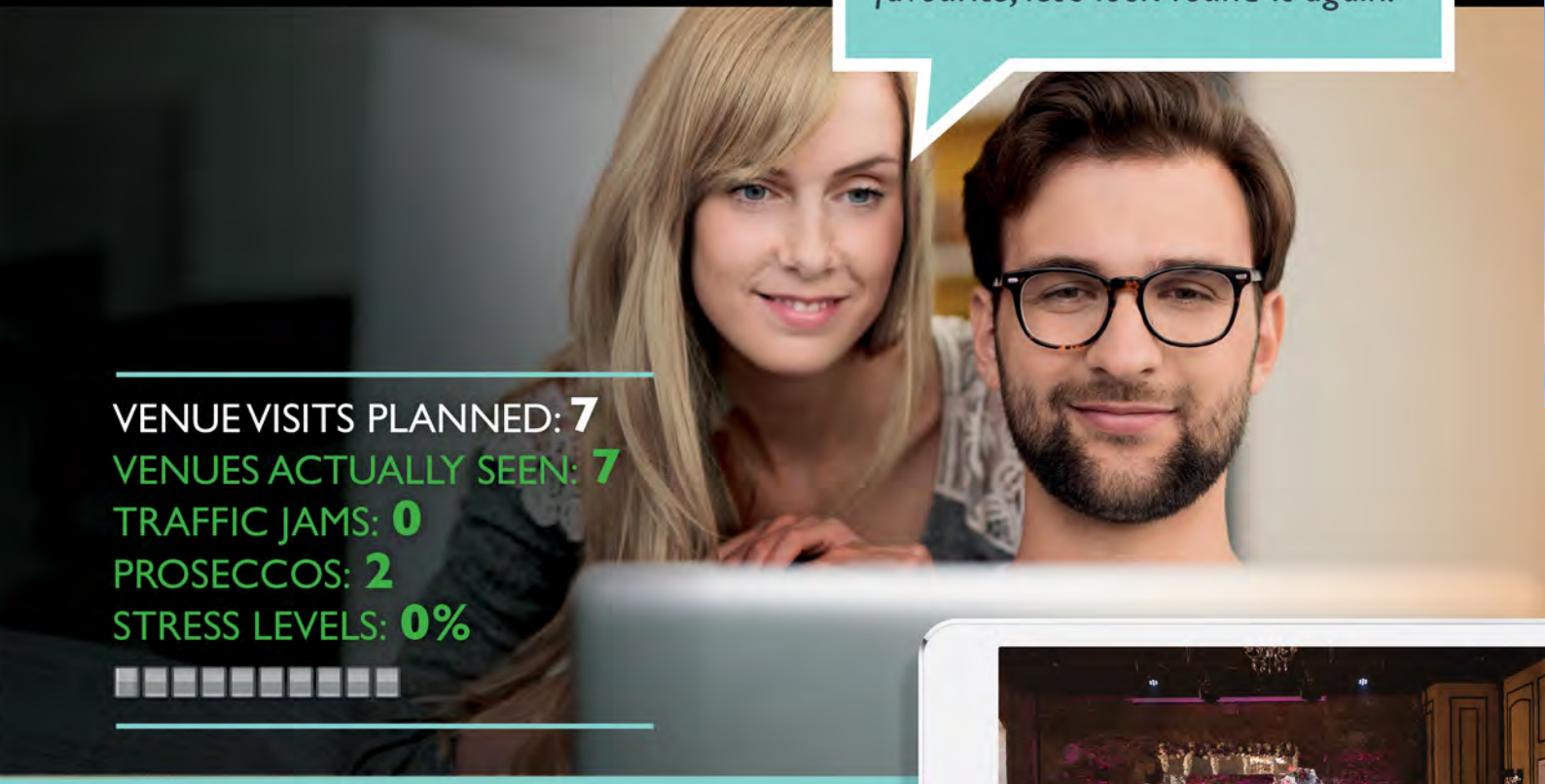
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Chapter Headings









I recently turned 40 – as I'm constantly reminded by the shelf of cards... plus one or two 4th birthday cards with a zero added in biro. At least I got a Spider-Man card and a badge.

The greetings card industry likes to divide our lives into certain landmarks: 18, 21, 40, 65, 100. Congratulations you've passed... Condolences someone else has passed... Happy New Engagement! Marry Well Soon.

But these are generalised landmarks. Surely, we're more complex than that? When friends ask: do I feel 40? I think: yes, but I've felt 40 for years. And when I was 21 – yes, I felt 40 then too. Age markers aren't my landmarks.

My life's chapter headings – those moments with a clear 'before' and 'after' – certainly include the biggies: the birth of our firstborn, or when I met my first wife (my only wife, I think she'd prefer me to call her). But there are other life-changing waypoints too. My first taste of coffee (soon after the birth of our firstborn – it turns out caffeine played a major part in that chapter of my life). My first sitcom writing credit. That medical conference where I finally met others like me with no bellybutton (long story short: we were all born with 'outie' bladders – the conference had a long queue for the toilets). And of course, my teenage decision to become a Christian.

"My first taste of coffee (soon after the birth of our firstborn)

My first sitcom writing credit.

That medical conference where I finally met others like me with no bellybutton."

In each case, life threw something at me. But in each case, it's whether I caught that thing and ran with it that mattered. Sometimes the world tells us things, but it's how we respond that makes those moments pivotal. Not every job change, not every new hot beverage has been memorable – but like the caffeine in my first taste of coffee, they're significant when there's a reaction deep down within me.

It's a long way of saying thanks greetings cards, but you don't get to write my chapter headings. Oh, I'm grateful for the friends who've sent those cards, absolutely. But over the hill? I was over the moon when I got married, overjoyed to become a Christian, and over the stratosphere when I first had that latte.

All that said, I wear my Spider-Man badge with pride. I might be 40, but deep down, I'm just four with a bit of biro after it. I'm just keen to hold that pen. S.



PAUL KERENSA

Paul Kerensa is an award-winning stand-up comic and author of the book *So a Comedian Walks Into a Church* (DLT). He co-won a British Comedy Award for writing on the BBC's *Miranda*, and the Royal Television Society (RTS) Award for *Not Going Out*, as well as working on other shows that history has thankfully forgotten.

paulkerensa.com

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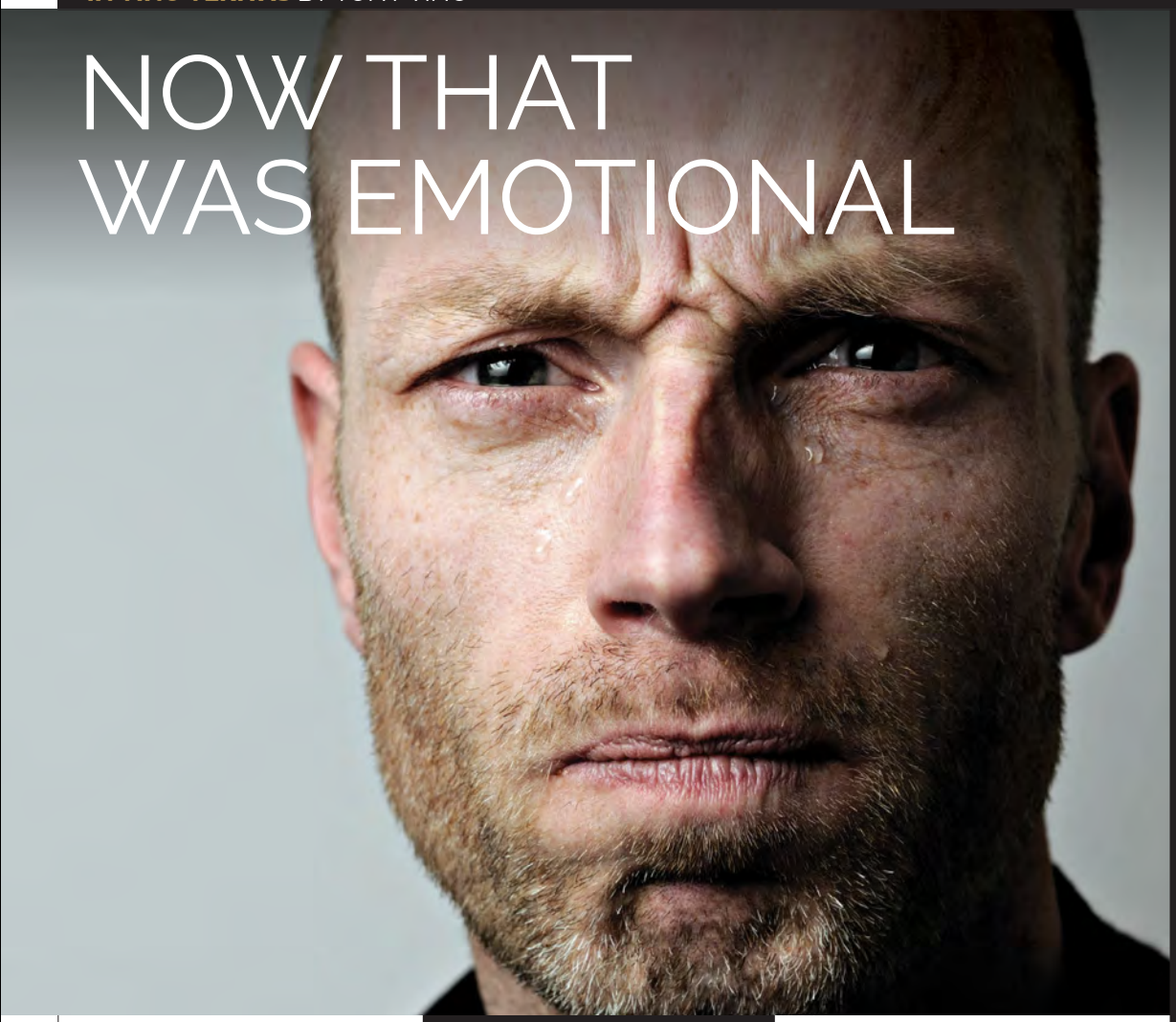
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NOW THAT WAS EMOTIONAL



SUICIDE IS THE SINGLE BIGGEST **KILLER OF MEN** AGED UNDER 45 IN THE UK.

MEN 3X MORE LIKELY TO TAKE THEIR OWN LIVES THAN WOMEN.

What do you feel right now? Stop for a moment, tune in. You are reading a magazine so you may be feeling relaxed, happy, curious. Or there may be a weighty feeling in your stomach due to feeling nervous or anxious. You may think you aren't feeling anything (which is impossible unless you are dead), so you may just be feeling numb. Or with all this talk of emotion you may be feeling annoyed, simply wanting me to get on with it. Well, that's fine too.

Language enables us to describe reality. For men, our emotional language is often limited. Yet there is nothing more real than what we are feeling, right here, right now. If someone asks me "How are you?", rather than engage with my actual feelings my eyes automatically look up and right as my mind computes a judgement on my current status as I come out with some bland statement like "Yeah, good thanks" #TypicalBloke.

Then I found myself on an intensive weekend course called "More To Life" which is designed to enable you to understand and process what you are feeling in any given moment as well as understanding the unconscious drivers behind those strong emotions. Sounds intense? *It freakin' was!*

> "I CAN'T FULLY REMEMBER WHAT I SHARED, I THINK IT WAS MAINLY TEARS AND SNOT."

So there I am, sat in a function room at the Holiday Inn Kensington with 40 other participants. The trainer, Sophie Sabbage, a bestselling author and emotional ninja, opens up a group share time in which people recall seminal moments in their life. It's my turn to speak. I've been a professional comedian for more than 13 years, public speaking is what I do. I'm gonna smash this by mixing eloquence and humour to relate an incident in a hospital with my baby boy eight years ago. While relating the incident, Sophie stops me in my tracks and gets me out of my head, into my body, to actually feel and experience what I did eight years ago. Boom, in front of 40 strangers I'm blubbering like a beached whale. I was totally blindsided. My whole career is premised on being poised and controlled when in front of a microphone. Yet I was almost unable to speak. I can't fully remember what I shared, I think it was mainly tears and snot.

That weekend there were plenty other Lifeshocks (i.e. unexpected moments which stir us deeply) but ever since I have felt more fully alive. It was a crash course in emotional mastery – indeed, my flailing around trying to master my own emotions was a car crash, of course. It was stretching and discomforting. But every so often we need knocking out of our seat in order to take a stand not just for ourselves but for all men. *Suicide* is the single *biggest killer of men* aged under 45 in the UK with men three times more likely to take their own lives than women*; something has got to be done to breach this dam of uncommunicated pain. As men we are so used to "putting on a brave face" yet it's not brave, it's automatic conditioning. So next time someone asks, "How are you?", really tell them. S.

NB: The More To Life weekend is running in Manchester this May and in London this October (see moretolife.org). I'd recommend it to every man.

*stats from www.samaritans.org



TONY VINO

Tony Vino is a professional comedian who straddles the world of comedy clubs, festivals and churches.

tonyvino.co.uk

@tonyvino

YEAH, I KNOW



Will Harvey

Have you ever been misunderstood? You've said something, put something out there on the socials, had a go at raising your voice and sharing something of you, but you've been misunderstood? A moment when you found the courage to share something, to throw out an idea or a sentiment, or maybe to share an idea original to you, but you were character-assassinated and taken down?

Have you felt that?

Maybe you've discovered a lie about you that's gone arounds your mates, family, or at work. Social media warriors have latched onto the lie and taken it out into the Cloud and back again, but it was a lie, not even a shred of truth.

Have you felt that?

How about a great mate who you've trusted with something you love, a precious secret or item that means so much to you. Then you discover the depth of their betrayal, the thing you loved so much just thrown away, discarded or mistreated.

Have you felt that?

Have you been in town or on the bus and without warning, without reason or logic, you get a slap or a kick from someone focused on doing you some physical harm? It stings your logic processors as you try to quickly work out: what is going on, how should I react and who even is this?

Have you felt that?

> "With the rise of social media and our inability at times to unplug from its tentacles, you've known the mocking voice of gossip."

Perhaps now with the rise of social media and our inability at times to unplug from its tentacles, you've known the mocking voice of gossip. You know people are talking about you and sharing their rage, or there is just plain maliciousness vented at you.

Have you felt that?

I had the same reflection before when experiencing some of these things and other issues, and I heard a voice reply to my inner questioning. That voice was Jesus' saying this:

Yeah. I know.

He knows the crushing weight of being misunderstood and the bitterness of lies being told about him. He knows the moments when friends have failed him and left him at his most crucial times in life. He knows physical pain from assault and attack, crushing injustice. He knows the hurt from gossip, people's agendas of hate and envy. He knows.

Jesus isn't a statue or lifeless effigy in your nan's house. He is alive and lived the same life we are living now. He understands and knows the reality. HE HAS OVERCOME IT. You can trust him. S.



NATHAN BLACKABY

Nathan is married to Jennie and they have three children. Nathan loves skipping, boxing, riding motorbikes, and his dog. He has lived in Brazil working with Teen Challenge and enjoys trying to keep his Portuguese going. In his free time he can be found sitting around a fire and eating.

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