



*CHRIST CHURCH* in JUNE



VOLUME 5 ISSUE 4 MAY 2021



## Worship in June at Christ Church

**6<sup>th</sup> 10.30am Holy Communion** with Revd Maurice Slattery

**10<sup>th</sup> 10.30am BCP Holy Communion**

with Revd George Butterworth

**13<sup>th</sup> 10.30am Morning Prayer**

with Revd Canon Muriel Pargeter

**20<sup>th</sup> 10.30am Holy Communion** with Revd Roger Walker

**24<sup>th</sup> 10.30am BCP Holy Communion**

with Revd George Butterworth

**27<sup>th</sup> 10.30am Morning Prayer** with Derek Hansen

### Contact us:

#### Vicar:

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

#### Church Wardens:

*Kenneth Hobbs* Tele: 01903 237713

email: [christchurchfinance@btinternet.com](mailto:christchurchfinance@btinternet.com)

*Steve Davis* Tele: 07512 030403

email: [christchurchvolunteers@btinternet.com](mailto:christchurchvolunteers@btinternet.com)

**Verger:** *Lorraine* Tele: 07513 592484

**Parish Administrator:** *Janine Hobbs*

Tele: 01903 237713

email: [janine.h@ntlworld.com](mailto:janine.h@ntlworld.com)

**Registered Charity No. 1152846**

**Parochial Church Council of Worthing Christ Church**

**Website:** [www.christchurchworthing.org.uk](http://www.christchurchworthing.org.uk)

## Flying Free – by Connie Apps

*Connie wrote this for UK Mental Health Awareness Week which took place from the 10th to the 16th May. This year's theme was nature and the environment.*

How we wish our minds could be,  
Like a kite, flying free.

Heavy thoughts made lighter,  
Dark days made brighter.

Worries sorted every day,  
Tears and troubles flown away.

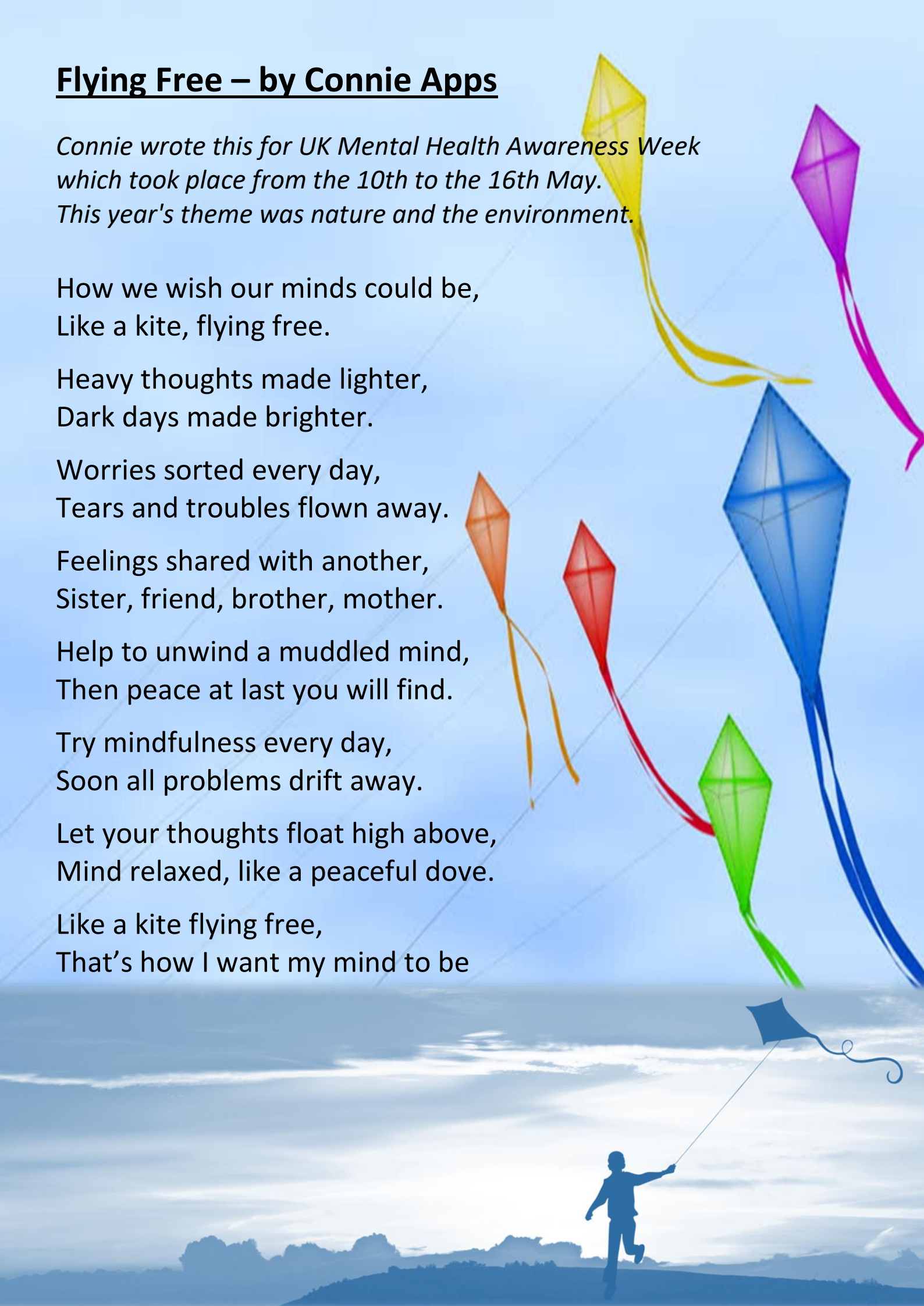
Feelings shared with another,  
Sister, friend, brother, mother.

Help to unwind a muddled mind,  
Then peace at last you will find.

Try mindfulness every day,  
Soon all problems drift away.

Let your thoughts float high above,  
Mind relaxed, like a peaceful dove.

Like a kite flying free,  
That's how I want my mind to be



# Messages from Brazil...

*From Mariane*

"The weather is always changing, one day it is sunny, another it is raining, one day it is grey, another it is windy. The weather, just like life, gives us the big lesson that nothing lasts for ever, neither sun nor rain, neither pain nor joy. It is for us to make the best of each situation, laugh loudly at our mistakes, and even more so at what we get right, especially if by a fluke, for just as the weather doesn't stop, so life continues..."

*Rosi Coelho*

*From Deisi*

Once there was a king who offered a large prize to the artist who was able to capture Profound Peace in a painting. Many artists presented their canvases. The king looked at and admired all the paintings but there were only two that he really liked, and he had to choose between them. The first was of a very calm lake. This lake was a perfect mirror in which the peaceful mountains which surrounded it were reflected. Above them there was a deep blue heaven with light white clouds. Everyone who looked at this painting thought that it reflected Profound Peace. The second painting also had mountains in it. But these were rugged and bare of vegetation.

Above them there was a tempestuous heaven from which a heavy shower with thunder and lightning poured forth. All of this showed nothing peaceful. But when the king looked more closely he noticed that behind the waterfall a bush was growing from a crack in the rock. In this bush there was a nest. There, in the midst of the noise of the violent tumult of the water a bird was sitting quietly on its nest... in profound peace! The king chose the second canvas and explained: - Peace does not mean being in a place without noise, without problems, without arduous work to do or free from the pains and temptations of life. Peace means that in spite of being in the midst of all this we are able to remain calm and trusting in the holy sanctuary of our heart. It is there that we shall find the true Profound Peace, in silent meditation.

*Being rooted in peace and revealing God's peace to others can be as easy as it is hard. As Mother Teresa said when asked how we can bring peace to the world*

*"Start by bringing peace into your home"*

*May God's peace be with and guide us all.*

*Let all God's people say... Amen.*

## Position Vacant

Mum, Mummy, Mama, Ma, Dad, Daddy, Dada, Pa, Pop

### **Job Description**

Long term team players needed, for challenging, permanent work in an often chaotic environment.

Candidates must possess excellent communication and organisational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24-hour shifts on call.

Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far-away cities!

Travel expenses are not reimbursed.

Extensive courier duties also required.

### **Responsibilities**

Applicants must be committed for the rest of their life.

Must be willing to be hated, at least temporarily, until someone needs £5.

Must be willing to bite tongue repeatedly.

Also, must possess the physical stamina of a pack mule and be able to go from 0 to 100km/h in 3 seconds flat in case, this time, the screams from the back garden are not someone just crying wolf.

Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers.

## **Essential qualities/skills:**

Must be able to screen phone calls, maintain calendars and coordinate production of multiple homework projects.

Must have ability to plan and organise social gatherings for clients of all ages and mental outlooks.

Must be a willing to be indispensable one minute, an embarrassment the next.

Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery-operated devices.

Must always hope for the best but be prepared for the worst.

Must assume final, complete accountability for the quality of the end product.

Responsibilities also include floor maintenance and janitorial work throughout the facility.

Possibility for advancement and promotion - None.

Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you.

## **Previous Experience**

None required unfortunately; - on-the-job training offered on a continually exhausting basis.

## **Wages and Compensation**

Get this! You pay them, whilst offering frequent raises and bonuses.

*Cont'd..*

A balloon payment is due when they turn 18 because of the assumption that tertiary study will help them become financially independent.

When you die, you give them whatever is left.

The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

## **Benefits**

While there is no available health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth, unconditional love, and free hugs and kisses for life - if you're lucky.

**We are not  
aging, we are  
ripening to  
perfection.**





Fr NICOLAS is one of the brethren at Mirfield College, where our former Bishop Mark is now principal - This is his sermon on John 10: 11

### ***“I am the Good Shepherd”***

Some years ago, I made a long retreat at St Beuno's in Wales, that lovely Jesuit house where Gerard Manley Hopkins lived, and wrote the Wreck of the Deutschland. Each afternoon I would go out for a walk up and down the hills, enjoying that wonderful countryside, as Hopkins had done:

“Lovely the woods, waters, meadows, combes, vales All the air things wear that build this world of Wales.”

And I got to know Welsh sheep. They were everywhere. They were big and dirty, their wool matted with mud and other less pleasant things. They were not like those sparkling white sheep that one usually sees in pictures of Jesus the Good Shepherd. It's nice to think of Jesus as a shepherd. It is not so nice to think of ourselves as sheep! Not only are sheep dirty – it's not for nothing that Pope Francis said priestly shepherds should have the smell of the sheep about their person! They are also not very bright. They tend to fall into ditches, get stuck in the mud, get tangled up in barbed wire fences. It's not a very flattering picture of us, but I fear it may be a true one. Maybe today we should

reflect a bit on our own lives and consider how much like sheep we are. Grubby, not very bright and inclined to get into messes. It is extraordinary what sort of people God calls to monastic and priestly life. Perhaps he has no choice because that is all there is. But enough of us. What about the Shepherd.?

When we think of the shepherd we think of that other story of the shepherd who went off after a single lost sheep and brought it home. That story has given rise to many thousands of beautiful sermons full of love, care and gentleness. I wonder if that is what it is really about. I once heard a talk from the New Testament scholar Kenneth Bailey, who grew up in the Middle East, spoke Arabic and knew shepherds. He reminded us that shepherds were businessmen. Their flocks of sheep were their bank, or the bank of those they worked for. If you lose a sheep, you lose money. You go after a lost sheep to get your money back. It's as basic as that. Jesus the Good Shepherd is as basic as that.

It reminds me of a cousin of mine who raises cattle in Zimbabwe. There was a big problem in his area with stock theft. Every farmer was losing cattle to thieves. My cousin never lost a single animal because right at the beginning he took to giving each of his three herdsmen a calf as a Christmas bonus so they could build up their own herds. "But" he said, "If ever I lose

a cow I will come and take one of yours.” They made sure he never did, out of concern for their own. The moral of the story is that love costs money. God loved us, and he paid for that love by suffering on the Cross. That gives a different take on Jesus as the good shepherd. He is jealous of his sheep. Like a businessman or a miser, he will not let his money get lost. In the Old Testament we are often told that God is a jealous God. Jealousy is supposed to be bad, but in God it is good. It shows that God really loves us with passion. He will not let the devil capture us and take us away. His love is not a pale, gentle benevolence that is easily blown away by the breeze. It is strong, violent, passionate love. It is the kind of love you meet in the Song of Songs: “I found him whom my soul loves; I held him and would not let him go.” God was so determined not to let go of these lost sheep on earth that he became one of them; he suffered death on the Cross and pursued his sheep down to hell. It can be a bit frightening to discover love like that, but it is also good to know that that is how we are loved: a love that pursues us through the darkness of our lives and will not let us go.

That leaves me with one question: why did the compilers of our lectionary give us this gospel of Jesus the Good Shepherd to read during Eastertide? To read it in Lent would make good sense – the Good Shepherd

who is willing to lay down his life for his sheep. What does it tell us of the risen Christ? Well, I do not know what the compilers intended, but I have an idea of my own. It goes back to a number of years ago when I was visiting Romania. We were in a small village in Transylvania up against the Carpathians when a couple of shepherds brought their flock of sheep through the village. These shepherds bore no resemblance at all to that willowy, pre-Raphaelite picture of Jesus the Good Shepherd which you see so often in children's bible books. They were big, tough, bearded men. They exuded energy and strength as they walked fast through the village. They were, in fact, a bit scary. They lived on the mountain side with their sheep in rain and snow, in heat and drought. They defended the sheep against bears, wolves and thieves. They were real men. Is that what the risen Jesus is – the most real man, or person who has ever existed? We have trouble representing the Risen Christ. Sometimes he appears pale and willowy as if he needed to be thin and unsubstantial to slip through doors and walls. Other times he is full of light as if a star has come down to Earth. In Caravaggio's Emmaus he is meaty, more like a butcher than a God. Christ is not less human for having resumed his Godhead. He is more human. He is the kind of human we will be if we

make it through to the Resurrection, not less real but more so.

What are the implications of this? Where is this powerful, human, Risen Christ? Faith tells us he is all around. Is he doing anything? We look at the world today and see a trail of disasters – the pandemic, climate crisis, the destruction of our environment, the wars raging in Africa and the middle East. Some think God has abandoned the world, that he is hanging around to collect the last faithful Christian off this doomed planet before he lets it go its own way to hell. I believe the world is still here, and the human race still here only because this big strong Risen Christ is working to make it so. I believe that we are finally beginning to deal with issues of climate change, inequality, destruction because Christ is dragging us into doing so. The challenge for us in today's world is to find out what the Risen Christ is already doing and work with him. That is what shows we believe he has risen from the dead.

*Our thanks to Fr Nicolas for permission to print this.*



# Poet's Corner

## Reverie!

Ocean, mountains, desert too,  
Expanse of Time and Space,  
Impede the path to vistas new,  
Where waits expectant face.

Ardent zephyred thoughts migrate  
Like focussed swans in flight;  
Their single-minded mien sedate,  
Yon haven to alight.

Spent thoughts replete with joy return,  
Consummate at ease;  
Arrival home their chief concern,  
Their master well to please.

©Elliott Allison



## Charmed!



Whoever deign to walk this way  
Such vistas to perceive,  
Let them imbibe the rich array  
Of fragrance on the breeze;

From hedgerows spring the sparrows' song,  
Arresting random thought;  
The ambler's sojourn to prolong,  
In web of wonder caught;  
Music in heaven wrought!

©Elliott Allison



An English professor wrote the words:

"A woman without her man is nothing"  
on the chalkboard and asked his students  
to punctuate it correctly.

All of the males in the class wrote:

"A woman, without her man, is nothing."

All the females in the class wrote:

"A woman: without her, man is nothing."

***Punctuation is powerful.***

# What do we learn from cow, buffaloes & elephants?



**It's impossible to reduce weight by eating green grass and salads and walking**

*Upon entering a little country store, a stranger noticed a sign posted on the glass door that read:*

*"DANGER! BEWARE OF DOG!"*

*Inside he noticed a harmless old hound dog asleep on the floor besides the cash register.*

*He asked the store manager:*

*"Is that the dog folks are supposed to beware of?"*

*"Yep, that's him," he replied.*

*The stranger couldn't help but be amused.*

*"That certainly doesn't look like a dangerous dog to me. Why in the world would you post that sign?"*

*"Because," the owner replied. "before I posted that sign, people kept tripping over him."*



A duck walks into a pub and orders a pint of beer and a ham sandwich.

The barman looks at him and says,

"Hang on! You're a duck."

"I see your eyes are working," replies the duck.

**"And you can talk!"** Exclaims the barman.

"I see your ears are working, too," Says the duck.

"Now if you don't mind, can I have my beer and my sandwich please?"

"Certainly, sorry about that," says the barman as he pulls the duck's pint.

"It's just we don't get many ducks in this pub.. What are you doing round this way?"

"I'm working on the building site across the road," Explains the duck. "I'm a plasterer."

The flabbergasted barman cannot believe the duck and wants to learn more but takes the hint when the duck pulls out a newspaper from his bag and proceeds to read it.

So, the duck reads his paper, drinks his beer, eats his sandwich, bids the barman good day and leaves.

The same thing happens for two weeks.

Then one day the circus comes to town.

The ringmaster comes into the pub for a pint and the barman says to him

"You're with the circus, aren't you? Well, I know this duck that could be just brilliant in your circus. He talks, drinks beer, eats sandwiches and reads the newspaper!"

"Sounds marvellous," says the ringmaster, handing over his business card.

"Get him to give me a call."

So the next day when the duck comes into the pub the barman says, "Hey Mr. Duck, I reckon I can line you up with a top job, paying really good money."

"I'm always looking for the next job," says the duck.

"Where is it?"

"At the circus," says the barman.

"The circus?" repeats the duck.

"That's right," replies the barman.

"The circus?" the duck asks again - "with the big tent?"

"Yeah," the barman replies.

"With all the animals who live in cages, and performers who live in caravans?" says the duck.

"Of course," the barman replies.

"And the tent has canvas sides and a big canvas roof with a hole in the middle?" persists the duck.

"That's right!" says the barman.

The duck shakes his head in amazement and says . . .

"What on earth would they want with a plasterer??!"



## ***'Mac' and Salmon***

*This is a twist on the traditional Macaroni cheese, which I hope you too will enjoy... it is very filling!*

***Ingredients – serves 2 hungry people***

1 cooked boneless salmon piece – keep warm  
6 ozs [180gms] pasta shells *or whatever shapes you like*  
4ozs [110gms] grated Cheddar or Edam cheese  
¼ teaspoon sweet smoked paprika  
1 teaspoon dried garlic and herb seasoning  
1 fat clove garlic  
1 level tablespoon cornflour  
½ pt milk [250 mls]  
1 tablespoon tomato puree  
½ teaspoon Worcester sauce  
2 teaspoons dried parsley and a little to sprinkle to finish

Cook the pasta until 'al dente'. [Should take around 8 – 10 minutes]

Meanwhile, finely chop the garlic and cook in a little oil stirring constantly for a few minutes until cooked through. Make up the white sauce – add the cornflour with the tomato paste and cooked garlic and a little of the milk until smooth, keep adding the milk slowly. Put on a gentle heat and keep stirring until bubbling.

Take off the heat.

Add the Worcester sauce, parsley, paprika and garlic and herb seasoning.

Add the cheese and stir until smooth.

Flake and add the salmon and mix until thoroughly combined.

Season with salt and pepper to taste. Sprinkle with parsley  
Serve on hot plates and devour! Gorgeous!

## *After a while*

After a while you learn the subtle difference between  
holding a hand and chaining a soul  
and you learn love doesn't mean leaning  
and company doesn't always mean security.

And you begin to learn that kisses aren't contracts and  
presents aren't always promises  
and you begin to accept your defeats with your head up  
and your eyes ahead with the grace of a woman,  
not the grief of a child.

And you learn to build all your roads on today because  
tomorrow's ground is too uncertain for plans and futures  
have a way of falling down in mid-flight.

After a while you learn that  
even sunshine burns if you get too much

So you plant your own garden and decorate your own soul  
instead of waiting for someone to bring you flowers

And you learn that you really can endure,  
that you really are strong and you really do have worth  
and you learn and you learn  
with every good-bye you learn.

*Author: Veronica A. Shoffstall*