



CHRIST CHURCH in MAY



VOLUME 5 ISSUE 4 MAY 2021

Worship in May at Christ Church

2nd 10.30am Holy Communion with Revd Roger Walker

9th 10.30am Morning Prayer

with Revd Canon Muriel Pargeter

13th 10.30am BCP Holy Communion

with Revd George Butterworth

16th 10.30am Holy Communion with Revd Roger Walker

23rd 10.30am Morning Prayer with Derek Hansen

27th 10.30am BCP Holy Communion

with Revd George Butterworth

30th 10.30am Holy Communion

with The Venerable Luke Irvine-Capel

Contact us:

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

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Registered Charity No. 1152846

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Learning the ropes, coming to Faith.

A recollection from our churchwarden, Steve.

I was chatting recently to "Hils", an oppo from years gone by, who reminded me again of how he came to faith over 40 years ago. To put the story into some context, a 'normal' day in our Mountain & Arctic Warfare Unit would include training in difficult to access places, so a rope was an important piece of kit. We needed a rope to exit helicopters, to drop from a roof, to climb or descend a rock face, or to cross a river or crevasse and such like. Under operational conditions, often in foul weather and complete darkness, anything could go wrong so safety procedures such as the 'make safe' were important.

The 'make safe' allowed you to rest your arms at any time during a climb and when learning the technique, a PT Instructor (a Muscle Boatswain to us) would send you up the 30-foot training ropes and tell you when to stop and 'make safe'. To prove you had the technique cracked you must remove your hands and stretch your arms out to both sides making the shape of a cross. The first picture shows Royal Marines in a gym proving they have learned the 'make safe', but I note that one rope is hanging

free suggesting to me there is a man sprawled on the deck who hadn't yet got it right!



In those far off days our commute to work was often by helicopter, which we were trained to rapidly exit using techniques such as 'abseiling' and 'fast roping'. The latter was used when the helicopter was able to get close but not land, such as above a ship, an oil rig, road, or roof etc. When leaving the helicopter from greater heights, abseiling was the preferred method.

To abseil safely it was essential your rope remained clear and unkinked below you otherwise you could not brake (to brake you needed to pull your rope

feeding arm tightly into your body, while still feeding the rope so friction would slow or stop your descent).

To digress slightly, one thing that always fascinated me was the feeling as you first exited a hovering helicopter and looked up. You were hanging in the air, on a rope, below this huge troop-carrying machine which was simply floating immediately above you almost perfectly still, apart from the obvious vibrations caused by the engine and rotors. I often used to think, how does it not fall out of the air!?!



Meanwhile to return to my friend Hils..... one day when he left the Wessex V hovering at over 200 feet, his rope kinked and twisted below him, but he had no idea until he tried to slow down. As he hurtled towards the deck the kinked rope made it impossible

for him to use his brake, so he hit the ground at speed and was seriously injured.

Hils remained unconscious for 3 days having fractured his skull, his spine in 5 places, his pelvis in 3 places, bones in both feet, an arm, and some ribs. When he regained consciousness, he was in the Royal Naval Hospital Hasler, Gosport, and was told that he may not walk again.

In due course, when he was able to sit in a wheelchair he was taken by the Chaplain to the hospital Chapel where he listened to a Sermon. Hils can only remember hearing "put your hand out to God, he will be there". Talking again about his experience recently, Hils told me of the overwhelming feeling of warmth and comfort that came across him as he sat in the Chapel listening to that Sermon, almost like an electric shock, feelings that he still can't explain today.

In due course he was taken by the Chaplain to the Physio department where he would eventually begin his recovery. In the department he came face to face with a "beautiful nurse" who just happened to be visiting. Alison, the Queen Alexandra's Royal Naval Nurse he met in Physio, encouraged his recovery over the following months and they became firm friends.

Typically, Hils recovered better than the doctors had forecast, and he did walk again but he was left with many physical difficulties to overcome, and to learn to live with, but he fought his way back to a good level of fitness though never able to run or to ride a bike.

In 1982 Hils (aka Hilary) and Alison were married, they now have 3 grown up sons and are as happy today as they ever have been. Hils is currently completing a 'Bishops Permission to Preach' course while both he and Alison are still deeply involved with their Church.

Hils is a quiet, unassuming but inspiring man who believes that when he “came to Faith” on that particular day in the Chapel of the Royal Naval Hospital Haslar, his life changed forever, and for the better.

Judie J writes.... I have a nice lightweight wheelchair it is in very good condition and free to anyone that would like it

If you or someone you know is interested, please talk with Judie J, or the administrator, who will put you in touch with Judie.

Poet's Corner

Periwinkle!

I only noticed,
When I stopped to look,
And look again,
The pregnant beauty
At your heart,
The azure at the outer edge,
Declining slowly to the inner;
There,
At the very heart of hearts,
Two pouting lips
Blew me a kiss.

© *Elliott Allison*



I Care!

Let no one withhold
The tender touch of kindness,
Need is everywhere.

©*Elliott Allison.*



Are we old?

**I'M SO OLD
I REMEMBER
MULTIPLICATION
WAS CALLED
"TIMES TABLES"**



BREAKING BREAD

The first surprise was that Buddhists had their own Nuns! Secondly, that we were invited to lunch with them!

Almost 20 years ago my wife and I had embarked on a “small group” holiday to Vietnam. The party comprised a mix of people from Australia, New Zealand, Switzerland, Scotland, England and USA. There was also a mix of the sort of people from young singles to the older American couple. The format was to travel from Hanoi to Ho Chi Minh City by a variety of means of transportation and at each stop we would engage a local guide to help us explore the place and its history.



By the time we'd arrived at Hue we understood a little about the relationship between State and Religion – strained at best. Our Government Approved guide at Hue stuck very firmly to the party line when talking to us as a

group but individually such as when walking between locations he talked about his experiences as a young boy during the 1969 Tet Offensive and when they were escaping Vietnam by boat in 1974.

He then explained quietly that that day's lunch would be at a Day Care Centre run by Buddhist nuns and would cost us a small contribution. The nuns operated the Centre to look after orphans and the children of single mothers so that they could go out to work during the day. When we arrived, there was a long line of tiny flip flops outside the dormitory as the children had their mandatory midday sleep. We were shown into a long room next to the kitchen and found a low table loaded with food and it



looked as though we were being treated to veal cutlets, lamb chops, sausages and sliced meat – except it was totally vegetarian. Now, when I said “low table” the chairs

were to scale – imagine sitting down to dinner using the tables and chairs you had at nursery school!

The nuns, seeing the quandary that our rather wide New Zealand travelling companion was having, held a short committee meeting and one of them came out from the kitchen giggling and slid a second chair under Cindy's overhang. No one laugh please!

We tried our best to do justice to what was a really special meal but eventually had to ask the nuns to stop bringing food as we couldn't manage any more. "That's okay," they explained, "what you have done is provide another meal for the children who will have the rest."



Leaving to get back on the mopeds to take us to the next stop we were further entranced by the toddlers coming out and singing to

us as the nuns and teachers waved goodbye. The experience of sharing a meal with friends is a pleasure that has been in short supply over the last year - won't it be better appreciated when we can meet again?

John H



Questions posed to a student who obtained 0% in his exam - I would have given him 100% !!!

Q1. In which battle did Napoleon die?

**his last battle*

Q2. Where was the Declaration of Independence signed?

**at the bottom of the page*

Q3. River Ravi flows in which state?

** liquid*

Q4. What is the main reason for divorce?

** marriage*

Q5. What is the main reason for failure?

**exams*

Q6. What can you never eat for breakfast?

**Lunch & dinner*

Q7. What looks like half an apple?

**The other half*

Q8. If you throw a red stone into the blue sea what it will become?

**It will simply become wet*

Q9. How can a man go eight days without sleeping ?

**No problem, he sleeps at night.*

Q10. How can you lift an elephant with one hand?

**You will never find an elephant that has only one hand..*

Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have ?

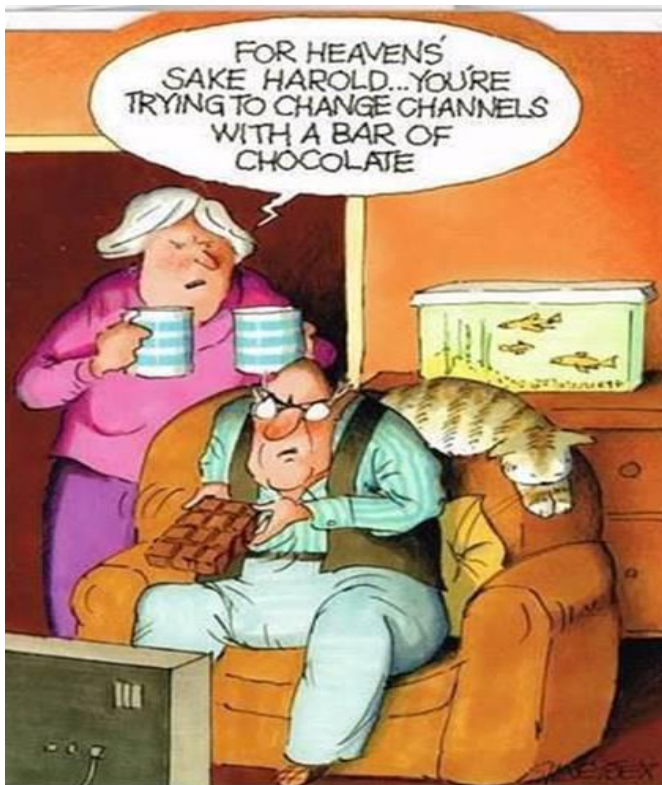
**Very large hands*

Q12. If it took eight men ten hours to build a wall, how long would it take four men to build it?

** No time at all, the wall is already built.*

Q13. How can you drop a raw egg onto a concrete floor without cracking it?

**Any way you want, concrete floors are very hard to crack.*



'We've moved a few things around. Travel books are in the Fantasy section, Politics is in Sci-Fi, and Epidemiology is in Self-Help. Good luck.'



TURNINGTIDES
ENDING LOCAL HOMELESSNESS

A HOMELESS CRISIS EMERGES IN THE WAKE OF COVID

“THIS LAST YEAR OF MY LIFE HAS BEEN LIKE A GAME OF JENGA WITH BLOCKS FALLING RAPIDLY ONE AFTER THE OTHER. I NEVER WANT TO SLEEP ROUGH EVER AGAIN... I AM PROOF THAT BECOMING HOMELESS CAN HAPPEN TO ANYONE —

Turning Tides, the largest provider of support for homeless men and women in West Sussex are starting to see the real economic impact of Covid, as increasing numbers depend upon them.

The charity's services are now under huge pressure as increasing numbers of local people lose their livelihoods and subsequently their homes.

For the first time ever an estimated 1,000 people, including families, are living in temporary emergency accommodation across the county. Unless they are supported into proper housing and, crucially, given support to rebuild their lives, it is only a matter of time before these short-term remedies end and many are returned to the streets. With a shortage of temporary accommodation, limited affordable housing and rising numbers of people becoming homeless, Turning Tides are painfully aware the homeless crisis brought by Covid has only just begun.

Turning Tides are committed to find lasting solutions for local people who just need the chance to rebuild their lives - but they cannot do this without the continued support from our community.

DONATING WHATEVER YOU CAN AFFORD WILL ENABLE TURNING TIDES TO PROVIDE VITAL SUPPORT TO PEOPLE ACROSS WEST SUSSEX

TO DONATE VISIT:

WWW.TURNING-TIDES.ORG.UK/HOMELESSCRISIS

OR PHONE: 01903 680748

FUNDRAISING@TURNING-TIDES.ORG.UK



OR SCAN ME TO GO !!



TURNINGTIDES
ENDING LOCAL HOMELESSNESS

CHARITY REG NO: 1027832

Tidbits or Titbits

The Oxford English Dictionary suggests that the term may have originated as a combination of the adjective “tid” (playful, frolicsome, lively, etc.) and the noun “bit” (biting or a bite), though it says; “the form tidbit is now chiefly North American.”

The OED, an etymological dictionary based on historical evidence, says the “titbit” spelling in the UK “probably” resulted from the “alteration of the first element after the second”—that is, the British turned “tid” into “tit” to make it rhyme with “bit.”

However, Oxford notes what it apparently considers a less likely explanation—that “titbit” was “perhaps” influenced by “tit” and “tittle” (terms for various small things).

No matter how the first part was spelled, the terms originally meant “a small piece of tasty food; a delicacy, a morsel,” according to the dictionary.

The earliest OED citation is from a collection of proverbs and phrases spoken in Gloucestershire:

“A tyd bit, i.e. a speciall morsell reserved to eat at last.”

From A Description of the Hundred of Berkeley in the County of Gloucester and of Its Inhabitants, 1639, by the antiquarian John Smyth.

When did people start wearing glasses?

It seems that various ancient people knew of the magnifying properties of lenses. It appears that there's some evidence that the ancient Egyptians may have used them, while the Roman emperor Nero improved his view of the gladiators' games by watching them through an emerald.

By 1000 AD a Persian scholar, Ibn Sahl, had written a famous treatise on optics. In it he described "reading stones", made of quartz or rock crystal, or glass spheres cut in half, which could be placed over a text to magnify it. This treatise was translated into Latin in 1240 and Italian monks used these reading stones for their work.



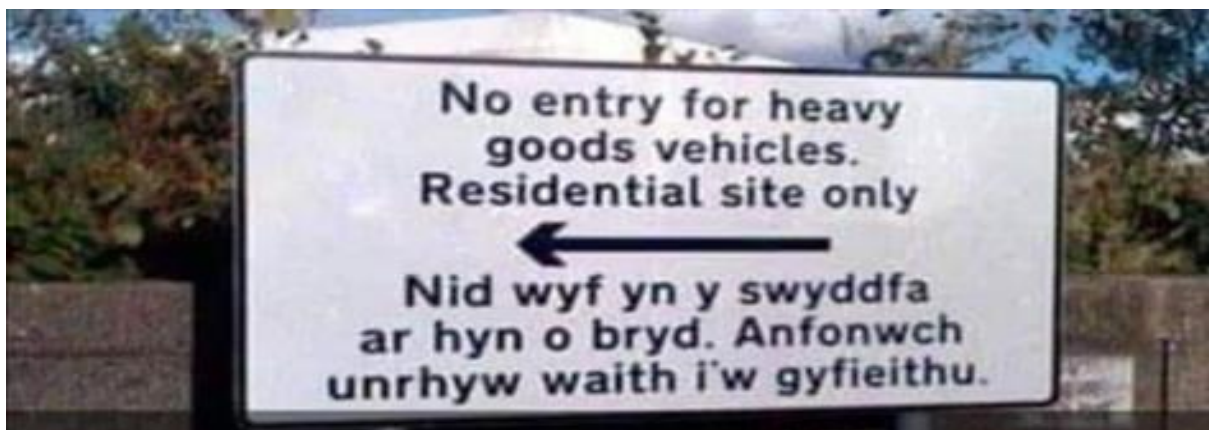
The Murano glass factory in Venice made a major breakthrough at the end of the 13th century when they ground 2 convex lenses and joined them together with a rivet. Several writers, including Petrarch (1304-1374) were describing people holding pairs of lenses over their eyes or suspending them from the bridge of their noses.

The earliest depiction of spectacles in a painted work of art occurs in series of frescoes dated 1352 by Tommaso da Modena

in the Chapter House of the Seminario attached to the Basilica San Nicolo in Treviso, north of Venice. Obviously, early glasses had an impact on the Renaissance.

There is also evidence that developments in eyeglasses were taking place in France and Germany in the 14th and 15th centuries. The first specialist spectacle shop opened in Strasbourg in 1466.

The biggest problem was keeping the spectacles on the nose without them falling off. In 1730 a London optician named Edward Scarlett perfected the use of rigid sidepieces that rested on the ears. This perfection rapidly spread across the continent. In 1752 James Ayscough publicized his latest invention, spectacles with double hinged side pieces. These became very popular and appear more often than any other kind in paintings and prints of the period.



This has got to be the funniest... In Wales, there is a legal requirement for road signs to be in both English and Welsh. So, in this case, an official of the Highways Dept. emailed the English wording to the translator and, after receiving a reply, proceeded to have the sign made and installed.

Unfortunately, a few weeks later, Welsh-speaking drivers began to call up to point out that the sign reads "I am currently out of the office. Please submit any work to the translation team"!!!!



Christian Aid week

A service to mark this year's

Christian Aid week from 10th to 16th May 2021

held virtually in Covid Lockdown

The service has been compiled by

the Revd Nancy Ford,

Chair of the Worthing Churches'

Christian Aid Committee

Please use this service sheet as a resource during Christian Aid week, maybe alone, or with family, if you are able to gather to worship.

Christian Aid Appeal 2021

Welcome

Opening Prayer

O God, you summon the day to dawn,
you teach the morning to waken the earth.
For you the valleys shall sing for joy,
the trees of the field shall clap their hands.
For you the monarchs of the earth shall bow,
the poor and persecuted shall shout for joy.
Your love and mercy shall last for ever,
fresh as the morning, sure as the sunrise.

All Great is your name.
Great is your love.

Prayer of confession

How long, O Lord, how long until we listen to your prophets crying out for justice and raise our voices in unison with them, standing together with those who struggle, resisting the unfair systems that keep countries and communities poor, challenging and changing the structures that have denied life for too long?

All: Have mercy, O Lord, have mercy

How long, O Lord, how long must you wait for hearts to turn towards you and to follow your paths that lead to fullness of life? Forgive us our waywardness in thought and word and deed and in what we have failed to do, and help us return to you today.

All: Have mercy, O Lord, have mercy

We give thanks for your steadfast love that never ceases,
your unending mercy new every morning.
In your name we pray,

All: Amen.

Absolution

**God you know me. You know that I can be loving and kind;
and you know that sometimes I get things wrong.
I'm sorry for the times I hurt other people,
forget to listen to you and don't bother to take care of your world.**

God forgive us, Jesus bless us.

God's Spirit help us to grow in love. **All: Amen.**

**God you know us. You know that we can be loving and kind;
and you know that sometimes we get things wrong.
We're sorry for the times we hurt other people,
forget to listen to you and don't bother to take care of your world.**

God forgive us, Jesus bless us.

God's Spirit help us to grow in love. **All: Amen.**

Christian Aid Week Prayer for 2021

Great God,
Who makes the sun to rise, and opens the heavens
Hear the cry of the people
Who sow in hope for rain, but reap only despair
Hear the cry of the people
Seeking shelter from the storm, their hopes and homes submerged
Hear the cry of the people,
When creation is hitting back, with rage and resistance
Give us hope, grant us salvation,
Give us a new relationship with creation
With reverence to tend this gift from You
And say once again of the earth and all you created
It is GOOD.

All Amen.



Old Testament reading: Micah 6:1-9

Listen my people.

I need to talk with you.

I have questions.

I need answers.

I have cared for you.

I rescued you from slavery.

I gave you wise leaders, both women and men.

You need to remember the stories of who I am and what I have done.

Listen my people.

I am talking to those of you who live in the countryside.

I am questioning those of you who live in cities and towns.

What have I done to you?

How have I wearied you?

Speak, the mountains are listening to you.

The Earth is waiting to hear your voice.

What can I do?

What can I bring to God?

What does God want of me?

What will keep God happy?

What will keep God off my back?
Would God be impressed with barrels and barrels of olive oil?
Would God be satisfied with thousands of animals from my flocks?
Perhaps my riches are not enough?
Should I offer to God the life of my precious first-born child?

Listen mortal.

Listen to what God says.

Look carefully at how God acts.

Remember the stories of what God has done.

God has shown you clearly what is bad and what is good.

You are to do justice to act fairly.

Do justice in the home and in the street and in the marketplace.

Do justice in your community. Work with others to do justice globally.

Do justice with strangers and friends and family alike.

You are to love kindness. You are to be generous.

You are to share your resources and share them with a smile.

You are to care for those in need.

You are to walk humbly with God. No pretense, no bluster.

You are to walk wisely and purposefully.

You are to pray and wonder. You are to respect the Earth.

You are to experience and learn who God is and what God is about.

Listen up mortal.

God has told you what is good. So do it.

Do justice. Love kindness. Walk humbly with your God.

Sermon by Revd Nancy Ford,
Chair of the Worthing Christian Aid Committee

We just read a passage from Micah, one of the minor prophets, and his prophecy is as relevant today as it was when it was written. Micah lived in a small village in the hills about 25 miles south west of Jerusalem. He was a country prophet who spoke for the poor farmers who were suffering at the hands of powerful landlords. Immediately we see parallels with people today even though he was living in the final part of the eighth

century B.C.E. He spoke out boldly against those in charge and today's reading could be considered the epitome of the message of the prophets of his time.

Micah was appalled at the incongruity between Yahweh's benevolent actions and Israel's conduct; and Israel had no defence, so Micah explained what they should do to rectify the situation.

The role of a prophet like Micah is not to foretell the future, but to tell the truth about the current situation. So Micah, in the rather free translation we read just now, called everyone to pay attention to what the Lord had to say about their situation. He reminded them of all that God had done for them: how He had brought them up out of slavery in the land of Egypt, and given them leaders to direct them to the Promised Land; and how He had turned Israel's bad situation into a blessing.

So the people asked what God wanted of them in return. They asked if He wanted burnt offerings or vast quantities of oil, or sacrifices of their firstborn? But Micah told them that God didn't want religious ritual and ceremony; He wanted them to do justice. He wanted them to live committed to justice and righteousness every day and to work for fairness and equality. God wanted them to be kind and to do everything in love. He wanted them to walk humbly with Him as their constant companion.

The theologian Walter Brueggemann taught that one of the tasks of the prophets was to inspire our imagination and give us an alternative vision in which the earth may be a better place. Micah named and shamed the corruption of the political leaders, the dishonesty of the merchants, and the greed of those who controlled the land. He denounced the exploitation and oppression of the people and land, and the misplaced worship, and devotion to greed, that the religious leaders of his day allowed to happen on their watch. Naming and shaming is often a precursor to a change of hearts and minds.

Climate injustice feeds upon greed, the love of money and power, and appalling self-interest. If we are to help change hearts and minds, we

need to speak out in order to change the priorities in our society. Climate change is happening as a result of our behaviour, and there is much data and evidence to prove this. We are not suffering as much as millions of others around the world yet, but the impact of our actions affects our brothers and sisters in other lands. As God's prophets today, we are called to speak out against injustice, and to bring about righteousness, justice and fairness for all people in our world.

A message from Christian Aid showing how your donations have helped a whole village become strong and powerful in their journey towards independence:

A woman sings a deep, joyful tune. Her song lifts the spirits of the other women on the farm. This is Florence. She is full of life, love and laughter. The women in her farming group look up to her. She's courageous, kind – a survivor. A few years ago, her husband died, leaving her a widow. At that time, she had no water to grow crops. Her children were hungry. She had to walk for hours on dangerous journeys to collect water. 'Life was miserable,' she told us.



Florence could easily have been defeated. But Florence is a fighter, and she shows the women in her farming group that they can be fighters, too. Next to her farm, Florence is proud to show us something remarkable – a dam, full of freshwater. It's thanks to Christian Aid Week donations like

yours that Florence and her community have built this water dam, with the help of our partner ADSE, just a short walk away from her village.

With this dam, Florence can grow tomatoes, onions and chilies on her farm. With this dam, her children can eat healthy, nutritious vegetables. It's her source of life and joy. Florence also uses the water from the dam to keep honeybees. She sells the rich, golden honey for cash at the market. Now, Florence is reaping a good life for herself and her family.



This is all thanks to generous people like you, who have helped provide a dam close to her home. 'I have been sustained by the earth dam. My life has changed. I am very happy. You can see in my face: my face is shining. I have strength and power.' You can see Florence's strength and power as she hauls heavy buckets to water her crops. You can see her strength and power as she digs up the fresh vegetables she has grown. You can see her strength and power as she takes climate justice into her hands. Florence is generous, and she knows other people are struggling to cope with the drought.

'There is a village nearby – they don't have an earth dam. They travel for a long way to come to this water point. They are suffering.'

'I am thankful to people who have donated to build this earth dam. I am praying God will increase their giving.'

Give today and help more people like Florence stop this climate crisis. Sadly, millions of people in Kenya are desperately struggling to survive the drought. It's so severe that it was declared a national emergency. You can help another community build a dam. Many more people will have the water they need to sustain their families. Please give generously, and help more people like Florence to thrive.

Prayer for the climate crisis

You spoke into the silence, light suffusing darkness.
You spoke into the silence, blowing clean life-giving air into the space
You spoke into the silence, warmth and cold infused the air
You spoke into the silence, solid ground formed out of gushing water.
You spoke, your voice carrying over the sound and..
People, plants and animals came to life.
You spoke, and each creation balanced against the next,
so life would be abundant and sustainable.
You saw everything you had made and declared it to be very good.
You spoke, choosing to give us humans stewardship
over all that You had made.

We speak and act -
Darkness of pollution limits light levels and damages the air we breathe.
We speak and act -
The ground is poisoned, burnt, stripped bare.
We speak and act -
Spoiling, limiting and destroying the quality of life, and life itself.
We speak and act -
without hearing Your call over the noise of the world to be good stewards.

You speak. You create. You want us to be stewards of Your creation.
We come to You to re-learn how to care for the earth and people you
have made.

Silence



Prayer of Thanksgiving and Intercession

God of abundant life,
we see your goodness all around us and we thank you for every part of it; from the plants and animals which play their part in complex ecosystems, to the dry deserts and stormy seas which test the limits of life.

We pray that in this time of climate crisis and ecological emergency, you may help us to rediscover your love of creation and to reflect that in our own lives.

God, in your mercy
All hear our prayer.

God who speaks through unexpected people,
We thank you for contemporary prophets who are challenging us to act on climate change; for indigenous people and their invaluable knowledge of the land and sea where they live, for scientists dedicating their careers to warning us about changes to the planet, and for young people striking for their future.

We pray that you will help those in power to hear their prophetic voices. Help them to see beyond short-term political priorities and business plans. and give them wisdom and courage when they face difficult decisions.

God, in your mercy **All** hear our prayer.

God of second chances, we recognise the damage we have done to the Earth and the injustice we see in society every day, all of it fueled by worship of profit and possessions.

We pray for the coming of a better world with justice, kindness and humility at its heart.

We ask that you guide us to be co-creators of this new world.

Give us confidence to follow the prophetic voices to stand against injustice to people and to planet.

So that together, in your strength, we stop this climate crisis.

God, in your mercy

All hear our prayer.

We ask all this in the name of your Son, Jesus Christ, who taught us to pray together.

The Lord's Prayer

All: Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation; but deliver us from evil.
For thine is the kingdom, the power and the glory,
for ever and ever.
Amen.



All: The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore. Amen.

Commissioning prayer

Jesus said:

'My sheep hear my voice. I know them, and they follow me.

I give them eternal life, and they will never perish.

No one will snatch them out of my hand.' *John 10: 27-28*

Listen now to the Shepherd's voice, follow him where he might lead you this week, whether to green pastures or by still waters to our fund-raising activities.

Wherever we follow him, may we all bring fullness of life to our communities, standing together for equality, for dignity, and for justice In the world.

Go now to love and serve the Lord and the world God so loves.

And as you go, may you know that you are held secure in the palm of the Shepherd's hand, through all the days of Christian Aid Week and your whole life through.

All Amen

Blessing

May God bless us with wonder at creation's glory.

May God bless us with fury at creation's spoiling.

May God bless us with courage at this critical hour.

And may the blessing of God, Father, Son and Holy Spirit, rest upon us and on all creation,

this day and for the future to come.

All Amen.



Action

You can raise your prophetic voice by taking action right now. There are several opportunities to be involved in the campaign for climate justice in 2021.

And you can add your voice to the call for climate justice by asking friends and family if they may be happy to give a sum of money as a thank-offering for their Covid-19 vaccination. I hope that you will be able to promote this idea amongst your friends and family so that we can give much-needed help to Christian Aid at this time. Money can be given to Christian Aid via our treasurer.

The 300,000 steps challenge

It would be good to give a challenge to those who are able in our congregation this year and to ask for sponsorship from family and friends to walk a certain number of steps per day during Christian Aid [CA] Week - perhaps 5,000 or 10,000 depending on age.

Our friend and chair of the Worthing Committee for CA, Nancy Ford is currently doing the CA Week 300,000 steps challenge and hopes to finish by the end of CA Week.

The link for donating is www.justgiving.com/fundraising/N-Ford4 and any donations would be gratefully received.

Here is a link to a YouTube service that Revd Nancy Ford has recorded with contributions from Revd David Burt, Revd Colin Cox and Janine Hobbs, if you prefer to join in online for Christian Aid week:

[just type this into your web browser to link into the recording]

<https://youtu.be/Tn1K4gb3r-4>



Divine Image.
by William Blake.

To Mercy, Pity, Peace, and Love
All pray in their distress;
And to these virtues of delight
Return their thankfulness.

For Mercy, Pity, Peace, and Love
Is God, our father dear,
And Mercy, Pity, Peace, and Love
Is Man, his child and care.

For Mercy has a human heart,
Pity a human face,
And Love, the human form divine,
And Peace, the human dress.

Then every man, of every clime,
That prays in his distress,
Prays to the human form divine,
Love, Mercy, Pity, Peace.

And all must love the human form,
In heathen, Turk, or Jew;
Where Mercy, Love, and Pity dwell
There God is dwelling too.