



JUNE IN CHRIST CHURCH

WORTHING
BN11 1QY

*Registered Charity no: 1152846
Parochial Church Council
of Worthing, Christ Church*

Visit our webpage:

www.christchurchworthing.org.uk

Volume 3 Issue 6 - JUNE 2019

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Worship in June at Christ Church

The details of preachers and celebrants may change over this month

2nd 10.30am Holy Communion with The Revd Alex Grubb
and Canon Muriel Pargeter

6pm BCP Evensong with The Revd Roger Walker

9th 10.30am Holy Communion for Pentecost
with Canon Muriel Pargeter and The Revd Alex Grubb

13th 10.30am BCP Holy Communion
with The Revd George Butterworth

16th 10.30am Holy Communion with The Revd Alex Grubb
and The Revd Roger Walker

6pm BCP Evensong with The Revd Roger Walker

23rd 10.30am Morning Prayer with The Revd George Butterworth

27th 10.30am BCP Holy Communion
with The Revd George Butterworth

30th 10.30am Holy Communion with The Venerable Luke Irvine-Capel

Come and join in with our regular events
in Christ Church

Tuesdays 10.30 am to 12 noon:
Open church with refreshments



Wednesdays 10.30 am to 12 noon,
Open church with refreshments - donations accepted in aid of missions. Hand-made greetings cards for sale.

Thursdays 2.30 pm – 4.30 pm: come and enjoy a chat over a cuppa – if you are so inclined, why not join in the “Knit & Natter” group, bring your knitting, crochet or crafts or... simply come and enjoy fellowship with friends!



Every 2nd Thursday – Councillor Hazel Thorpe is also available to listen and give advice

Every Third Thursday at 2.30pm

The Rainbow Poetry Group meets in the church



Coffee on the 2nd and 4th Saturday of each
month

10.30 am to noon

Dates for your diary!

Concerts etc.....

Tuesday 11th June 12.30pm – 1.30pm

Our own organist, **John Collins** will give an Organ recital

Saturday 13th July @ 5pm

Free Family Film Night! Jacket potato and dessert £5

Tuesday 24th September 12.30pm – 1.30pm -

We welcome “**Four in a Bar**” - a barber shop quartet



Talks...

Tuesday 18th June – 12.30pm to 1.30 pm

We welcome a speaker from ‘Cocaine Anonymous’ who will speak about their work and the support they give as a group.

Tuesday 17th September – 12.30pm to 1.30pm

We welcome back Caroline Nicholls – High Sheriff of West Sussex who will talk about her year in office



Remembering a dear friend..

It is with great pleasure that I write a reflection on a man who was a past Churchwarden, and so much more, John Akerman. I had known John way before I joined Christ Church, ten years ago. He was a local solicitor and I was a civil servant, both of us used to represent clients at the local Magistrates' Court. For those who knew John, would



know that his voice was quite loud, in fact it would boom, especially if he saw you out and about. It was not a surprise for other folk to stop and turn around upon hearing the question 'young Hobbs, how are you?' or for me to be to be ordered quite unexpectedly, without prior preparation, whilst sitting in court waiting to present a case 'Hobbs, I need you as a witness, it will only take a few minutes!'

John was unique in so many ways, and in the six years that I observed him in church I really got to know just how lovingly he regarded his work as Churchwarden and how much he loved his Christ Church. I was truly guided by him. He knew before I did, that I would succeed him as warden, and when the time came, he quietly told me that he would nominate me.

John died late 2015, and I am reminded of him in many ways, particularly in his attention to detail.

I was so pleased when, during the interregnum, I received a sum of money from the Akerman family, to use freely for the work of Christ Church. I had a few ideas, but I thought that the porch needed some tender loving care, and it is, after all, the main entrance to the Church. So it was that plans were made to open the wooden panels into the doors with glass, so there was 'kerb appeal' for folk to see into Christ Church, from the pavement. With smart stewardship and a little help from the grants' system with reclaimed VAT, the church family were able to decorate and revitalise the porch, as it is today.

There is a discreet plaque on the panel, to the left, as you enter the Church in acknowledgement to whom, I feel, was an incredible gentleman.

Ken

Fraiche Fruit Fool

Ingredients:

- 1 tin fruit filling [e.g. summer fruits/black cherry]
- ½ pint /10 fluid ozs custard - cooled
- 2 tablespoons Double, thick cream
- 2 tablespoons Crème Fraiche

Method:

1. Tip the filling into a mixing bowl
2. Add the custard to the fruit mix
3. Add the cream to the mixture
4. Add the crème fraiche and stir well
5. Place in individual dishes and decorate with mint leaves, fruit or a glacé cherry [or anything that takes your fancy!]
6. Enjoy!



Poet's Corner

Yum! Yum!

Beneath delicious summer sun,
Two oldies eat their seaside lunch;
As children in the sand have fun,
They sit on bench their tuck to
munch!

While one enjoys his chip-in-bun,
The other ruminates her fish;
Contented smile on face, bar none,
Reflects the relish of each dish,
Than this, there be no greater wish!

© Elliott Allison



Beware!

Uneven pathways pose great risk
For hapless and infirm;
Immune is none, however brisk,
Enough to make one squirm!

Thus, pitfalls in each enterprise,
Embarked on by us all,
Appearing in well hid disguise,
Can make unwary fall;
Whate'er your wherewithal.

© Elliott Allison



Useful hints...

To prevent pictures leaving a mark on wallpaper etc, stick a double-sided foam pad to the back of the picture at each corner, but do not remove the protective paper from the free edge, so that it keeps the picture from marking the wall. Alternatively, use a small piece of cork stuck to each corner of the picture! Using the double-sided foam pads in the same way also stops doors from being banged shut, when fixed to the door frame where it meets the closed door!

Reflections on attending a dinner party 2016 aged 72

*By kind permission of Emeritus Professor Angela Thody,
University of Lincoln*



I am not a person.

I sit beside a new acquaintance at a dinner.

She is young, brunette, fashionably elegant, but silent.

I ask her about her

Work

Family

Hobbies

Holidays

Attitudes to politics

She replies fully and I respond to all her information, spreading the conversation as small-talkers are brought up to do.

She sits beside me, her new acquaintance at a dinner.
I am old, greying and in yesterday's fashions, but chatty...

She does NOT ask me about *my*

Work

Family

Hobbies

Holidays

Attitudes to politics

or.... ANYTHING AT ALL

She falls silent after responding to my questions, spreading her
conversation animatedly to a younger new acquaintance.

I sit at home with no paid work, family grown up, out-of-season
old fashioned English hotel holidays and political views...

So... NOT WORTH TALKING TO...

BUT

I am really a person;

My past and present work is amazing in its variety

My family live in amazing places with even more amazing
children

My hobbies produce amazing friendships, crafts, outings

All my holidays create amazing discoveries

Amazingly, I even know about politics

"PREPARE TO BE AMAZED!!!"

I want to shout at my dinner companion

But I just smile politely and laugh at all she has missed learning

And how she has given me this idea for poetry

Because..... I am really a person

Thanks to Barbara H for sending in this poignant piece

Rainbow Poetry at Christ Church

Topic

20th June Flowers and Garden Life

18th July Simon Armitage, (Poet laureate)

15th August Summer Sports

Meetings at 2.30pm in the Organ vestry.

Bring any poem of your own, if you care to.

Admission Free. Membership available £4 p.a.

**Please enquire for similar meetings in
Brighton and Shoreham.**

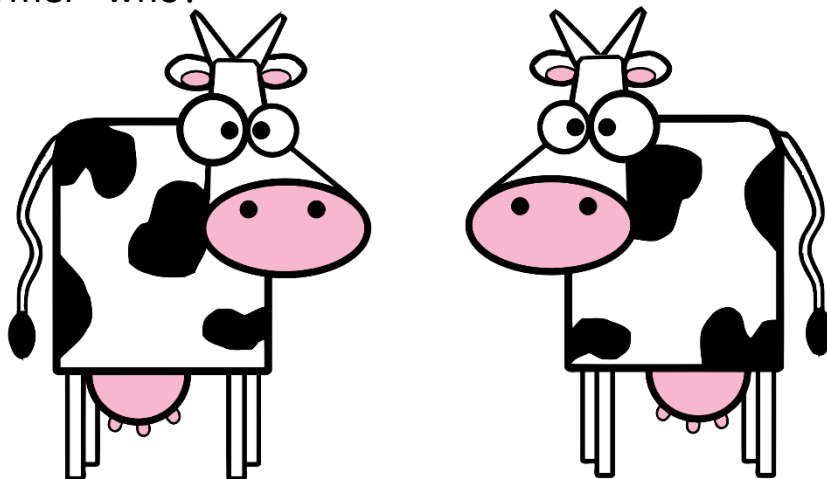
Thanks to John H for this gem!

A farmer goes out to his field one morning only to find all his cows frozen solid. As far as the eye can see there are cows, motionless like statues. It had been a bitterly cold night, but he'd never thought anything like this would happen. The realisation of the situation then dawned on him - with his entire livestock gone, how would he make ends meet? How would he feed his wife and kids? How would he pay the mortgage? He sat with his head in his hands, trying to come to terms with his impending poverty.

Just then, an elderly woman walked by, "What's the matter?" she asked. The farmer gestured toward the frozen cows and explained his predicament to the woman. Without hesitation the old woman smiled and began to rub one of the cow's noses. After a few seconds the cow began to twitch and was soon back to normal and chewing the cud. One by one, the old woman defrosted the cows until the whole field was full of healthy animals.

The farmer was delighted and asked the woman what she wanted as a repayment for her deed. She declined his offer and walked off across the field. A passer-by who had witnessed the whole thing approached the farmer. "You know who that was don't you?" asked the passer-by.

"No" said the farmer "who?"



WAIT FOR IT.....!!

"Thora Hird."

A recent visit to the National Memorial Arboretum to honour the 14 of our ship's company lost to enemy action in 1982, and those who have died since, emphasised the value of our close relationship not only with our shipmates but also families of the casualties. Our enduring support network was established at a time when many in the military medical profession denied the existence of Post-Traumatic Stress Disorder and played a great part helping those affected continue a productive life. Returning home, I reviewed the photos I'd taken that day and felt an almost physical impact from three consecutive photos.



Following our annual act of remembrance at the bench dedicated to HMS Glamorgan I had appreciated the Easter Sunday sunshine walking down to an area of the Arboretum new to me.

Here was the intensely moving "Shot at Dawn" memorial, a statue of a young soldier, Private Herbert Burdon, secured to a post, blindfolded and with the buttons cut off his greatcoat.

. In front of him a line of six trees representing the firing squad and behind him posts representing the 308 others shot for cowardice.

I thought of the support we had generated amongst ourselves illustrated by our meeting together either at the NMA four years out of every five or every fifth year in Portsmouth Cathedral - but sorry for those of our number still unable to move on.



Slowly walking back from this poignant reminder, we came across another statue new to me – the Sapper Support Memorial. Visitors are invited hold the hand of the statue and “...reflect and remember those who have left us after battling with PTSD and other associated mental illnesses,” the changes in official attitudes to PTSD from the Great War

where sufferers were liable to be shot, through the period up to and beyond the South Atlantic conflict when it was seen as “lack of moral fibre” up to today when such suffering is recognised and can be dealt with professionally and with compassion.

A long, hard journey.

John H



This new Day...

**Father God, thank you for today,
your gift to me as the first day of the rest of my life.**

**I thank you for the gift of being alive this morning.
I thank you for the sleep which has refreshed me.
I thank you for the chance to begin my life all over again.**

**Lord, this day is full of promises and of opportunities,
Help me to waste none of it.**

**This day is full of mystery and if the unknown,
help me to face it without fear or anxiety.**

**This day is full of beauty and adventure,
Help me to be fully alive to it all.**

**During this day, may I become a more thoughtful person,
A more prayerful person,
A more generous and kindlier person.**

Lord, bless this day for all of us.

Amen



Then.....

and now.....



If you would like to know more about CHRIST CHURCH,
or would just like to be informed about events, concerts, recitals
or our regular talks, with interesting speakers on a
whole range of topical issues;
Please forward us your email address
and we will keep you in touch!

Mr/Mrs/Miss /Rev'd/Ms

First Name

Last Name.....

E mail.....

*Information will be treated in confidence
and will not be shared*

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