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# Exousia Trust Newsletter Spring 2023

To pojali@tiscali.co.uk

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# Keep The Faith

The Newsletter of Exousia Trust



## Spring 2023

***Dear Friends***

Warmest greetings and welcome to this edition of news about the various aspects of ministry that we are involved in. Many thanks for continuing to be there, interested and supportive of these activities. It means a great deal and continues to be vital in all that we endeavour to do and be.

After having to adapt and be somewhat nomadic as a church community during the various lockdowns, which saw us, (Zac's Place), use the beach, the canopy cover of the library and the expansive indoor space of St. Mary's in the city centre, it is good to be able to write that our regular Tribal Gathering is very

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much back at Zac's Place every Tuesday evening, meeting once again in the lounge, and has been for quite a while now.

Currently on a Tuesday evening, we are exploring together, Paul's letter to the church community in Philippi. Back in the summer of 2020, I took up the invite to speak at the online service for Parklands Church in Swansea, and was given the topic of the second half of Philippians chapter 2 to teach on. I have recently revisited that sermon, (see YouTube link below), as I prepared for the present series at Zac's Place.

As part of my introduction, I reflected at the time how Paul was writing from his own lockdown experience, of incarceration facing an uncertain future. This was the man who had been so mobile and free to roam for so long on his mission trips. He could respond to which ever way the wind of the Holy Spirit would blow and had the capacity to take care of himself without wanting to be a burden on those he was ministering too.

Now jailed, as he wrote this letter, that freedom had gone. He needed to rely on the support of friends around and those who travelled in. Whilst he was very matter of fact about whether he lived or died, he must have had to dig deep as he wrote with so much joy to a community of friends that had been so supportive in Philippi, but also facing their own struggles.

In the summer of 2020 when I presented that teaching, I could not have guessed how much my own life would change in the next couple of years. Now, nearly three years on, I find myself studying the same passage and discover a resonance which wasn't there before. As I have come to terms with my Parkinson's diagnosis and make necessary adjustments, my circumstances are definitely changing. Whilst I may not be faced with the incarceration that Paul experienced, I do feel like my wings have been clipped, as my energy and function is not what it was. But also, like Paul, I am learning all the time how to adapt, and importantly to see how my changing circumstances might continue to serve as opportunities in service of the Lord.

So, I hope therefore, as you read these news snippets you share something of the encouragement I, and those around us feel, 'despite everything'. Very rarely does any of us feel like we actually function at optimum capacity for very long at

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all, and if we waited until we did before we stepped out in faith and service, perhaps we never would. Paul didn't allow his changing circumstances steel away his passion and zeal for what the Lord had called him to do, and he found new ways of serving the emerging church communities. Some of these ways was in the letters he sent out, which of course the church has benefitted from in a colossal way - way beyond what he'll have imagined at the time.

I have always taken great encouragement from my father in sticking to the task of what the Lord had called him to as an Evangelist. Dad's earthly journey came to an end in January, after a long goodbye due to multiple cancers. As a family as we reflected on his life and sixty years of ministry, over fifty of which concentrated in prisons, I described him as a 'methodical metronome of grace'. Learning to keep going, remaining unflappable, when everything around is uncertain is a learned gift in the toughest of environments. I'm grateful for biblical examples, and physical ones alongside me who have served so well. I am also acutely aware that many of the folks we support and serve amid at Zac's Place have to really dig in to get through each day. It is in this community of the walking wounded that I see people continue to live out a very real, if sometimes very raw, life of faith in Christ. So I hope you'll see these threads of encouragement in this newsletter, the buds and signs of life poking through the earth this spring time.

In this newsletter, you'll read about an addition to our staff team at Zac's Place venue and how important this is to us maintaining the essential food provision. There's also my visit to Ukraine last October, and then onto Australia and New Zealand. We'll include a few links to things to listen to and watch and bring some feedback from the road too.

In deep appreciation on behalf of us all, and may God bless and encourage you and your loved ones.

***Sean Stillman***

**Sean's Philippians 2 Message, 19.7.2020, at Parklands Church**



**Some of our crew at Zac's Place receiving a visit from the Mayor & Mayoress of Swansea during our food provision service.**

This year Zac's Place is one of two Lord Mayor's charities that he is highlighting and supporting.

*(Back Row L-R)*

Gillian, Stuart (Facilities Manager), Steve

*(Front Row L-R)*

Bryan, Liz, Chris & Mike Day (Mayor of Swansea), Stuart, Claire (Kitchen Manager)

*November 2022*

**New Staff**

We are also really pleased to report that Claire Thomas has now joined us, on staff part time, as our Kitchen Manager starting last December. Claire, pictured above, has volunteered with us for a number of years and has a long history of hospitality and catering experience. She is bringing lots of new ideas, improved practice and also proving that healthy food really does taste great. We want our guests to experience good food and the kitchen to be run well. Taking on a kitchen manager enables us to maintain that, but is obviously a big step for us, but one we believe is important.

**VENUE - SUPPORTING THE COMMUNITY**

We continue to provide essential free hot meal provision serving in the region of 90 people each Thursday and Friday, (in partnership with other groups in the city looking after different days). Most of our guests are either street homeless, housed but without cooking facilities, in emergency B&B or in food poverty. We have been grateful to Swansea Council for some occasional small grants from their food poverty fund to assist with this provision.

Our venue also continues to be used by the local Rough Sleepers Intervention Team and others such as the NHS nursing outreach team and mental health team.

***Focus Point:*** *We continue to need additional regular and cover volunteers for the Thursday & Friday food provision*



A video updated filmed by Parklands Church in Swansea last December for their members to learn about our story.

<https://youtu.be/vhPmrysV5bM>



### **UKRAINE, OCTOBER 2022**

As many of you will know, we have maintained a long relationship with a community of people in Ukraine for many years. Since Sean's first visit there in 2006, a thriving chapter of God's Squad has also developed. Sean was able to make a pastoral visit to the community there in Kyiv & Lviv, at their request, to sit alongside them, listen to their stories, lament with them and share precious moments of fellowship, teaching and prayer, amid the backdrop of the tragedy that they are living in. Sean writes:

Space here doesn't permit a full explanation of this visit, but it would be fair to say, it's as difficult out there as you think it probably could be - and I didn't see the worst of things by a long way. I spent my time with people I love, some I know incredibly well and all of them were living with the reality of separation from loved ones, uncertainty about the future for them, their children, and their communities. Some are serving on the frontline as soldiers, pastors and medics, some are professionals, some are volunteers. Others work flat out in humanitarian work, some hold down their regular work if it is still available, (teachers, mechanics, doctors, builders ...), until the call up comes. Some aspects of life attempt to go as normal in some places, almost as an act of defiance to those who would crush them, but this can be a strange tension for those returning from the front line to rest with a ringing in their ears and a bloodied stench in their nostrils. The psychological rebuilding will take as long as any physical rebuild of Ukraine when the day comes.

Some feel bad that their faith is being tested and they're not sure whether they can hang on - but they manage, day by day. Just. None however, escape the tyranny of what is happening. But faith is not dead. Faith is fragile, bodies are tired, but for those I spent my time with, God remains present in their trenches, their cellars, their homes and their lives. It is a truly humbling experience. Ukraine has always, without fail, enriched me far more than I have ever felt I have them.

Many onlookers do not realise the present struggle has been going on since 2014. It is also since this time some of those we know have engaged in frontline chaplaincy and medical support as volunteers. My visits there at that time in 2014 and 2015 saw evidence of this then.

### **BAPTISMS & VINES**

Amid all the pain and the great tragedy there are sign's of life. In my friends' Bogdan and Anya's garden grow some grape vines. They taste so sweet too, and it was under the shadows of these vines that a couple of people were baptised in a steel trailer during my visit. One was a young man from Bucha, a community that had experienced horrific destruction in the early weeks of the invasion. Despite losing so much, some would say everything, there were reasons to sing a song of hope alongside the songs of lament together.

*Whilst there, Sean was able to bring some bible teaching, pastoral support and lead prayers for a volunteer medical team returning to frontline service. The images above and below show some of the God's Squad community and friends gathered for his visit, baptismal declarations of faith, sunrise commissioning prayers for the volunteer medics and the ruins of the God's Squad HQ just west of Kyiv which was destroyed in the first days of the invasion.*

# EXOUSIA TRUST

## Statement of Financial Activities

For the year ended 5th April 2023

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total This Year</u>	<u>Total Last Year</u>	
<b><u>INCOME</u></b>					
Zacs Place donations received	5,014	-	5,014	7,519	
Grants Received	-	4,120	4,120	8,782	
Insurance Claims	-	-	-	-	
Regular Donations received	45,045	-	45,045	55,975	
Casual Donations	8,942	-	8,942	15,712	
Royalty Income	830	-	830	360	
Hire of Building	-	-	-	-	
Rough Edges Project	16,559	-	16,559	21,530	
Bank Interest Received	-	-	-	-	
Tax Rebate from Gift Aid	4,115	-	4,115	4,042	
<b>TOTAL INCOME</b>	<b>80,505</b>	<b>4,120</b>	<b>84,625</b>	<b>113,920</b>	
<b><u>EXPENDITURE</u></b>					
Rough Edges Project Direct Costs	9,250	-	9,250	8,898	
Grants/Gifts made in furtherance of objectives	2,429	2,768	5,196	13,267	
Costs of Operating the Charity <i>Note 8</i>	73,021	-	73,021	75,951	
Running costs of George Street property	6,950	-	6,950	19,381	
Depreciation Charge	2,390	645	3,035	3,145	
<b>TOTAL EXPENDITURE</b>	<b>94,040</b>	<b>3,412</b>	<b>97,452</b>	<b>120,641</b>	119,641
<b>NET INCOME (EXPENDITURE)</b>	<b>(13,535)</b>	<b>708</b>	<b>(12,827)</b>	<b>(6,722)</b>	
Transfers Between Funds	-	-	-	-	
<b>NET INCOME (EXPENDITURE) After Transfers</b>	<b>(13,535)</b>	<b>708</b>	<b>(12,827)</b>	<b>(6,722)</b>	
Gains/Losses on Fixed Assets	-	-	-	(1,000)	
<b>NET MOVEMENT IN FUNDS</b>	<b>(13,535)</b>	<b>708</b>	<b>(12,827)</b>	<b>(7,722)</b>	
Total Funds Brought Forward	224,619	35,267	259,886	267,608	
Total Funds Carried Forward	211,084	35,975	247,059	259,886	

# EXOUSIA TRUST

## Balance Sheet

As at 5th April 2023

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total This Year</u>	<u>Total last Year</u>
<b><u>Fixed Assets -Tangible</u></b>				
George Street Property	46,735	28,265	75,000	75,000
Fixtures & Equipment	1,832	1,236	3,068	4,902
Motor Vehicles	7,088	0	7,088	8,288
	<u>55,655</u>	<u>29,501</u>	<u>85,155</u>	<u>88,190</u>
<b><u>Current Assets</u></b>				
Debtors - Gift Aid	8,180	0	8,180	4,065
Bank Main A/c & Cash	10,680	6,120	16,800	28,405
Bank Zacs Place A/c	121,927	0	121,927	121,480
Bank Rough Edges A/c	13,668	0	13,668	19,053
Gateway Support A/c	0	355	355	1,002
Media Bank Account	1,453		1,453	1,217
	<u>155,908</u>	<u>6,475</u>	<u>162,383</u>	<u>175,221</u>
<b><u>Current Liabilities</u></b>				
Creditors & Accruals	33	0	33	2,583
PAYE Creditor	254	0	254	645
Pension Control	192	0	192	297
	<u>479</u>	<u>0</u>	<u>479</u>	<u>3,525</u>
Net Current Assets	<u>155,429</u>	<u>6,475</u>	<u>161,903</u>	<u>171,696</u>
Total Assets less Current Liabilities	<u>211,083</u>	<u>35,976</u>	<u>247,059</u>	<u>259,886</u>
Total Net Assets	<u><b>211,084</b></u>	<u><b>35,975</b></u>	<u><b>247,059</b></u>	<u><b>259,886</b></u>
<b><u>Fund Balances</u></b>				
Accumulated Fund B/f	224,619	35,267	259,886	267,608
Net movement of funds	-13,535	708	-12,827	-7,722
Accumulated Fund c/f	<u><b>211,084</b></u>	<u><b>35,975</b></u>	<u><b>247,059</b></u>	<u><b>259,886</b></u>

Signed by.....

**Trustee**

Print Name.....

Dated.....

# EXOUSIA TRUST

## Notes to the Accounts

1. These accounts have been prepared in accordance with the the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)

2. There is no change to the valuation rules and methods of accounting since last year. Accounts are prepared on an accruals basis.

3. No changes have been made to the accounts of previous years

4. Amount paid for independent examination is £650

5. **Tangible Fixed Assets** - The Bikes (motor vehicles) and George Street (property) are not depreciated annually as the value is being maintained and are revalued as appropriate. The equipment and the other vehicle are depreciated at 25% per annum on a straight line basis, as detailed in note 6.

### 6. Depreciation Calculation:

	<b>Fixtures &amp; Equipment</b>	<b>Property</b>	<b>Motor</b>	<b>Total</b>
Cost at 6.4.22	24292	75000	10050	109342
additions	0	0	0	0
disposals	0	0	0	0
Cost at 5.4.23	<u>24292</u>	<u>75000</u>	<u>10050</u>	<u>109342</u>
Accumulated Depreciation 6.4.22	19390	0	1763	21153
Charge this year	1835	0	1200	3035
Released on disposal	0	0	0	0
Accumulated Depreciation 5.4.23	<u>21224</u>	<u>0</u>	<u>2963</u>	<u>24187</u>
<b>Net Book Value 5.4.23</b>	<b>3068</b>	<b>75000</b>	<b>7087</b>	<b>85155</b>

The property is split between restricted for one off specific purchase donations and general for all other elements  
The value of Equipment purchased from restricted funds is shown at Net Book Value in the Balance Sheet

### 7. Restricted Funds: Are broken down as follows:

	<b>Opening Balance</b>	<b>Incoming Resources</b>	<b>Resources Expended</b>	<b>Transfers between funds</b>	<b>Closing Balance</b>
George Street	28265	0	0	0	28265
Food Poverty fund	7002	4120	3412	0	7710
	<u>35267</u>	<u>4120</u>	<u>3412</u>	<u>0</u>	<u>35975</u>

	<b>Fixed Assets</b>		<b>Bank &amp; Cash</b>	<b>Liabilities</b>	<b>Total</b>
Balances of Funds Held:					
George Street	28265	0	0	0	28265
Food Poverty fund	1236	6475	0	0	7710
	<u>29501</u>	<u>6475</u>	<u>0</u>	<u>0</u>	<u>35975</u>

### Fund Descriptions:

George Street - Restricted to the building Fund of the George Street Property

Food Poverty Fund - Funds received to provide emergency food and shelter for those in need, funded by City & County of Swansea's food poverty & household support funds.

# EXOUSIA TRUST

## 8. Analysis of Expenditure

<b>Costs of Operating the Charity</b>	<b>This Year</b>	<b>Last Year</b>	<b>movement</b>
Purchases for resale	132	0	132
Salary & pension	45628	45417	212
Bank Charges	5	44	(39)
Motor & Travel Expenses	7267	3038	4228
Storage	0	1325	(1325)
Repairs & Maintenance	369	5605	(5236)
Stationery, Postage & Advertising	324	554	(230)
Small tools, Equipment, uniform	749	776	(26)
Telephone & Internet	1455	1308	146
Sundries	13142	13123	19
Vehicle Hire	216	216	0
Events & shop costs	0	0	0
Books & Training	79	136	(57)
Subscriptions	0	0	0
Insurance	2735	2377	358
Professional Fees	0	0	0
Accounting & Book keeping Fees	920	2032	(1112)
Uniform	0	0	0
Refreshments Purchased	0	0	0
	<b>73021</b>	<b>75951</b>	

**Independent Examiner's Report to the Trustees of Exousia Trust (1002581)**

I report on the accounts of the Trust for the year ended 5<sup>th</sup> April 2023, which are set out on the following pages.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 144) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the Charities Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act);
- to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.


**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (1) Which gives me reasonable cause to believe that in any material respect the requirements
  - a. to keep accounting records in accordance with section 130 of the Charities Act; and
  - b. to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

- (2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed.....  ..... Nicola Jayne Lewis

Date... 14<sup>th</sup> January 2024.....

