

CHRIST
CHURCH

in

MARCH



VOLUME 5 ISSUE 2 MARCH 2021



Worship in March at Christ Church

7th 10.30am Holy Communion with The Revd Roger Walker

11th 10.30am BCP Holy Communion with The Revd George Butterworth

14th 10.30am Mothering Sunday - Morning Prayer
with The Revd Canon Muriel Pargeter

21st 10.30am Holy Communion with The Revd Nancy Ford

25th 10.30am BCP Holy Communion with The Revd George Butterworth

28th 10.30am Morning Prayer with Derek Hansen



Lenten Reflection
from 'Cracked wide open'
the Chichester Diocesan lent course.

Some words from the gospel...

For what will it profit them to gain the whole world and forfeit their life?

Indeed, what can they give in return for their life? Life is itself a gift. It's not something we can trade, and yet we do also seek to give some sense of value to who and what we are.

Some friends of mine on holiday recently told me a story of getting back from the worst holiday they'd ever had. One of them had lost all the money and the ticket, and they couldn't travel, and the only way they could find a means of getting back home was to beg for their ticket. And that experience of going and having to ask other people for something was a very profound one because it was saying, "Can you help me?" I have nothing. I am dependent upon you."

The two things I want to reflect on are trade and authenticity. Our life is God's gift to us. How we live that life in society as part of a whole network of interaction must always draw from the sense that this life is a gift, and not only is it our own gift that we are sharing with others, but what we receive from others is also a gift. It's important that this interchange between us references God's giving, and it's important therefore that we recognise that life, what we do, how we relate to each other, carries with it the thread of reverence, for in you, whatever it is you give to me, I see God as the giver, and in whatever exchange I make, God is the giver.

As we reflect on how we live with each other in society, let this sense of interaction be characterised by reverence.

Poet's Corner

There but...

The piercing cold, borne on the evening breeze,
Scythe through the ill clad vagrants under trees,
Resigned they may appear,
Belying hidden fear
Of night's anticipated threat to freeze!

Accustomed to the sneers of passers-by
Expending bile their souls to mortify,
Their pleading look of shame -
Do not apportion blame,
'But for the Grace of God, there might sit I'.

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A Blessing!

May you go safely where you roam,
Meet peace in each sojourn;
May fair climes pave your passage home
Where love awaits return;
A rapture to discern!

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Prayers for Lent

Dear Lord, we give you thanks and praise for our doctors,
dentists and nurses, and for all who work in our NHS.
Strengthen them in these difficult times,
Guard and guide them as they go about their business.
We make this prayer in Jesus' most holy name.
Amen

Good Lord,
We lift up before you the elderly and vulnerable among us,
We ask for your comfort and protection upon them,
And we give thanks for those who care for them.
We ask this in Jesus' name,
Amen

Heavenly Father,
We give you thanks and praise for our parish,
For all who live and work here,
For our church community,
And for all our neighbours.
Guard and guide us each and every day.
We make this prayer through
Jesus Christ, Our Lord,
Amen

Gracious God,
We give you thanks for our families and friends.
We ask for your blessings on their homes,
And pray that you will protect them from all danger.
In the name of the Father, Son and Holy Spirit,
Amen

God of wonder,
We thank you for everything good that you give us,
We ask that you be with all key workers in our community,
And praise you for their hard work and dedication.
Through Jesus Christ our Lord,
Amen

We give you thanks and praise, Almighty Father,
For our local schools, colleges and universities.
We ask for your blessings upon the teachers and staff,
And pray that our children and young people
might learn with open hearts and minds.
We ask this in Jesus' name.
Amen

We lift up before you, Lord,
Those in local authority,
We ask that they might govern with justice and peace,
And always seek to improve the lives of those they serve,
In Jesus' name.
Amen

A prayer sent to us from John H: Thank you John!

Thank you dear Lord, for making yourself known to us.
May we share our good fortune with the whole community,
by being kind, considerate and helpful to all,
in particular to those who do not yet know you.
Jesus is our friend and is always with us; when He was in the
wilderness He was never alone. Likewise, while we are in
isolation, He is always with us, and we are never alone.

***"Praise to the Holiest in the height,
And in the depth be praise:
In all His words most wonderful;
Most sure in all His ways".***

March's Quiz....

*Thanks to Barbara D once again.
Answers on page 15!*



- 1 What is the capital of Chile?
- 2 What is the highest mountain in Britain?
- 3 Which year was Joan of Arc burned at the stake?
- 4 Which country originated the term "plonk" for wine?
- 5 Which English city was once known as Duroliponte?
- 6 What are the five colours of the Olympic rings?
- 7 What is Japanese Sake made from?
- 8 What ingredient is included in food of a florentine style?
- 9 In what year was the first episode of Coronation Street on ITV?
- 10 Who was the first female artist to achieve a UK number 1 with a self-written song?
- 11 Which historic event happened on July 20th, 1969?
- 12 How is 77 represented in Roman numerals?
- 13 Who is the patron saint of music?
- 14 Which is the third largest of the Channel Islands?
- 15 Who wrote The Pit and the Pendulum?

Remember, no cheating!

WEAR YOUR MASK

Watching the Worthing promenaders displaying a multitude of single use or designer masks being worn in as many different ways as there are styles – fully covering mouth and nose, mouth only, protecting their beard, hanging off one ear – it brings back memories of a fortnight in the Wiltshire countryside many years ago. At the time I was employed as the facilities manager at an establishment on the outskirts of London (Watford really) and looking at my Terms of Reference I saw that I was also the “Nuclear, Biological and Chemical Defence (NBCD) Training Officer”. Think I’d better look this up!



The result was a two-week course at Winterbourne Gunner, a training establishment over the fence from Porton Down.

At the time I had had a full set, beard and moustache, for about sixteen years which was from well before the time I met my wife-to-be.

One of the first practical activities on the course was to test our anti-gas respirators (what we lazily called a gas mask) which involved putting on the respirator and walking through a concrete shed filled with CS Gas.



I'd done this often in the past enough to know what to expect as the respirator didn't seal if there was more than a few days of facial hair. I was first one through but this time my respirator seemed to fit perfectly as I had none of the expected streaming of eyes or nose but as I exited the instructor sidled up to me and told me that he'd not put any gas in because he knew my respirator wouldn't work. However, as we would be spending a lot of time on the course in the gas chamber I had to decide whether to keep my beard and be recorded as "Attended" the course or shave off and be eligible for a "Pass" certificate. If I was to spend two weeks here I might as well pass! Emerging from the bathroom that night, clean shaven for the first time in years gave my wife something of a shock and I'd to keep talking to her so she knew it was me!

One of the cardinal rules on the course was that respirators were to be carried at all times during the working day including during breaks and mealtimes; although to avoid clutter and "trip hazards" we were advised to leave our respirators on the table by the tea and coffee makings at the back of the room. It was a lovely early summer and the classrooms were warm; morning breaks were taken outside the building on the grass so we could get some fresh air before the next session. It would have been on Day 2 or 3 by which time we were getting a bit complacent when we had got our morning coffee and were stood outside enjoying the weather. Suddenly, over the top of the hut and into the middle of our group came a smoking canister which burst in a cloud of smoke and the cry of "Gas, gas, gas". First response was to grab our respirators and put them on without breathing in – the classroom door had been locked from the inside! Sheepishly coughing and crying we admitted we'd forgotten lesson 1.

As the course progressed we spent lots of time in full nuclear, biological and chemical protection gear and in a gas environment. We quickly learnt that unless the respirator formed a complete seal to the face that pesky gas would get in and you'd suffer. I wouldn't say we built up a tolerance to the gas but we knew what to expect and not to rub our eyes.

So, wearing a beautifully designed but thin cotton mask round town these days I know it is mainly for the benefit of others – all I get from it is admiring glances at the brightly patterned material. Wish I'd kept the black rubber one though!

PS: I never had to deliver any training but holding that certificate allowed me to borrow from the Army, rather than hire, a marquee for our Summer Ball – just told them I needed it for a Training Serial.

“Chippy”

What do you call a woman who sets fire to all her bills?

Bernadette

What part of the hospital has the least privacy?

The ICU

I ate a kid's meal at McDonalds today.
His mum got really angry.

2 years ago, my Doctor told me I'd go deaf.
I haven't heard from him since

"Did you hear the rumour about butter?
Well, I'm not going to spread it!"

"Why couldn't the bicycle stand up by itself?
It was two tired."

"What country's capital is growing the fastest?"
"Ireland. Every day it's Dublin."

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.

My goal for 2020 was to lose 10 pounds. I still have 14 to go.

Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce, and cheese. FINE, it was a pizza.... OK, I ate a pizza! Are you happy now?

I just did a week's worth of cardio after walking into a spider web.

I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.

A recent study has found women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

I love being 80, I learn something new every day and forget 5 other things.

A thief broke into my place last night. He started searching for money, so I got up and searched with him.

I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

Just remember, once you're over the hill you begin to pick up speed.

Having plans sounds like a good idea until you have to put on clothes and leave the house.

You don't realise how old you are until you sit on the floor and then try to get back up.

We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it.



Answers to the quiz:

- 1 Santiago
- 2 Ben Nevis
- 3 1431
- 4 Australia
- 5 Cambridge
- 6 Blue, Black, Red, Yellow, Green
- 7 Rice
- 8 Spinach
- 9 1960
- 10 Kate Bush
- 11 Apollo 11 landed on the moon
- 12 LXXVII
- 13 Cecelia
- 4 Alderney
- 15 Edgar Allan Poe



Questions and Answers from CARP Forum

CARP - Canadian Association of Retired People:

Q: Where can single men over the age of 70 find younger women who are interested in them?

A: Try a bookstore, under Fiction.

Q: How can you avoid that terrible curse of the elderly wrinkles?

A: Take off your glasses.

Q: Why should 70-plus year old people use valet parking?

A: Valets don't forget where they park your car

Q: Is it common for 70-plus year olds to have problems with short term memory storage?

A: Storing memory is not a problem. Retrieving it is the problem.

Q: As people age, do they sleep more soundly?

A: Yes, but usually in the afternoon.

Q: Where should 70-plus year olds look for eye glasses?

A: On their foreheads.

Q: What is the most common remark made by 70-plus year olds when they enter antique stores?

A: "Gosh, I remember these!"

In order that we can stay open for worship, please may we remind you that to protect us all:

- **there is a one-way system within the church for your safety, please stay in your pew and refrain from wandering around the church**
- **entry is via the north door only**
- **exit via the west door; if you cannot walk down steps, please stay seated until the churchwardens assist you in leaving safely via the north door**
- **your nose and mouth must be covered at all times whilst in the church.**

Contact us:

Vicar:

The Revd David Renshaw is currently signed off sick. Our thoughts and prayers are with him at this time.

Church Wardens:

Kenneth Hobbs

email: christchurchfinance@btinternet.com

Tele: 01903 237713

Steve Davis

email: christchurchvolunteers@btinternet.com

Tele: 07512 030403

Vergers: *Lorraine* Tele: 07513 592484

Parish Administrator: *Janine Hobbs*

Tele: 01903 237713

email: janine.h@ntlworld.com

Registered Charity No. 1152846
Parochial Church Council of
Worthing Christ Church

Are you a vulnerable adult,
or do you know someone who is?
The UK Power networks can help

Power cuts don't happen very often but if the electricity network is damaged or develops a fault it's our job to get your power back on. Our engineers will work around the clock 24/7 to restore your power as quickly and as safely as possible.

If you live in London, the East or South East of England, then being on our Priority Services Register will ensure you will receive extra support if you experience a power cut.

Working with other utility companies

We work with other utility companies to provide extra support to customers in vulnerable circumstances.

We can also help you sign up to receive support from your local utility companies, just tick the box on our Priority Services Registration form confirming that you are happy for us to share your information with them.

Who can receive extra support?

- If you rely on medical equipment
- If you have refrigerated medicines
- If you have a serious or chronic illness
- If you have a disability

- If you or someone you care for is living with dementia
- If you are of pensionable age
- If you have children under five in your household
- If you need extra support for a short time period (e.g. If you are recovering from medical treatment)

What help should I expect to get during a power cut?

- A priority number that you can call 24 hours a day
- A dedicated team who will contact you to keep you updated during a power cut
- We can put you in touch with an expert who can offer you advice on energy bills and energy saving tips if this is important to you
- Tailored support if needed such as home visits, hot meals, advice and keeping your friends and relatives updated
- In certain scenarios we may also offer a free hotel overnight and transport to the hotel

To register your details for this free service,
call 0800 31 63 105

The UK Power Network works in conjunction with all
the services in our area

www.ukpowernetworks.co.uk/priority

