



**FEBRUARY
IN
CHRIST CHURCH
WORTHING
BN11 1QY**

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Worship in February at Christ Church

2nd 10.30am Holy Communion with The Revd David Renshaw

6pm BCP Evensong with The Revd Roger Walker

9th 10.30am Morning Prayer with The Revd David Renshaw

13th 10.30am BCP Holy Communion

with The Revd George Butterworth

16th 10.30am Holy Communion with The Revd David Renshaw

and Canon Muriel Pargeter

6pm BCP Evensong with The Revd David Renshaw

23rd 10.30am Morning Prayer with The Revd David Renshaw

26th 12 noon Ash Wednesday Holy Communion

& distribution of Ashes with The Revd David Renshaw

27th 10.30am BCP Holy Communion with The Revd Alex Grubb

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

1 John 5:14



Come along to our new monthly Prayer Focus every second Saturday in the month from 10.45 am – 11.15 am. We meet in the organ vestry and spend time praying for our Church, Community and Country as we seek the heart of God and His will in these matters. Everyone is welcome!

For further details please speak to Ken or Miles

THE MORE WE HOLD ONTO IT, THE HEAVIER IT GETS

A psychologist, talking about the management of stress during a class, lifted up a cup of water. Everyone thought that she would ask “Half full or half empty?” But, smiling, she asked “How much does this cup of water weigh?” The replies varied from 100 to 350 grams. She replied “The correct weight does not matter. It depends on the amount of time you are holding it. If I hold it for a minute there’s no problem. If I hold it for an hour, I shall get a pain in my arm. If I hold it for a day my arm will feel weak and paralysed. In each case the cup of water has not changed, but the longer I hold it for, the heavier it gets.”

She continued: “The stress and worries of life are like that cup of water. I think about them for a time and nothing happens. I think about them for a little longer and they start to hurt. And if I think about them for the whole day I feel paralysed, incapable of doing anything”. Therefore remember: “Let go of the cup”.



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 – Mayor Hazel Thorpe is sometimes 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

The new Monthly Prayer Focus meets on the second Saturday of each month from 10.45 am – 11.15 am. We meet in the organ vestry, everyone welcome!

Welcome



Men's Group Update

Following the hiatus caused by unavoidable absences, holidays, Lent, Advent, New Year and a shortage of Saturdays this year it is planned to hold the inaugural get together of anyone interested (or just curious) on **Saturday 1 Feb 2020**.

It is likely this will just be a round table session to share a cup of tea and bacon roll and a chat. Any queries to me - John H



Dates for your diary!

Concerts...

Tuesday 18th February 2020 12.30pm – 1.30pm
Ben Solomon Piano concert

Tuesday 21st April 2020 12.30pm – 1.30pm
Martin Smith [Euphonium] and Chris Coote [piano]

Tuesday 5th May 2020 12.30pm – 1.30pm
Yoko Ono Piano recital

Tuesday 2nd June 2020 12.30pm – 1.30pm
John Rattenbury, Guitar and Ivana, Cello

Tuesday 16th June 2020 12.30pm – 1.30pm
John Collins Organ recital

Tuesday 22nd September 2020 12.30pm – 1.30pm
Richard Bowen classical guitar recital

Tuesday 13th October 2020 12.30pm – 1.30pm

We welcome back Rob Campkin, violinist and James Buckham, pianist



Talks...

Tuesday 4th February 2020 12.30pm – 1.30pm A talk on the work of the Police Community Support Officers

Poet's Corner

Do Unto Others....

Not for the sake of cultivating praise,
Nor in pursuit of serving self-esteem,
One seeks to advocate compassion's ways,
A more humane society to redeem.
As frozen as the snow-capped countryside,
Resplendent in the sparkling noonday sun,
The norms of life in vanities reside,
Affecting attitudes of everyone.
Would that the Sun that warms the human heart,
With embers of enduring, fulsome hope,
Regenerate our mores with new start,
That Care shall reign in comprehensive scope.
Indifference paves the way to grave's decline,
Compassion nurtures joy for the divine.

©Elliott Allison



Be Kind!

No more dissent or mindless moans,
Put fits of pique aside;
Enough of senseless silly groans
That widen all divides-
Let kindness be your guide!

©Elliott Allison.

KINDNESS

Following Christmas

The hopes and fears of all the years are met in thee tonight

So we sang about Bethlehem: that was the time and place we still relate to.

The hopes and fears were of a people, a Faith, a race. The converging of these two forces, known to God, and acted on by God, were brought into the open in the birth of the Christ child.

Any nation has an accumulation of hopes, built up over years, even centuries. Some of these hopes are set aside or stifled for dread of failure. Fear of loss, without any hope of benefit, also holds back many nations from engaging with others.

The meeting of these mostly positive and mostly negative factors in the open has a positive outcome. Sometimes a unity is broken, and new loyalties are formed. This is usually progress for a nation, and sometimes a divine purpose can be perceived.

A nation relating to God sounds like Old Testament history, but there is no reason why this should not be present reality, for nations, churches we are part of or even tightly-bound-together football clubs.

Hopes and fears are more often thought of in terms of a person. When they are reconciled is thought to be a mark of maturity – the integration of a personality. God is at hand to play a part in this process. Encounter with God, or another strong and pervasive influence can make all the difference; and rescue a person or a nation from the uncertainty which exists in the world of the unresolved and indecisive.

There is a time factor to this way through. God chose the time for the birth of Christ. The Virgin Mary responded and then waited for the day of Christ's birth, an inevitable happening.

A sure and total response does bring an inevitable result, sometimes swiftly, sometimes after a long wait of expectation. Those who are left to wait have the added advantage of more time to marvel; and much of a miracle is in the marveling, that great human capacity which enriches life.

The decision that emerges from a response though is key and king. Decide, and play to win.

Memories from a service on the Seas

Those over a certain age may remember the 1960s and '70s when tensions with the Soviet Union often dominated the news. Just prior to joining our first ships in 1971 our class of RN Apprentices attended a Nuclear, Biological and Chemical Warfare Defence course in Portsmouth. We were shown archive film of the effect of the A-Bomb that had been dropped on Hiroshima in 1945 demonstrating the immense destructive power unleashed. The city had been of major military and strategic importance for over 500 years and a huge area of the city was flattened leaving just a few buildings as stark signposts to what used to be there. To drive home the lesson that we needed to be able to defend ourselves and remain a fighting unit to the best of our ability we also saw film of the horrific casualties both immediate and those suffering with radiation sickness (then) 25 years later and instructed how best to protect ourselves and our ship.

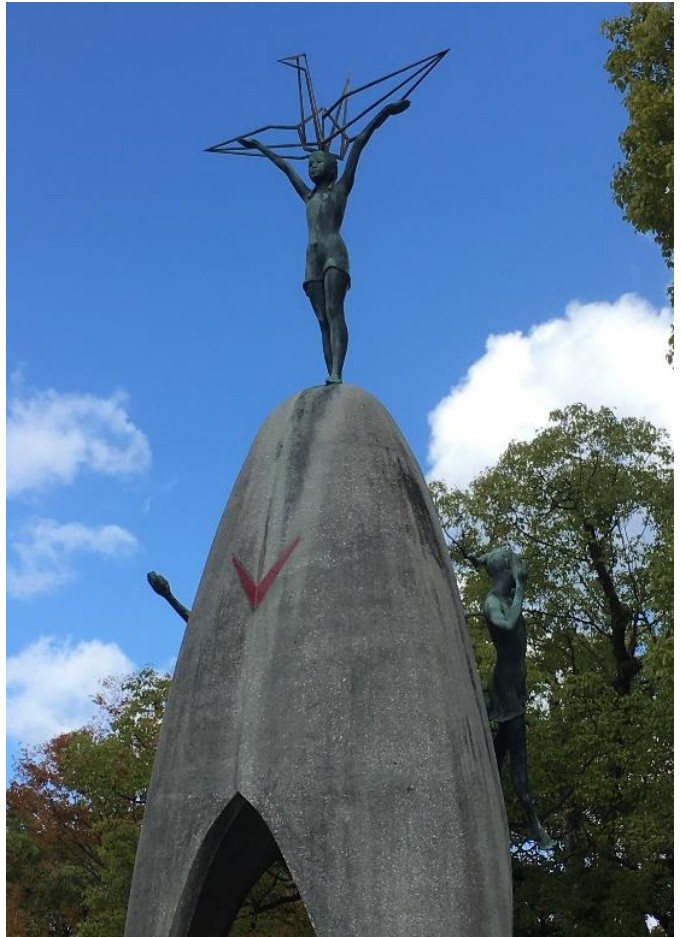


Fifty years on and I found myself standing at Hiroshima Ground Zero, now the Peace Memorial Park. Dominating the approach is the A-Bomb Dome, one of the few buildings that was still recognisable after the bomb. Entering the park, it was obviously a tourist attraction, but it was also a teaching space with hundreds of school children being guided round.

Despite the history of pain the atmosphere was more one of reflection than horror with people paying their respects at the small cenotaph. A group stood around the statue in memory of 12-year old Sasaki Sadako who, having contracted leukaemia following the bomb, believed that if she folded 1,000 origami cranes she would recover. She made it to over 1,500 cranes before succumbing.

Information boards in the National Memorial Hall gave a brief explanation of events leading to the bomb but referred only obliquely to Japan's "misguided foreign policy" as leading to the attack. As we left the main hall an audio/visual presentation was playing in a side room. Anime (cartoon) films accompanied interviews with victims, their families and survivors and these more than any archive film delivered the message. A schoolgirl who had been off school with illness that day described being one of the few from her school to survive; a father working on the railways away from home described how the company suddenly lost all communication with Hiroshima and walking home to search for his children; parents rushing to the site to search for and find their daughter but being unable to save her.

As we left the site and caught the tram back to the port I gave up my seat to an elderly gent who sat down and immediately demanded to know how old I was – he then showed me his travel card and declared he was 86 and said that when the bomb fell he had been at school and although he survived he lost his mother and sister. A fitting reminder that this event is not just a history lesson but lives on in daily life in the hospitals, the surgeries and on the streets.



The editors would like to thank John C for the many contributions he makes to our magazines each month, he translates them from articles sent by his Brazilian friends, and they are gratefully received!

The Indian prayer from the silence:

Sit down at the brink of the dawn
The sun will rise for you
Sit down on the brink of the night
The stars shine for you
Sit down on the bank of the river
The nightingale sings for you
Sit down on the edge of silence
God will speak to you



**A few notices recently observed
that will make you chuckle!!!**

Red tape holds up new bridges

[You mean there's something stronger than duct tape?]

Hospitals are sued by seven foot doctors

[Boy, were they tall!!!]

Typhoon rips through cemetery, hundreds dead

[Did I read that right?!!]

And..... On a repair shop door:-

We can repair anything! - Please knock hard, the bell isn't working!





A monkey saw a fish in the water and pulled it out,
thinking he was saving its life.

The fish died....

How important it is for us
to understand another's world.

Original post from Nádia Ikeguchi,

translated by John Collins.

Family Corner

Well done Willow!



Church family member Angela Campbell-Dunlop has told us of the wonderful achievement of her granddaughter Willow, who has hit the headlines all

over the world. Willow became the first girl scout to collect all of the current crop of beaver and cub activity badges.



Willow who is ten, completed every activity badge possible when she was in the beavers, and recently received her final cub achievement.

She now has collected 57 badges - the only girl in the world to do so, we are told!

Her badges include horse riding, Morse code, cooking [*her favourite!*] and mastering a martial art. She also did stargazing and obtained her DIY badge by making a bird box.

Willow is the only girl in her pack and achieved her final badge last week – that of photography with a series of pictures of proud mum Beth.

We understand that fewer than ten children have ever received every single activity badge in both beavers and cubs, opened up to girls in 1990.

She has just started scouts and hopes to achieve all 62 badges there.

Understandably, Angela is bursting with pride for her granddaughter, and we share in her joy! Well done indeed.

Quotes by Antony de Mello

‘Eternity is right now’.

‘When you are guilty, it is not your sins you hate but yourself’.

‘Wisdom tends to grow in proportion to one’s awareness of one’s ignorance’.

‘When you come to see you are not as wise today as you thought you were yesterday, you are wiser today.’

‘These things will destroy the human race: politics without principle, progress without compassion, wealth without work, learning without silence, religion without fearlessness, and worship without awareness’.

‘If what you seek is Truth, there is one thing you must have above all else’.

‘I know. An overwhelming passion for it’.

‘No. An unremitting readiness to admit you may be wrong.’

‘Happiness is your natural state. You don’t have to do anything to acquire it, because you have it already.’

‘There’s only one reason why you’re not experiencing bliss at this present moment, and it’s because you’re focused on what you don’t have’.



Our thanks to Elliott for sending these in

The Humble Spud



I was recently having one of those "What on earth shall we eat?" moments, and came up with the following.

Try either recipe with some baked white or oily fish fillets, cooked simply in the oven in foil until cooked through, then remove the foil covering them, place equal amounts of grated cheese and breadcrumbs on top of each fillet of fish, and bake on a high heat for 5 minutes, or until the cheese and breadcrumbs have cooked, bubbled and combined... Yum!

Cheesy potato skins [*Amounts for these recipes depend on how hungry you are, so you don't have to be exact, however, use a strong cheese, and enough of it to taste*]

Medium new potatoes; Butter [optional]; Strong grated cheese

Cream cheese; 1 beaten egg, plus

Seasonings of your choice, garlic powder, herbs, chopped onion



Start with small to medium new potatoes, and microwave [or cook in the oven] until baked through.

Cut each one in half lengthways and scoop the flesh out of the skin, leaving enough potato in the skin to hold it together. Place the skins on a baking sheet and spray with low calorie oil spray and cook in the oven to crisp for about 5 minutes.

Meanwhile...Place all the scooped flesh in a bowl and mash thoroughly, adding butter if you wish. Add just under half the same amount of very strong cheese, a tablespoon of cream cheese, a beaten egg and whatever seasoning you wish [could be herbs, finely chopped onion, garlic seasoning... go wild!] Combine well. Take the skins out of the oven and fill with the mixture, piling it high. Top with more grated cheese and back in the oven to cook until brown and bubbling. Et Voilà! Serve with whatever you fancy.

Easy Patatas Bravas

This recipe is an imitation of the Spanish traditional Tapas dish, but I think it's just as tasty, and very easy! *[and less calories!!]*

New Potatoes

Pasta sauce of your choice

Garlic and herb seasoning

Oil spray

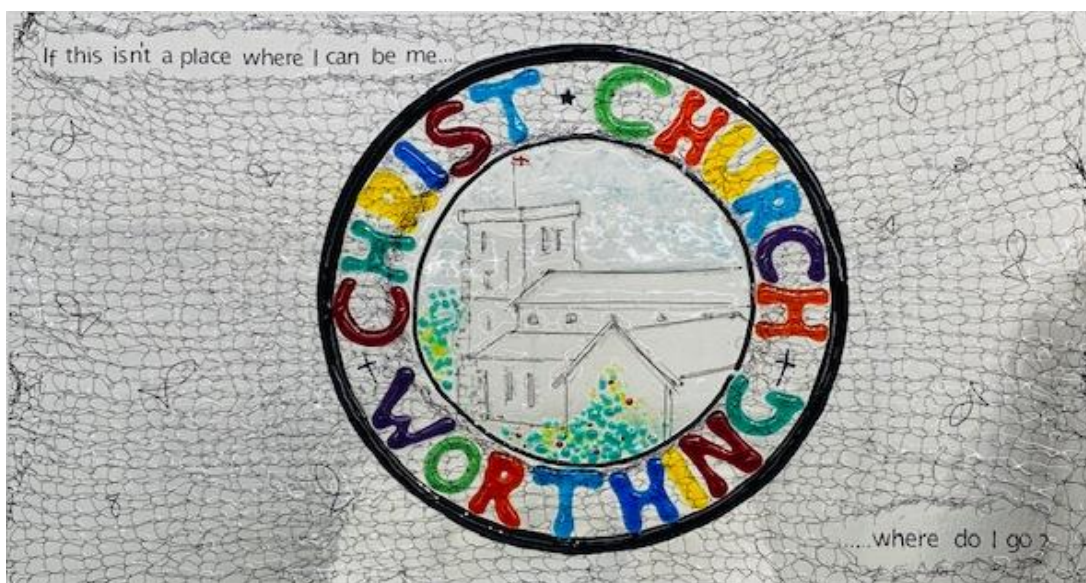
Salt and Pepper

Cut your washed, new potatoes in around ½ inch squares.

Spray the baking dish with low calorie oil spray, spread the potato squares on the tray, and spray the potatoes. Sprinkle with salt and pepper and herb and garlic seasoning, as well as any herbs you have to hand. Bake in the oven on 200° or Gas Mark 6 for around 25 minutes, or until browned and cooked through.

Sprinkle any bottled pasta sauce of your choice sparingly over the potatoes, mix thoroughly and place back in the oven for around 5-10 minutes. Sprinkle with more herbs and serve.

Need a walk after all that? then why not have a look at our Window on the Pier, see below....



It sits below the one dedicated to our dear friend David Virgo, much loved, never forgotten....

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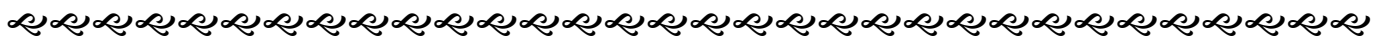
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